



JAMES TEMPLETON INTERVIEW

Stage IV Melanoma

By Chris Wark

Copyright © 2019 | Chris Beat Cancer LLC | All Rights Reserved.

www.chrisbeatcancer.com

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise without the written permission of the publisher.

Publisher: Chris Beat Cancer Publishing

Disclaimer: The content of this program is based on research conducted by Chris Wark and Chris Beat Cancer Publishing, unless otherwise noted. The information is presented for educational purposes only and is not intended to diagnose or prescribe for any medical or psychological condition, nor to prevent treat, mitigate or cure such conditions. The information contained herein is not intended to replace a one-on-one relationship with a doctor or qualified healthcare professional. Therefore, this information is not intended as medical advice, but rather a sharing of knowledge and information based on research and experience. Chris Beat Cancer Publishing encourages you to make your own health care decisions based on your judgment and research in partnership with a qualified healthcare professional.



JAMES TEMPLETON INTERVIEW

Stage IV Melanoa

Hey everybody, it's Chris and I've got another survivor interview for you. James Templeton was diagnosed with melanoma that eventually progressed to Stage IV, back in the mid-80s. He is an over 30-year survivor. And after conventional treatment failed him, he resorted to quackery to get well. And here he is. I'm excited to interview you, James. I always get excited when I meet anyone who's healed cancer holistically against the odds or whatever, because the more of us that band together, the more the world will see and start to understand that there's more to healing cancer, surviving cancer, than just traditional treatment. And the disclaimer is: Yeah, some people get well with conventional therapy. But a lot of people don't. Almost 600,000 Americans every year die of cancer after conventional treatment therapy fails. And so, there's so much a person can do, even if they're doing conventional treatment, to help themselves. And if they don't want to do conventional treatment, there's so much they can do to help themselves. And if it fails, that's not the end of the line for them necessarily. There's still hope. Right?

James: That's right.

Chris: So, I'd love to hear your story.

James: Well, Chris, it's nice to be with you today. And I'd love to tell my story. And my story started in Texas back in 1985. And I was just a regular guy, just like a lot of people out there. I was successful. I had three very successful small businesses, and I was doing very well. And I had a wife and I a little girl that wasn't quite two years old. And I thought I had life by the tail. I thought that things couldn't get much better. And I even was in real good physical fitness. It was very good. I was running a lot. I was in, I thought, pretty good health.

My father, my grandfather... My mother died before I was even two years old. And my brother died at the age of eight. So, I had a lot of death in my family. And I thought that since my father and grandfather both died of heart disease at a very young age – my father was 46, my grandfather was 36, and I never really knew him. So, my father died when I was a senior in high school, and after that I kind of thought, "Well, I probably won't make it to 30 years old." So, I had this feeling all through college that I'd be lucky if I lived to be 30. And I went through depression a little bit, and this and that. But once I found out about the running and getting into shape and doing all this, I thought that maybe this would be a way to keep this heart disease thing away from me. And I read a book, it was a guy by the name of Jim Fixx. I don't know if you remember him or not.

Chris: Absolutely. I know exactly who he is.

James: And he wrote a book on running. And it was about how his father had died at a young age of heart disease. And he felt that with the running he was going to be able to sidestep the heart disease. But one day I went to the office at my business, and I grabbed a cup of coffee and someone brought me the newspaper. And I sat down and I started looking at the newspaper, and it talked about this running guru that died while running. And I looked at it really close, and it was Jim Fixx. "Jim Fixx dies of heart attack while running." And he was found on the side of the road, I believe is what it said. And I was just totally shocked. Here I am trying to be like this guy, trying to be this god. It felt like I could run and basically eat just about anything I wanted and do anything I wanted, as long as I did this physical fitness.

Chris: And that was Jim's fatal mistake, too. He really thought he was invincible. He was really the father of running. I mean, he inspired millions of people to take up running. But he believed that it didn't matter what you ate, as long as you were running and in good physical shape and you had stamina and you could run miles and miles, that you were protecting yourself.

James: Yeah, that's exactly right. So, now I was worried that maybe I wasn't doing the right thing after all. So, I was thinking about it really hard and thinking about what I should do next. "Maybe I should get checked out to see if I'm really in as good as shape as I think." So, I decided to go get one of these cardio stress tests. So, I went to a specialist and went in to see this guy. And he said, "Get on the treadmill." And he got me on the treadmill, hooked me up to all these wires, and was like, "Let's get this thing going really fast." And the faster we got, the better I did. And he said to me, "You know, James, I think you've broke the record in my office. No one's done this well." He said, "You're in tremendous shape."

Because at that point, I was running up to 60 miles a week and working out in the gym. And I thought I was eating pretty healthy. I was eating a lot of salads and things like that, but I really was tired a lot. And I noticed how tired I'd been. I noticed how every time something came around, I got it – if it was a cold or flu. I had a lot of sinus problems that I hadn't had for a long time. And I started to develop these, just maybe two or three years before started. So, my immune system was suffering, somehow or another. But all I did was just push myself harder. I didn't know any better. I thought, "Well, Jim Fixx just pushes his self. I'll push myself." And I read a book back then called "Eat to Win." And there was a guy that had a book out and I was trying to follow some of the things he was talking about in the book.

But anyway, this guy went on to tell me how good a shape I was in. And he said, "Whatever you're doing, you just keep doing it. You're the picture of health." But he said, "There's only one thing I could say to you today

that I've noticed. There's a mole on your back. It looks a little different. It's probably nothing, but it seems a little different looking to me. Why don't you go and get it checked out by a dermatologist? I wouldn't worry about it. Just whenever you get a chance, go down to a dermatologist." He said, "There's one down the hall, in this building. And he's probably as good as anybody."

So, I didn't think much about it. And two or three weeks later, I went in to get it checked. So, I went in and took my shirt off. The doctor came in, looked at it, and said, "Oh my God. I think you might have melanoma." That's the first thing he said. And I was like, "What? Melanoma?" I didn't know a lot about melanoma, but I had heard the name and it didn't sound like a very friendly word, but I remember people talking about how people died of cancer from moles. And that's the first thing that went through my mind.

And all of a sudden, my perfect world that I thought I had started to crumble. And this guy got all excited. He was almost dancing around in the room like he had won the lottery or something. And it upset me so bad. I don't know if he'd ever seen it before, if it was the first time, if he had just got overwhelmed when he saw it. But he told me, "You know, we might have to remove a large portion of the tissue on your back around that mole." He said, "You could die from this. We've got to really, really get after this." So, I didn't want any part of this guy, after his bedside manner. And I said, "Well, I'll get back to you." And I left.

I said to myself, "I'm never going back to this guy, no matter what it is." This guy thought he had won the lottery or something. And so, I went home. I could barely drive home, I was so stressed out. And I got home and my wife said, "Well, maybe it'll be okay. I think it'll be okay. You need to get another opinion. Don't take this from him. Just get another opinion." So, I went to another dermatologist down in Houston. I was living about an hour's drive north of Houston, and I went to a dermatologist that I'd been to before in the past. And I went in to see him and he said, "Well, I think it looks a little suspicious to me also. But chances are it's probably stage I, if it is anything."

He said, "My wife had Stage I melanoma and she's fine. We just keep an eye on things and she's been fine," and all that. But he said, "You know, I'm going to send you to a good friend of mine that is an oncologist. This guy is world renowned and he's here in Houston. And if you have to go to see anybody with cancer, this is the guy. And if anybody's going to know, he's going to know. And I can get you an appointment." So, he had his nurse call up and get an appointment right away. So, the next day or two, I went in to see this guy. I went in to see him and he says, "Well, it looks suspicious to me also. The only way we're going to really know is just to go in there and just take it out."

He said, "We can do that right here in the office. I'll just take it out." And he took a big, maybe two-inch square plug out of my back around that mole – a pretty good size chunk out of me. And he said, "I'll get back to you in a few days. Go on home. Don't worry. There's nothing you can do, at this point. I'll get back in touch with you in a few days, once I hear from the lab." Well, I mean, all I did was worry. Of course, I couldn't sleep at night. I was walking in circles. I was just a total wreck. And I didn't know what was going to happen. And it was almost two weeks before I got a call from this doctor, after all this time – almost two full weeks.

And I didn't know why it was taking so long. I think I'd even called. And they said, "Well, he'll call you in a few days." And so, anyway, he called me and when I answered the phone, he said, "Well, I've got some good news and I've got some bad news." And I was like, "What's that going to be?" So, he said, "The good news: it's melanoma." And I said, "Good news? That's good news?" He said, "Yes. We think we got it all around the perimeter edge of the area. We think we got it all." And I was like, "Okay." And he said, "The bad news is, it's very deep. It's very deep. And that means it's Stage IV – Stage IV on the Clark scale, which is how they determine melanomas.

And he said, "The problem with Stage IV is, we've got to be very careful with this. There's a real good chance that it's going to spread to other parts of your body." He said, "You know, we're just going to have to keep an eye on it. And I'm going to have you come in every three months or so, and we'll check you out. We'll check your lymph nodes and we'll see how things look in that area and all that." So, he said, "There's nothing you can do. Just don't worry. Live your life. We'll just keep an eye on it. And we'll take care of it, if we need to do anything else." And so, of course, all I did was worry again. "Now I have cancer. Now I have Stage IV melanoma."

And I started to look around. And we didn't have the Internet back then. Now in five minutes you can find about anything you want. We didn't have that. So, my wife had known a doctor and he said to her that people with Stage IV melanoma were lucky if they lived three years. And I was like, "Oh my god. Three years?" And I talked around town to people and they said, "Oh yeah, I knew somebody that died of melanoma," you know how they do. And I was freaking out. So, anyway, I went from a happy go lucky guy, an ambitious guy, a guy that thought he had life by the tai;... to a guy that was totally depressed, totally just not fun to be around at all. Just a real total wreck and just grumpy and didn't sleep at night and all that.

But before I knew it, my wife couldn't deal with it any longer. I think it was just too hard on her and it created issues with our marriage. And she ended up moving into town, taking my daughter into town. So, there I was, by myself and dealing with all this. And so, I didn't know what else

to do. I started to go out and run around with some of my old drinking buddies. So, I started to drink. I went into places at night. And I'd go to these little places outside of town and hang out and play shuffleboard and drink beer and just have a good time while I was here. And then, the next day, I would get home and it was like a bad dream that wouldn't go away.

But there it was. It was just reality. But I wanted to make it go away, somehow or another. But before I knew it, I was in the shower one morning, I found a hard area in my groin area, and it was like a marble. And I got really upset when I felt that. And I called the doctor's office. He said, "Well, come on in and let's look at it." I went in, he looked at it and said, "Well, let's don't worry about it this time. You go home and if it gets any bigger, then come back." He was telling me not to worry all the time, but that's all I did. So, I went back home and before I knew it, the thing was getting bigger and bigger. And I went back in to see this guy and he said, "Well, we're going to have to see what it is. I think we need to check you into the hospital."

He said, "Let's check you in and we'll get you in first thing in the morning. Maybe it won't be much. Hopefully it's just a little incision. So, you come on in, in the morning." Well, I went into the hospital and when I woke up from the surgery, I knew I was in trouble because it wasn't a little incision. It was a whole area in my groin area that was just bandaged all up. And I had tubes coming out of my leg and all that. And I was like, "Oh my gosh. This isn't good." So, before I knew it, the doctor came in – it was the same doctor, he was a surgeon, the guy I went to originally. He came through the door and he said, "Well, I'm sorry to tell you the cancer spread. It's in your lymphatic system."

He said, "It's in their lymph and now we've really got to deal with it. I want you to do 80 chemotherapy treatments. I want you to do experimental chemotherapy treatments." Back then, it was hypothermia, to where they elevate your temperature. "And then, we're going to induce the chemo after we get your temperature elevated. We're going to need to do that, but we can only do five at a time. So, every two months you'll come back and do five more. And you'll have to be in the hospital for the whole week." But he said, "The other thing is, you're going to have to do a lymph drainage pump on your leg, because you don't have any lymph nodes there anymore. And we've got to drain this lymph out. If you don't, you could get lymphedema, and you don't want to lose your leg. And that could happen."

And I was like, "Oh my god. I've got to worry about the cancer, the chemotherapy, and now I've got this lymph issue." So, he went on to tell me the other thing is that I had a 20% chance of surviving 3-5 years, if I could get through those chemotherapy treatments. He said, "You know, I don't know if you can get through them or not. But if you can, you've got a 20% chance for 3-5 years." Well, that didn't sound too good to me at

all. And he said that if I didn't do the treatments, there wasn't much hope for me. That I might maybe live a year. He didn't say it, he just kind of insinuated, "I don't think you'll be around too much longer."

So, there I was with this issue, after the surgery and everything, and they still told me that. So, I became very upset, very down, really depressed. I felt like my life was over. I felt like there was nothing I could do. "What am I going to do now? I don't know. I mean, I have to do what they say," because I didn't know what else to do. Where I come from, when you get sick you go to the doctor. And that's what I did. I followed up with the doctor. I thought I was doing the right thing.

I got a phone call though, two or three days later, and it was from a minister at a church that I went to. And this minister, I hadn't talked to him in a while. I wasn't a real religious guy, Chris. I just went to church from time to time. And there was a minister at this church I went to, and he was a really good guy. He was an ex-professional baseball player and he was a runner. And he was older than me, but he was a runner. He was a tough guy, but really nice guy. And he called me up and said, "James, I heard you have cancer and I've been praying for you. I just want you to know that, right off the bat. And a lot of people at church are praying for you."

He said, "I just want you to know, you have got to understand that you've got to fight. I don't want you to give in to this. I don't want you to feel depressed. I want you to fight." He said, "I know you. You're a fighter. You're a runner. You can fight. You can push yourself, if you have to." And he said, "I want you to fight like hell. I want you to beat this S.O.B. and cancer." He just came out and said that. And he said the real words. I'm not going to repeat it. But I'd never heard the guy talk like that. It got my attention. It made me realize, "I've got to do something. I've got to quit feeling sorry for myself. That's not going to get me anywhere but six feet under." And this guy started to tell me that if anybody could do it, I could do it. And to just get in there.

So, it got my attention. And I started to pray after that. And I never was a big prayer. I said prayers occasionally, but I started to pray. And I felt like every cell in my body was praying. I never had this kind of energy around me. I guess I was so desperate, but there was a different energy. This time I felt like there was just this energy around me. It was a very calming energy that I hadn't experienced before. And I really did pray hard.

And about 20 minutes after I stopped praying, I got a knock on the door. And this friend of mine, he came through the door waving a piece of paper around. And I didn't know what he had in his hand, but he said, "I heard that you were in here from a friend of ours." And this guy was a friend of mine I hadn't seen in seven years, from college. And he had an article in his hand. It was about a guy who cured himself of prostate

cancer using diet and lifestyle. And I didn't know anything about it. And I said to him, right then, "I'm going to do this. This is what I'm supposed to do." I felt it inside that whatever he had in his hand, I needed to do. It was a strange energy. But this guy said, "Well, wait a minute, you don't even know anything about it." I said, "I know I'm supposed to do whatever you've got in your hand." So, he went on to tell me what it was. It was about a guy named Dirk Benedict. And Dirk Benedict was a guy that was on a TV show that I knew very well.

Chris: "The A-Team!"

James: Yeah. Benedict was this "A-Team" guy that wrote a book about going across America, eating out of cornfields, and doing all this kind of stuff. He went for broke. And I don't even know if he knew for sure he had cancer, but he had all the symptoms of aggressive prostate cancer. And he was a young guy. And he was from Montana and he had grown up on a ranch. And I related to him being a Texan, and living on a farm myself and having cattle and all that. I thought to myself, "Well, if this guy can do it, why can't I do it?" And he talked about a diet. It was the macrobiotic diet. And I'd never heard of that. I didn't know what it was. But I had my friend go out and get his book for me.

And my friend went out and got this book. And I started reading that. And there I was, laying in a hospital all drugged up. But I'll tell you what, I got very excited because now I had something that would give me some hope. "If it worked for this guy, why couldn't it work for me? I'm a guy, he's a guy. Why can't it work?" So, I got very excited. And I read that book until I fell asleep. I just couldn't put it down.

And the next morning, I got another knock on the door. And it was my stepmother. She came through the door and she had a book in her hand. And this book was about vitamin C and cancer, and it was written by Linus Pauling and Ewan Cameron, and this book was written, I think, in the early 80s. But anyway, she brought me this book. And it was about these terminally ill cancer patients. And as long as they were on high dose vitamin C, a lot of them survived for quite a while. And when they got off of it, some of them would die. And there were even parts in there about people that survived taking these high amounts of vitamin C orally and in IV form.

Well, I didn't have any knowledge about vitamin C. I knew what vitamin C was, but didn't know much about it. But I got excited because I said, "Right then. If it'll work for them, why won't it work for me too?" Same thing. I felt that. And so, now I had two things, two weapons. I was going to do the macrobiotic diet, I was going to do the vitamin C, and I was going to do the chemotherapy too because that's all I knew to do. I thought, "A little is good. A lot is better. I'll do it." So, I got very excited. I had this hope.

Well, the next day... It's a strange thing. It was like three days in a row. The next day, I got another knock on the hospital room door. And a guy came through the door. He introduced himself to me and said, "I'm the hospital's psychotherapist. I hear that you've been very depressed, and down and out. I wanted to come see if I could just talk with you. Is that okay?" And I said, "Yes." And he said, "I'll come back first thing in the morning." So, he came back first thing in the morning and he said to me, "Good morning." And I said, "Listen, I want to ask you a question. Do you know anything about something called macrobiotics?"

He said, "Hold on a minute." And he started going towards the door. And I thought, "Well, is he leaving? Did I say the wrong thing? What did I do? What's going on here?" He went over to the door, across the hospital room, shut the door tight, came back over, sits down, and says, "Yes, I have heard of macrobiotics." He said, "But I won't tell you what I know until you promise me that you will not tell a soul. You won't tell anybody that I talked to you about this. They won't take it very lightly here at this hospital if I tell you anything like this. I'll lose my job, my retirement pension, all that. I don't want to do that. I've been here too long to lose that." He said, "Well, do you promise me?" And I said, "Yes, of course."

And he said to me, "I've heard a lot of good things about this diet. It's helped a lot of people. I've talked to people that have survived cancer using this diet. It takes a lot of work though. You've got to dedicate yourself. You've got to really take the bull by the horns. You've got to roll up your sleeves. You cannot cut corners with this." He said, "I couldn't do it because I don't have that kind of discipline. I even tried it a little bit and I thought it was tasty and all that. But I just couldn't stick with it. But I think it could work for someone... By the way, you don't seem that depressed, after all. You seem like a different person than what I heard about. I thought I was going to come in and see a guy just totally down and out. And you're not."

So he said, "I think that you're looking for something. And if you're looking for something, I think this could really make a difference and really help you. But remember, you can't cut corners. You've got to do it the right way. There's a right way and a wrong way. And if you do it, I think it can really help you." So, now I was really, really excited because here was this guy coming in in secret, telling me all this. I really thought I was on to something. He even told me about two other books to go read. And I eventually got those books and got excited because it was about a doctor that cured himself of cancer with a macrobiotic diet. He had terminal cancer.

Chris: What book was that?

James: That was "Recalled by Life" by Dr. Sattilaro.

Chris: What was the name of Dirk's book?

James: That was "Confessions of a Kamikaze Cowboy."

Chris: That's right.

James: And I felt like I was kind of like Dirk. Here I was, a semi-cowboy mentality thinking guy. And so, I felt like if these guys could all do it, I could do it. And I made up my mind right then I was going to get on that macrobiotic diet as soon as I got out, after those chemotherapy treatments. And before I knew it, I recovered enough in there to get those treatments. So, I got the chemotherapy treatments and they were terrible. I mean they had to elevate your temperature, and you're like freezing to death, your temperature so high. They had weighted blankets on me. I was shaking in the bed. And then, once you get that... I mean, you're just sick. It really made me sick. And it was terrible. It's like having the flu, several times over. It was really bad.

So, I made it through that, somehow – that whole three weeks in the hospital, I made it through. And I went home and tried to get on the macrobiotic diet. I did start. But I had to recover from the surgery. I could hardly get around and I could hardly walk. When you get your whole groin ripped open like that, it's very hard to get around for a while. But I was so determined to do whatever it took to get well. And before I knew it, it was two months later. And I had to go back to the hospital for another seven days.

So, I went back to the hospital. I was in the hospital and they must have doubled or tripled it because it was so bad. I'd never been so sick in my life. I couldn't eat. I was throwing up. It was awful. And I was already really thin after the surgery and the first chemotherapy treatments. And now they were giving me this. And I remember laying there. I was so weak. I was laying there in the hospital and I was just so out of it. I felt like I was almost dead; just no life in me. And I was weak.

And I remember hearing a nurse say, "Who's been watching this man's temperature? And I heard a nurse say, "I don't know. I don't know." She said, "Get some cold towels in here and some ice. We've got to get it down. It's way too high. He could die from this temperature." I remember hearing that I was laying there, almost unconscious. And I remember them patting me down and wetting me down with all this stuff.

And I said right then, "I've got to get out of this place. They're going to kill me in here." Because every night I would hear people die – commotion in the hallways at night. And I would find out that these people were dying of pneumonia and they were getting chemo and different kinds of treatments. And it was a lot of experimental stuff that they were doing on that floor. And people were getting so weak that they were getting pneumonia and dying of pneumonia. Not of cancer, of pneumonia. So, I thought, "If I don't get out of here, I'm going to be next."

So, the doctor came through the door and I said to the doctor, "I am so sick." I told him what had happened, about the my temperature. And he said, "Well, I'm sorry to tell you, but it doesn't seem like your body's responding very well to the chemo. That's why you're getting so sick. The thing is, we had hoped that your body would respond positively to this chemotherapy. But it doesn't seem to be doing that." And I said, "Well, isn't there something else I can do? What about diet? What about vitamin C therapy?" He just looked at me and said, "None of that stuff works like that." I mean, this was over 30 years ago, of course. But still, he didn't even want to talk about it.

And I said to him, "What would you do if it was your son or daughter in here?" And he said, "I'd do the same thing. It's all I know to do." I said, "So, even if it killed them, you'd do the same thing?" He didn't say anything. I said, "Well, I'm going to die in here. I feel like I'm dying in here." He said, "Well, we're all going to die someday." Just like that. And boy, I got so mad. I had all this hope. And there I was, weak and laying there in that hospital. And I got so upset when he said that. And I didn't have much energy, but I raised up in the bed and I pointed my finger at him and I said, "Listen here, you S.O.B. If I could get out of this bed, I'd tear you apart." And that's exactly what I said. I mean, I didn't say it that kindly. I was so mad, that he got me going. And I tell you, right then I made up my mind that I was going to get out of that hospital.

And I started to think really hard about it. Because anytime you make a decision like that, you have to think hard. I didn't have a very good chance, looking forward in life. My body wasn't responding. I didn't want to get that sick. I didn't want to end up like those other people. And I knew that I couldn't stay on the macrobiotic diet if I kept doing that stuff. It just wasn't going to work for me.

Chris: So, you had been eating that way for a month or two?

James: I'd been eating like that...trying to get into it. And I knew I couldn't mess around because when you have cancer you don't mess around.

Chris: But it was probably pretty hard to do it while you were in the hospital, right?

James: Oh yeah. But what I did was I had people bring me meals. There was a macrobiotic center there in Houston, and I would have them bring me meals. But I couldn't even eat. I was so sick, I couldn't keep it down.

Chris: And had you done the vitamin C IVs at all, at that point?

James: I hadn't done any vitamin C yet. But I started out with that. And I started trying to recover from the surgery. So then, what I decided to do is... Two nights later, I could barely get out of bed, I was so weak. But I just got my jeans on and I crawled out of the hospital. Basically, I snuck down

the hallway at two in the morning. And the nurse's station was down there, and I was looking down this way and that. And I'm looking, no one's out there. I knew that it was real quiet about that time at night. So, I snuck down the hallway. And there I was, just sick. And I went down to the stairway, went down the stairway, and I remember just hanging on. And I got in my car that had been in that parking lot. And I drove out and went to my stepmother's house, because she lived an hour away. At that point, I was living in Dallas. It's a long story, but it's all in the book. But I went to my stepmother's house. And I ended up throwing up twice on the road, on the interstate. That's how sick I was. But I was determined.

And at that point I said, "I am going to fight like nobody's ever fault. I'm going to roll up my sleeves, I'm going to go to war. And I'm going to scratch, claw, kick, whatever it takes. And if it doesn't work for me, it's not going to work for anybody else." And I really bared down then after that. And it took me a while to get that chemo out of my system enough to where I felt halfway decent. But I'll tell you what, that's when the healing, I felt, really started. Because then I was going on the vitamin C, I was doing the macrobiotic diet, I was going all out. And I was not going to cut any corners, like the guy said, "Don't cut corners." I was going to set the example for what I was doing.

And I did a lot of other things, of course, but I've never looked back. It has been all these years. And you let up a little bit because you can't be on this strict diet forever. But you have to keep one foot on the path all the time. You can't mess around, because people get cancer two or three years later. Like, here it comes again. And you've got to be serious about it and you can't mess around with it.

But that's part of the story. And then, I eventually left Texas and moved to the macrobiotic community, which was out in western Massachusetts. And I moved out there. And I eventually became operations manager. I had a business background. And little by little, I went out there to do a residential seminar because I wanted to find out if I was doing everything correct. I thought I was. I was feeling really well. I spent all my day cooking for myself. I still had to work. I had a business I was running. And I had to go to work and drive a lot every day. But I never cut corners.

I'd get up at 4:30 in the morning and I would cook my breakfast, my miso soup. My soft grain in the morning. And that's how the macrobiotic diet was. I would do that. And then, I would go to work. And I would come home and I'd do my stretches. And I would walk every day. And I'd do deep breathing. So, I did all this. I mean, I really bared down. I was very lonely. I was by myself, but it was working for me. And I started to feel a lot of energy. And when I got the vitamin C in me, I could tell after three months or so, I felt like a different person.

You could really feel like you were flying. I felt like I was high on the food I was eating. I started to feel alive again. I can't explain it. I'm sure you understand. But I started to feel like I was putting something good into my body. And I felt like the energy was changing. And eventually, as I said, I ended up going to western Massachusetts and working and living. And I was there with all these people that were living there. We did residential seminars. And it was wonderful because I had all this support that I didn't have when I was all alone. And if you had to go anywhere, this was the place. This was the model place to go because of the food. The food was all organic. We even grew a lot of our food there.

I eventually became the operations manager, as I said. I purchased all the food for the facility. I went to organic farms and would personally go out and hand pick a lot of the food. We were very, very fortunate to be in that family of people that were there working. And we had 25 or 30 people on staff. And everyone was on this diet. They had a diet that was strict – a strict cancer diet – and then one that was a little wider – a transitional diet. So, I was on the strict one, of course.

But one thing I learned on this diet was that it was important to chew my food. They recommended chewing the food 50 times a mouthful. And I said, "Well, if a little's good, I'm going to do it 180 times." I don't know where 180 came from, but I would sit there as much as I could, 90% of the time, and chew my food 180 times.

Chris: Wow. Every bite, huh?

James: Yeah. So, you sit there. And eventually, I got to where I would just go sit in my room with a plate of food. It would take me an hour to eat it. But the thing is, you break it down, it takes so much stress off of your digestion. And it's a real key factor.

Chris: Yeah. And the truth is, the better you chew your food, the more nutrients your body will absorb from it. I'm surprised there was anything left to chew after even 50 chews, you know? I mean, it's so close to being liquified.

James: It's kind of like you chew it in the front of your mouth and it does become liquid. But you're creating these enzymes, like the amylase, and everything to break down all of these carbohydrates in the foods. And you're eating this and it's there. And it's amazing how it's a spiritual experience. Because it's almost like a meditation when you do that. Because I visualized while I was eating. I visualized that the food was going to all the healthy cells in my body. And the immune system was destroying the cancer in my body. I did all that, when I was doing it. But once you get into that meditative state when you're eating... And we ate with chopsticks. So, it was very, very spiritual place to be for me, at that time. It was totally different than... I mean, I just came from American diet to this stuff.

Chris: Yeah. Texas steak and potatoes, I'm sure.

James: Yeah. And I lived there for four years at this place. And I hated to have to leave. But I left because I knew I had to take care of myself. I had to put myself first. And when I got there, I met a lot of interesting people. And eventually, I had a friend there that owns several health food stores. And I went to work with him because when I eventually left there, I wanted to do something else. I felt like I needed to go to a higher level. And I discovered new things along my path. And a lot of these things are in the book that I have.

Chris: Let me ask you a couple of questions that people may be wondering. One is: how old were you when you were diagnosed?

James: I was 32 years old.

Chris: And then, for folks that don't know, can you describe what the macrobiotic is? What your daily diet looked like? Even the history of it, too.

James: The macrobiotic diet is a diet consisting of around 50% organic whole grains. The grains that we ate, most of them, were freshly hulled grains. We had a hulling machine. We ate a lot of short grain brown rice. And we hulled ours before each meal, before it was cooked. And we did that a lot. But there were 50% grains and 25% or so vegetables. And the majority of these vegetables were all of the cancer killing vegetables, with the cancer fighting properties. The cruciferous vegetables were a huge part of it. I mean, we ate so many vegetables, constantly. And some were raw, some were cooked, some were pressure cooked. Most of the vegetables weren't pressure cooked. Sautéed. Cooked in different methods. But we had that.

And then, we had 10% of soups every day. The soups we had were like miso soup. I had miso soup promise twice a day, every day. And we were eating miso soup because it was good for our intestinal flora. This was creating the good bacteria in our system, which 70-80% of your immune system is from the gut flora in your system. And we were doing that. And it also consisted of 10% small beans, like lentils, chickpeas, adzuki beans. And we had other ones too, but these were our mainstay beans, the beans that we ate the most. And we'd have split peas. And occasionally we'd have other beans. But this was the thing we had for protein. We had the beans. We also ate seaweed. We ate about 5% seaweed every day. So, we had wakame and kombu and all those seaweeds. But the wakame was usually in our miso soup. But those are very high in minerals and very high in anti-cancer properties also.

So, we did everything. And thenm we had nuts and seeds and other condiments. And we didn't drink a lot. We had so much water in the food. We didn't drink a lot of glasses of water. We would drink tea. We'd drink like a twig tea, kukicha or bōcha, things like that. Small amounts

after each meal, for digestion. But we ate the best quality of oils. They believed in sesame oil a lot and some olive oil. But mostly we had sesame oil. And sometimes it was roasted, sometimes it was just regular sesame. Nowadays, I think they use a little bit more. There's research out there. But like Macadamia nut oil, for if you're cooking something at higher heat, avocado oil, and things like that. But that's what we did back then. But the macrobiotic diet has been around a long time. It was developed in Japan.

Chris: It's basically modeled after the Japanese ancestral diet.

James: Yes. And there was a man by the name of George Ohsawa that really put the macrobiotic lifestyle and diet on the map. And he was from Japan. And he had several students over there. He formed this school and he had students. And one of them was Michio Kushi and his wife, Aveline Kushi. And there was Shizuko Yamamoto and Herman Aihara. These were some of his original students. And they all came to America and started the macrobiotic movement in America. And I don't know that they've all passed. Kushi has passed away. Herman has passed away. Aveline has passed away. They've all passed away now. So, the macrobiotic movement is still going, but the Kushi institute is not in business any longer.

Chris: That's where you worked?

James: Yes. I worked for Michio Kushi out at a Beckett, Massachusetts. And a couple of years ago, they kind of dissolved everything. This is what I understand. But it's still being carried on. In the back of my book, there's resources. And Alex Jack, one of the key writers for Kushi's books, he's carried it on. Himself and Ed Esko, which are big names in the macrobiotic movement, are still involved. And there's a lot of other teachers, second tier teachers, that I've known for all these years.

But I don't follow the macrobiotic diet as closely now, as I used to use the principles. I don't believe there's one diet for everyone. I believe that the principles are very good. And if you look at it, you see why it works so well for a lot of people. But again, I was around many people that did very, very, very well. I can tell you all kinds of stories. But I can also tell you stories of people that didn't do as well. Why? They come there, they want to get on this diet, they want to get well so they can go back to their regular lifestyle. So, they get better, they go back to New York or wherever, and then they get back into regular living again. And then, they get sick again. And that's the end of them. And that happens all the time. And they felt like they could just eat the food and not have to do anything else. Some of them would stay up there for months. And they'd go back and...I hear stuff about what happened to them. That was sad.

But eventually, I realized that there had to be other things I needed to do. And I even discovered something called iscador, which is mistletoe

injections. And a friend of mine at the institute, which was one of the teachers at that time, suggested that I should look at some other things. There was an anthroposophical doctor that was trained by Rudolf Steiner, from Germany. And I didn't know a lot about Rudolf Steiner and his work. But they dealt with a lot of things, like biodynamic farming. And they were very health conscious. But he had his own medical training/education for doctors. And they were called anthroposophical MD doctors. They were medical doctors.

And I went to one of these guys. And the first thing he said to me was, "The reason you got sick is because your body and your spirit separated." And I was like, "My body and my spirit separated?" "Well, I'd never heard anybody say that. It took me a little while to think about it. But he recommended that I inject mistletoe, the iscadore, into my spleen area for a year. He said, "This will really connect you back and then stimulate your immunity." So, I did that for a whole year. And that was while I was at the Kushi Institute. No one knew that. But I did it.

I was always the guy that was like, "Hey, I'm open." I think about things and sleep on things. I didn't just do anything. But I was open. When I did the vitamin C, no one knew about that. I knew they wouldn't like that, probably. But the issue is that I wanted to help myself and I wanted to get well and stay well. And I was willing to do whatever it took. And I feel, to this day, that the macrobiotic diet saved my life. I feel like the people there treated me like family. They took me in. I mean, I couldn't have asked for more than that. And it was a wonderful diet. I still think it is, but again, it takes a lot of effort and time. And your life is worth it. I hope most people would think their life is worth it.

But my life went on. And as I went on, I ended up leaving. And I went to a seminar that a friend of mine's nutritionist was giving. And this nutritionist was Ann Louise Gittleman. And Ann Louise was this nutritionist that had written a couple books, back then. And she had a big following of people. And I went with him to the seminar, and it was a hotel there in that area. And we went in and she was talking about intestinal parasite issues. About parasites. Well, when I started hearing her, I got interested because I'd had dogs, cats, cows, hogs. I lived on a farm had been exposed to a lot of things. And it made me start to think, "Maybe I have parasites." She started talking about parasites and people that had cancer had parasites, and people that had immune issues, and people that had [you name it issues] had to really rule out parasites.

So, after the lecture, I went up to see her. I went up to her and introduced myself. And I said, "Well, Ann Louise, I've had cancer. And I enjoyed your lecture and all that stuff. I'm very interested in what you've been saying. Do you think I might have parasites? Could I have parasites?" And she looked at me for a minute and she said, "I think you do have parasites." And I said, "Well, how do you know?" She said, Well, you've got a parasitic look." And I went, "Oh my god. Here's this lady and

she's up here and she thinks I look like I have parasites. I must look awful."

She could tell I was a little like taken aback and didn't know what to say. And she said, "Well, if you really want to know for sure, you could go to a doctor that I know of in New York City." And this was about a two and a half hour drive from where we were living. And she said, "I would even go with you. I want to meet this guy. I haven't met him. I've heard good things about him." So, she took me with her to New York City. I thought I was lucky to be in her presence, to go to New York and see this guy. So, she took me in to see him.

We went in and he said to me, "Oh, my friend, let's see what's going on." He was from Columbia, his name was Dr. Herman Bueno. And he was just this world renowned parasitologist. He was an older man and a very, very charming guy. And I remember going in there and he said, "Let's see what's going on." So he did a tissue swab sample, which is where they take this long swab and insert it into your rear end. And they take these samples. And he went in and he had this teaching microscope in there, where you can see in – two lenses on each side.

So, I was looking on one side, he was on the other, and he says to me, "Oh, my friend, you have amoeba. It's like that *Entamoeba histolytica*." And then he said, "Oh, my friend, you have *Giardia lamblia*. These are one celled organisms." He said, "The amoeba you get in foreign countries, and you can get it in this country too. But you've got it. You're loaded, my friend." And we could see it. He was pointing it out. And it was very colorful, the things he was showing me.

Then he said, "You also have something called *Ascaris lumbricoides*. Well, that is nothing more than common roundworms. You've got common roundworms." And right then I was thinking, "Well, every time I went to see the vet with my dogs, they had roundworms." And I thought to myself, "Well, the doctor always checked first for worms. They never checked for anything else before they checked for worms. Why don't the doctors check us for worms? Why don't they do that?"

Chris: Good question!

James: So, he went on to tell me, "This is the most immunosuppressive thing you can have in your body." He said, "I've never seen a case of cancer or AIDS – and I've been doing this a long time – that didn't have some kind of parasitic involvement. If you have cancer or AIDS, you probably have parasites. It's very interesting." So, he told me, "I'm going to give you some herbs. I want you to go home and take these herbs for three months. The drugs don't work very well for this. I could give you drugs, but it's not going to do the trick. And you're loaded. We need to do herbs." He said, "I developed these herbal formulas. I want you to take these formulas." So I did.

So, we went back. All the way back, I was thinking, "Well, if I have all these parasites and I had cancer, what about all these other people? People I'd met and had all this cancer. What if they had parasites and they're not really getting to the bottom of it?" So, there I was, again, looking for the next answer. So, I went back. I got on the herbs. And I didn't feel good on those herbs. I felt like somebody had a ball-pin hammer and they were just banging away. A headache. And Ann Louise said to me, "Look, I developed some products for a company and they seem to be a lot more gentle. And I think they work really well. And I could tell you where to get these."

So, I got the ones she suggested, I took them. And they were. I didn't feel bad with them. I just detoxed like crazy. And you couldn't imagine the things I was seeing. I mean, it was scary. It was really not nice at all, the things I was seeing in the toilet. Of course, you don't see the one celled organisms. But I was seeing the worms come out. And I was also doing mugwort tea. And I was eating raw pumpkin seeds, as many as I could eat every day. Because I found out that this was very helpful for the worms.

Well, it was working, believe me. You can't imagine. But anyway, I went back three months later and the parasites were all gone. No signs of parasites, which I was very happy about. And I felt better. I actually started to gain weight. I couldn't gain weight. I was really thin. I'd gotten down from 175 or so, and when I lived in Texas down to about 125 when I was on the cancer. It just stripped me down to nothing almost. And I couldn't keep my pants up.

But the thing is, I got back and I was free of that. And after a while, I'd developed a relationship with Ann Louise. And we became friends. And long story short, we ended up in a relationship. And she helped me so much. And we ended up deciding to move to New Mexico. I've always loved Santa Fe, New Mexico. And it was near and dear to my heart, I guess you could say. And I felt that there was a healing community there and there was a lot of interesting people there. And I thought, "This would be a good place to go and live."

And I came up with an idea – I woke up during the night – about starting a company. It just came out of the blue. And it would call it be called UniKey Health, which stands for universal key to health. Well I started this company, eventually, in Santa Fe. But the idea was to get to the root of the health problems and detoxify and get down to the root cause of a lot of these problems. And my idea was that I'd get down to helping people with parasites – testing and detoxifying parasites.

And that was the original goal of mine: what can I do to help other people? I needed to do something. And I felt like there was a calling in my life to make a difference in people's lives. I was doing well with the cancer. The parasite detoxification process had helped me a lot. And I

wanted to do more. So, we moved to Santa Fe, New Mexico and I started my company, UniKey, which I still have, going on 28 years. And I started this company. And the first products that we dealt with were none other than parasite detoxification products, herbal formulas.

Chris: Teas and supplements?

James: Yes. There are supplements. And the thing is, I was there and Ann Louise. And Ann Louise has written over 30 books now, to the date. And she's done a lot.

Chris: I've got at least one of her books on my shelf. I was trying to remember which one.

James: Yeah, she taught me so much. I mean, she's a really sharp nutritionist. And without her, who knows what would've happened to me. But I met her and we moved out there. And when I got out there, she wanted me to meet her teacher that originally got her interested in health and nutrition. The teacher's name was Dr. Hazel Parcells. And Dr. Hazel Parcells was known by many as the grand dame of nutrition. And I never dreamed what to expect because she was, I think, about 102 or 103 when I met her. Probably 102. And I thought, "She's going to be in a wheelchair or on a walker or can barely hold herself up."

She greeted us and I'd never seen anything like it. This woman had more energy than anybody. She was walking in and sharp. And she looked 20 years younger, at least. And she was amazing. She was just a wonder. And I got to meet her. And she was into the parasite cleansing. She was getting to the root of everything. And she was so far ahead of her time. I mean, nobody was saying the things she was saying back then. I mean, she was the healer's healer. Anyway, I got to meet her and I got to spend a lot of time with her. She had little classes and seminars, and I even sat with her and worked with her in her lab.

But long story short, you know, she really inspired me more than probably anyone. And she made me realize that I needed to make some more changes. Because one day I was working with her, we were sitting there in her lab and she said, "Honey, let's go have some lunch." And she always cooked her own lunch. She had a staff of people, but she was a remarkable woman. But she said to me, "Let's go have lunch." So, we went in. And we sat down. And at the table she had this crockpot cooking. And I said, "Well, what are we having?" And she said, "It's beans and ham hocks." And I went, "Beans and ham hocks? Dr. Parcells, I can't eat pork. I can't eat meat. I haven't eaten meat in like six years. I can't do that. I don't think I'll ever eat meat again." So, she said to me, "Now, listen here." She was really nice. But she was matter of fact. She said, "Listen here. You have got to start eating meat again. If you don't, you're going to get sick again."

She said, "You had cancer. I understand that. But the diet that got you well, is not the diet you need to be on any longer. You need to widen yourself out, because you've got to support yourself properly. You've got to support your glands in the body. You don't look good. Your color is off. You need to gain some weight. You're yellow looking, You're not getting enough protein." And she said to me, "Besides, the kind of cancer you had needs more protein." And she knew. So, I looked at her and I was like, "Who's going to argue with this woman? Am I going to eat these beans and ham hocks? Or am I going to not do it and get up and leave?" I was looking at her, and she was so sharp. I said, "I'm in. I'm going to eat it."

Well, I ate it. And I felt like my body was craving. And after that, I started eating more animal protein. I started eating fish. I was eating a little fish. We ate fish soup on the macrobiotic diet probable once a week, later on, like white meat fish in a soup. Not a lot, but a little bit. But I started eating more fish and I started to gradually get back into a little bit of more protein. And without her, I probably wouldn't have done it. But once I started doing that, I really thrived. I got more energy. I put on more weight.

I even actually started running again. I could start running again. I didn't for all those years. I'd go out for walks and do deep breathing and all that. Every day I walked. Every day. Whether it was 20 below or 20 above. I mean, I never saw anybody out doing the things I did. I was not going to cut a corner. And I was going to do everything on that diet, when I was living up there in Massachusetts.

But when I met Dr. Parcels, she changed my life to the next level. And she taught me how to develop products. She taught me the right way and the right things and the most important ways and products that needed to be developed. And that's what I started doing. And to this day, I'm so grateful to all my teachers. I'm so grateful for Michio Kushi's work, for Dr. Parcels work, for Ann Louise Gittleman's work. Ann Louise is still sort of my guru, I guess you could say. She keeps me in line and she practices what she preaches.

Chris: Are you still together?

James: Oh yeah. We've been together going on 29 years. Can you believe that?

Chris: We'll have to line her up for an interview next.

James: Oh, you have to. Yeah, she's amazing. But yeah, anyway, it's a long story. It's all in my book.

Chris: Great story. I love it so much.

James: My book is just... I'm a storyteller and I'm from Texas. I guess you're from Tennessee, right?

Chris: I am.

James: So, my ancestors, a lot of them, came from Tennessee. And they came to Texas in 1832. And they came in to Texas and then settled down there.

Chris: I'm a first generation Tennessean. So, I was born here, but my parents came down from the north.

James: Well, that's alright. That's alright. Tennessee is a great state. I live in Idaho, but I've still got my Texas drawl and my Texas mentality, I guess, a little bit.

Chris: What part of Idaho?

James: Coeur d'Alene area, up in northern Idaho. Up by the panhandle of Idaho.

Chris: Okay. Yup. I've got friends in Boise.

James: Yeah. We're probably a six hour drive north of Boise. But we're up in the panhandle, not too far from Spokane, Washington. Up about maybe I guess 90 miles from the Canadian border.

Chris: It's pretty far up there.

James: Yeah. It's beautiful country. But I still have a place in Texas. I get back to Texas not as often as I live. My little daughter that was there that I had to basically leave and not be around while she was growing up, because I felt like I needed to take care of myself and that was hard. That was very hard on me. But today, to this day, she works for me in our Texas office. And I've got a little grandson now, he's just a wonderful little guy, not quite three yet. But all my dreams have come true, and it's gone full circle. And now she's working with me. So, it's been a pleasure.

Chris: I mean, over 30 years is amazing. I know it's going to encourage a lot of people, inspire a lot of people. And we'll put links and resources and books on macrobiotics. And your website, so they can find you and find out more about you. I'd like to ask you a couple more things before we wrap up. What are some of the herbs that you found over the years to be the most beneficial, for either cancer or parasite cleansing?

James: Well, with parasite cleansing there's a lot of different things out there and different formulas. But it's the wormwood and the black walnut and the cloves.

Chris: It's like Hulda Clark.

James: Yes, it is. And I develop my products. I guess it was 1992 when I came out with these products. And then, we started doing a tincture and we did a capsule formula. It's kind of a one-two punch. But I like the sintori herb because it releases the hooks in the suckers from tapeworms and hookworms. And that works really well. And then the butternut helps with pinworms. So, there's a combination in both. So, I have things like quasia and there's a pomegranate. And I said cloves. And grapefruit seed extract is very important. And artemesia, anewa. And those are very important, but I have them in a combination.

And I'm very much into pH; I try to balance things. Energetic pH is a way that Dr. Parcels taught me, to balance things so that when you take things you don't feel exhausted and tired. And that was the problem with the formulas I had with that headache. They weren't really balanced and they made me really tired. A lot of people take these herbal formulas, they just throw them together. The ingredients are good, but you've got to make sure. Sometimes you have to put cranberry or something to balance the pH, as a filler or something like that.

But I like anything that's anti-inflammatory for cancer, of course, because it's inflammation. But I guess, other than the vitamin C... I mean, I took the vitamin C for all these years. I still take a lot of vitamin C. I took 20,000 milligrams back then, for all those years. And I time-released it. I discovered way back that it was time-released, that was buffered with magnesium and lysine. And then, I discovered later on that lysine is so important because we don't produce lysine or vitamin C. And lysine basically kills the enzymes that the cancer cells produce, to be able to metastasize.

And I also learned, through Dr. Wrath and Linus Pauling studies, about the collagen. That cancer is a collagen disease, and it spreads through the collagen and the connective tissue in the body. And that's how it metastasizes. And if you want to build up your tissue, your collagen layers, you take a lot of vitamin C and that helps a lot. Nowadays, IVs are very important because, last time I heard, they were trying to get rid of the vitamin C stuff because I think it's helping people a lot. But that vitamin C IVs, it's like a healthy kind of chemotherapy.

Chris: While there's been a number of recently published studies with IV vitamin C and cancer, which have shown some really remarkable results. Patients doing chemotherapy working better when it's combined with vitamin C, things like that. So, I think vitamin C is actually starting to make a comeback because it was marginalized for years. It sort of had a big explosion in Linus Pauling's day. But then it was "debunked" by some poorly designed studies later. They were doing oral vitamin C, when Pauling was doing IV. And now, researchers have started doing IV vitamin C studies and finding these wonderful benefits, some of which are that it can directly kill certain types of cancer cells.

I had IV vitamin C. It was part of my therapy. And it's interesting because my diet was different than yours, similar but different. Similar in the fact that it was a plant-based diet. The first 90 days, it was no animal food whatsoever. And of course, no processed food. But it was mostly raw. Tons of cruciferous vegetables and fruit. And lots of juicing. And then, IV vitamin C. And then, it's funny, a buddy gave me the macrobiotic diet book. And I started to read through it and I was like, "Oh, this is really interesting." But it was really different than what I was doing. And I was already like fully on the track of what I was doing, which was more of the raw food and juicing. But I had filed it away as like, "Hmm, this is really interesting. I'm going to keep this in my back pocket."

And after 90 days, my nutritionist recommended that I add a little bit of animal protein back to my diet, which did help me gain some weight. I feel like it was too early. I mean, I feel like it was a pretty risky for me because it was only 90 days into my journey. And he said, "Well, why don't you eat a little bit of salmon or whatever, one or two times a week?" Which wasn't a whole lot obviously. But my advice for people now is that I would hold off of animal food a little longer than that. I mean, you waited six years.

James: I would too. I would do the same thing because the thing is, when you first have cancer you want to really cleanse your body really well. And you want to get your nutrients back in and get all the crud that's in your body out. And you've got to make sure that you don't have parasites. Most people have fungal and yeast parasites, heavy metal toxicity, low in vitamin C, their enzyme bank is very low. I mean, you try to find a cancer patient that doesn't have low enzymes in their body and digestive issues. Usually their intestinal flora is low because of the yeast and they're eating too much sugar and all this stuff. And what you're saying is exactly right.

And I recommend...I'm not really recommending anything. I'm just going by my opinion. If someone has cancer, whether they're vegetarian, whether they won't cook food, whatever...they've got to have the cancer fighting foods. They've got to put everything in their body that helps fight cancer, and everything out that causes cancer. And that could be a lot of stuff, because we're bombarded, as you know, every day with everything. And if you don't cleanse yourself on a regular basis and keep it out and put the good stuff in, you don't have a fighting chance. And then, you've got to believe in what you're doing. Because 50% or more, I think (my opinion) is leaving.

Chris: I think it might be 99%.

James: Yeah. And if you don't believe, and if you're surrounding yourself with negative people – like maybe your family or your friends think you're nuts because you walked away from conventional treatments – it's up to

you. I mean, some people do small amounts of chemotherapy and they do fine. But when you're just loading yourself down with this toxic chemotherapy, if your immune system's low already, (which it normally is with cancer, especially if it's a late stage cancer) you might as well just get to the edge of the cliff and when the wind blows, just go over the side. That's how I look at it.

Chris: Yeah, we agree. Absolutely agree. Chemotherapy can be profoundly and catastrophically destructive in the body. And I never tell people not to do it. Of course, it's an individual choice. We all have to be accountable for the decisions we make and the consequences of those decisions, good or bad. But one thing that I do is really encourage... For anybody watching or listening that doesn't know, I have a free guide called "20 Questions for Your Oncologist." It's a free download on the site. And the reason I created it is because cancer patients are typically clueless. They don't know the right questions to ask. And if you ask the right questions, you will get answers that will inform you to make a wise decision. To make the right decision for you. That's what's so important. And as you know, most patients are just rushed into treatment with no idea.

James: Yes. And the thing is, when you go and you have cancer, you need to find out where you stand. And you need to have two, sometimes three opinions. And you need to take someone with you. Because sometimes we're in shock and we need to have someone with us to write down and take notes. But one thing you need to know is, "What are my chances? What do you think my chances are, with the chemotherapy and doing nothing else?" Because that's all they offer. Chemotherapy and radiation. "What are my chances?"

If they say, "It's a 90% chance. We think it's not going to be hard for you to survive," then maybe. Maybe. But if it's 10%, 20%, or 1%, like some of these pancreatic cancer people's chances are, you need to know. And you need to take that into consideration. And if that's what they tell you, then it's up to that person. They have to decide where they want to live or die, I guess. But I believe that anybody can survive, if they put their mind to it.

I have friends and I know people and I'm interviewing people that have survived for 10 years or more. That's what I like. Because then they're more believable, people that have had late stage cancer – most of the time Stage III or IV. And the thing is, I know people with pancreatic cancer and they've survived for 12 years now. And they're using like the Gonzales protocol.

Chris: Ann Cooper is about a 20-year survivor of pancreatic cancer, and she worked with Gonzalez and Isaacs.

James: Oh yeah. And Linda Isaacs, it's hard to get in to see her, I think. But the thing is, when people decide they want to go see one of these people,

they've got to decide that they're ready to go 150%. Not, "Well, I'll try it. Well, I don't know you." I mean, cancer's not something to play with. You go in all out or don't go in at all. You know? I mean, it's just the way it is. You make up your mind and your heart, soul, pray about it, meditate about it, whatever it takes. And hopefully, you've got support wherever you're living or from your family or friends or whatever. Because if they don't and you decide to go that way, you might have to take some time off to be by yourself, or find people that you can be around. Because that negativity is going to floor your immune system more. You don't need that. You got a baby yourself back to health.

But you've got it. You got to get down. Like, like you say, like I was saying, you've got to clean up the house. You've got to clean out everything as much as you can because we're constantly bombarded. Whether it's radiation, whether it's mad water, you've got to go through your house and throw everything out of your cabinets. You've got to do all natural things. You've got to look and research. They're so lucky to have the internet now. And there's all these resources that I'm sure that you can find. You can go to the back of my book. There's resources where you can find lists of things. Things to put on your skin. Anything. But you've got to clean up from A to Z, 100%.

Chris: Hey, we are preaching the same message. It's so refreshing to hear it come out of someone else's mouth. Because these are the same things I'm saying every day. When I talk to people, the phrasing I use is "massive action." You have to take massive action and you have to be willing to change your whole life. And you usually have to change your whole life. But it starts with being willing to change at all. And then, like you said, there's a systematic process where you really are changing everything from your attitude and your mindset, to your diet, to your home environment, to your relationships. There are so many little factors that can promote disease. And when they're all combined, you're just in a toxic state. And so, it takes a little time. No one can snap their fingers. You can't get it all done in six hours. You know what I mean? It's a process of self-discovery.

James: And there's this perception that people go, "Well, my mother or my father or somebody had cancer, so I guess I'm going to get it." Well, that's just ridiculous. Or there are people that go out there and they don't understand. Most people don't understand that they created most of this cancer themselves, by their lifestyle. Maybe they inherited their tendencies. But they say like 10% is genetic, 90% we do to ourselves. And once you understand that, then you can see why. "Now I know why I got sick." All this toxicity, all these toxic emotional, psychological, everything affects us. Mind/body/spirit is so important. It's all that balance of everything. But I'm not telling you anything you don't know. And I've learned a lot.

I know that people always say, "Well, what can I do? My life is over. I can't go anywhere anymore. I can't do anything anymore." Well, I'm telling you that you can. You have to be careful because you don't want to get too far off the path. But I always say that every once in a while, you've got to take a step off. Just keep one foot on all the time. And the thing is, one thing I wanted to say is, in my book, I talk about a restaurant guide that we have. But also, I have a website now, TempletonWellness.com, which is a wellness site that I created because I got tired of my friends, family, colleagues dying of cancer. And about a year ago, I started working on this thing. I'm interviewing people, as I said. But I also have a restaurant guide, and it's the healthiest restaurants in America. And I have this restaurant guide because when you have cancer, you need to eat at home most of the time. But occasionally, you want to go out, you want to live in the world that we live in. You want to be able to go somewhere or go on a trip. But we have those restaurants in there. And just about a week ago it launched.

Chris: And your book is called "I Used to Have Cancer."

James: Yeah. "I Used to Have Cancer."

Chris: And it's on Amazon?

James: It's on Amazon. Or you can go to, IUsedToHaveCancer.com and get three free downloads are about the top five supplements that I think are important for prevention of cancer. Also, the top 10 cancer prevention diet recipes that I like. And also my daily routine, the things that I do personally on a daily basis to help prevent cancer. I don't say anything about treating, it's all about preventing. This is what I do now because I'm not a doctor, of course, or I'm not a nutritionist. But I just know that if it works for me, if it works for these other people, the people that you interview, then why can't it work for them? It's like that minister said, "You just get in there and you fight." And if it'll work for somebody else, it'll work for you. Why not?

Chris: That's really good. And I think it's important to point out that this fight that you're talking about, and the fight that that I talked about, is a mental battle. It's mental. But it's not a physical battle. We're not talking about suffering, which is what they mean in the cancer industry when they're like, "You've got to fight this." The implication is that you're going to have to suffer.

James: Yeah, mind over matter. Mind over matter. You have to have that mental fighting spirit, that will. Let that will kick in. And we all have a will. Some of us don't let it kick in. That's our best friend, that strong will. Some of us don't think we have it, but it's there. You've just got to let it come out. And when you believe, then you start to see the results. That three months later, you start to feel so much better and you start to believe, "I'm doing something right now. Now I think I'm on the right track and I

can get well." And that's where it kicks in. And that's where everything starts to work and the healing begins.

Chris: That's right. A great place to end it. Thank you so much, James. And we'll put links to your book, links to your website so people can find you and find out more about you. Again, congratulations on over three decades of cancer free life. That's exciting. I'm halfway there. I'm at 15 years.

James: Well, good for you. And I appreciate everything you're doing. I've heard a lot of good things about you, way before I wrote this book. I mean, this has been the story. I thought I needed to get it out there because I've had good friends die and if I've got a story that I think can help somebody, then that's what I need to do. But I want to thank you for what you do because you really have done a lot. And you're right on about all this. So, I appreciate you very much, Chris.

Chris: Thank you, James. That means a lot, man. And you know, all of our stories matter. That's why I do these interviews, because everyone has wisdom to bring to the table. Wisdom taught through and learned through experience, learned through mistakes, trial and error. It's the collective wisdom of all the people who've healed that I just am excited about adding to. So, welcome to the pile.

James: Well, thank you so much. And it's great to be with you. And hope to be with you again sometime or meet you in person.

Chris: I'm looking forward to that. I think it will happen. We'll stay in touch, for sure. And thanks everybody. Thank you, James. Thanks for watching. Thanks for listening, everybody. Please share this with people you care about. They need to understand that cancer does not have to be a death sentence, that it can be healed and it can be prevented, that our choices matter, and that you have the power to change your life and change your future. So, I think I'll just leave it there. Thanks again, James. Bye, everybody. Thank you.

Copyright © 2019 | Chris Beat Cancer LLC | All Rights Reserved.

www.chrisbeatcancer.com

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise without the written permission of the publisher.