

Hey, everybody. Got a new cancer survivor interview for you today. It's Carol Howard, and she had peritoneal cancer diagnosed in 2016, and she's alive and well today and is also very involved with Healing Strong, and we'll probably talk about that some the Holistic cancer support group network that I'm a huge fan of.

So, Carol, how are you? I'm good. Excited to see you on your program. It. So let's hear your story. How did you find out you had cancer? Well, in late summer of 2016, I was having some problems and I went into urgent care. The problems were like more with my bladder, I thought.

And so I went in and they diagnosed Pylo nephritis, and that's an infection in the kidney, and they gave me an antibiotic for that. And when I was done with the course of antibiotics and I don't usually like to take antibiotics anyway, so I was really in tune to my body what was happening.

With it. And after I finished the antibiotic, I still felt kind of sick, actually. Kind of nauseated and a little bloated probably. And I didn't know what was going on, but I knew it wasn't normal afterwards. So I went back in and they did some palpitations of my abdomen and tried to find out what was going on with my stomach there.

So they decided to do a scan, and they did a scan and found two large tumors. Well, one was large on the right ovary, and the other one wasn't very large at all. So they sent me, like I said, for the scans. And then they says, well, we don't know what this is.

We're going to have to look further, maybe do surgery. I said, well, okay. I had had cysts on my Ovary. S before, but they were just like hair and teeth, which sometimes happens, so I wasn't really too worried about it then when they told me that. But then as we got farther along, I started.

Get in my head, oh dear, what if it is cancer? So they scheduled me for surgery on the 24 October in 2016. And after surgery, they decided that it was cancer, but they didn't know what kind. So

they told my family while I was still out that it was cancer. And I thought, well, okay. Um right after the surgery, when I got back to my room,

my heart stopped and they had to call a code. And I usually wake up right after surgery. I should back up just a little bit. I usually wake up right after surgery. I know what time I went in for surgery, I know what time I came out and everything, but I didn't know any of that.

So it was kind of different that way. And then I coded, and the next thing I knew, I came too. Thankfully, they had called the code team and everything for me. My family was there, my husband and.

Um,

I woke up kind of with my eyes shut. I am an RN, and so I kind of knew what happens during a code, so I knew that I had coded and that I was coming back too. And when I woke up, I had my hand in the hand of a very handsome black man.

And he said, you're going to be okay. And so I don't know. I think it may have been angel, but maybe not, because they don't have I couldn't find him anywhere on staff, so I could thank him. But as I was still out of it a little bit, I was coming to and I said,

I thought in my head, oh, no, they just told my family that I have cancer.

And now I've coded, but they finally gave me narcan and brought me out of it.

On my notes at the clinic now for my diagnosis, it says narcotics overdose. It doesn't say that they caused it, which was kind of interesting. So that's on my record forever.

But anyway, yes. So I came out of that, and of course, they put me in ICU for overnight, but other than that, then I was fine. Before all this, I had been pretty healthy, basically.

I mean, I ate pretty good. I was vegetarian,

I exercised, I lifted weights. I did all those kind of things. And surgery, I didn't say anything to any of my doctors that I was not planning on doing chemotherapy or radiation or anything.

They didn't give me a choice. They says, well, you'll need to do chemo two weeks after surgery if this is what it is, and just telling me that. And I hadn't seen an oncologist at that point. Although the gentleman that did the surgery was an oncology for women, a surgeon.

So he, I guess, sort of knew what he was talking about, but. But

I made an appointment after my surgery to go to the oncologist because they wanted to collect everything,

all the information that I would need. And my brother, who is

internal medicine physician out of Minneapolis, he was on the call. He was on the phone, I guess, when I talked to the oncologist and and she says, well, we have to start the chemotherapy right away. And I thought, being a nurse, I know that two weeks after surgery it's going to be very painful to be vomiting and everything anyway, but I thought, well, listen.

And actually, when I walked in their waiting room, I felt really sick to my stomach because right off to the side was the chemotherapy rooms and I didn't see anybody. But I could tell that that's

what was happening in there and it was not a good feeling at all.

I did see her,

and she didn't really give me any information. She says they don't really have any chemotherapy that will help peritoneal cancer anyway,

but she says, we think you should do just the general chemotherapy, and that would help.

And she said there were really not any side effects from chemo, and I knew that wasn't actually the case.

Which drug were they trying to prescribe?

Was it tamoxifen? It's been a long time since I even read about those drugs, but it was a general one that they usually give for ovarian cancer. And mine wasn't actually diagnosed right away either, because

they couldn't figure out what kind it was for sure. They said they were spiral aggressive cells from the first time that they take some tissue out during the surgery. And by the way, they did a complete. Hysterectomy and took some lymph nodes, but the lymph nodes didn't have any cancer in them.

And he washed and washed out my abdomen during the surgery, too.

But it was the kind they usually give for ovarian cancer.

But that usually doesn't work that great either. I know sometimes it does. I'm not going to say it doesn't ever work, but I always figure until you take your last breath, you've got hope, right?

Yeah,

I did see her, but then after that, let's see. I was vegan right after surgery. I was determined to figure this out because I said, I'm going to live for 35 years. Nobody's going to tell me when I'm dying because they gave me six weeks to six months without chemotherapy

and maybe two years with chemotherapy. And I said, Well. Well, I'm going to take my chances and do what I want to do, because I think ultimately, you are in charge of your own health. Everybody can tell you something, but a lot of people do die right on time when the doctor gives them a time frame.

Oh, six months, yes, I'll be dead now. And they kind of give up. But I wasn't going to do that, and I didn't. So my mother had a book, and she has been dead for quite a while now, but she had a

book called The Grape Cure. I don't know if you've ever heard.

Yeah. Joanna brandt. Yes. Joanna Brandt. Yes. I have that book. My mom had that book. Okay. Yeah. Mine's really old and everything, but she did that. So is my copy. She probably bought it in the 70s, maybe the 80s. But it's right. It's excellent. I love the grapefruit. Yeah, it is very good.

And know, the grapes have some sugar in them, so it's a little bit sweet, but it's still good. But I thought, well, I'll try this while I'm researching everything to. See what I really want to do. And recovering from surgery, of course. So I had a scar on my abdomen from a previous surgery that went the whole way from my navel all the way down.

And

I told him I wanted him to use that same scar to take out the scar tissue. So he did. So I think it was probably I was opened up farther than most people would have for my type of surgery. So I had a big scar,

and I thought, well, while I'm recuperating from this,

I will just research and while I'm doing the grapes. So I did the grapes for three and a half weeks, and it just happened. I had some labs due at the end of that three and a half weeks, and they were all completely normal. It was interesting because some people say, oh, your electrolytes and everything's going to be way off if you just eat grapes.

But they weren't. They were perfectly okay.

Just so everybody watching and listening understands the Grape Cure is literally. Just a grape diet. It's just eating

grapes.

And Joanna Brandt helped a lot of people recover their health, heal cancer, all kinds of stuff with this diet they did. It's the only mono diet, I guess they call it, that actually builds down the bad stuff and then has it exit the body and then builds you back up again.

So that's why, I guess, that you can live it. I mean, they don't recommend it too long, but just for a little while is fine. And so I did that, like you said, while I was researching, and I didn't have any problem doing it. My husband did it with me, which was nice, and my sisters did some of it with me, too.

And how many grapes did you eat per day? Do you have any idea how many pounds of grapes or how many usually probably bushels.

Probably like a pound and half. Pound and a half? Yeah. Okay. Yeah. I think she says in her book and I've forgotten the exact number, she says, but I think she says how many that don't. Eat more than this because you can overdose, I guess, on grapes. But it was kind of hard.

I served up my granddaughter's ice cream birthday cake, and

I didn't have any problem not eating it. I didn't have any problems with it at all. Some people say, oh, I can only go a week, but whatever you can do is good. You just have to listen to your body and what you can do.

So I did the grapes, like I said, while I was researching, and then

I was eating. After I got off that, I ate a whole foods, plant based diet. I didn't eat any wheat for the first six weeks.

And mostly raw. Some cooked things, but mostly raw. Just for the first actually, did I say six weeks? I meant six months. And then I also contacted you, Keep Hines in Seal, Alabama. I don't know if you're familiar with them. Anyway, they have a live in program that if you want to heal anything, basically.

High blood pressure, cancer, whatever, you can go there. And at that time, which is probably more expensive now,

you could go there for \$5,000. And I thought, well, if I just have a call with them, maybe a consult on the phone, that they can give me the information. I can see if I can do this stuff at home. I thought, I don't want to spend \$5,000 when I could use it for other equipment that I might eat or whatever.

So

I had a consult with them right away too, after I realized that

they would do a phone consult with me. And my husband and my daughter and my daughter in law were on the call with me. So one of them took notes so that I would remember what it all was, because the doctor I talked to there told me to take five kinds of tea chaparral, potty, arco graviola, red clover and sweet wormwood.

They were the five T's. And then do some aloe vera. It. Drink it. Separate teas. Pardon? Separate teas or mixed together? Well, I mixed them all together because some of them weren't very pleasant tasting. And I thought, well, how can I drink five cups of this plus all the other things I'm trying to do?

And I did some juicing, some green smoothies right at the beginning, too, but I didn't do as

much juicing as like you did. And I've heard some other people, too, so so

I got all that information from him. But the biggest thing was

they call it hydrotherapy. I think sometimes hydrotherapy is hot and cold. This was just hot, where you get in the bathtub and raise your temperature up to 102 to 104 and stay in there for 20 minutes and then lay on what I call this sweat bed and sweat for an hour and do that five days a week,

three weeks out of the month. So on that other week. Off. You don't really have to do any. But I also did the rebounder,

and I continued my weightlifting. Actually, I didn't realize it till just yesterday when I looked up. When I went back to doing my weightlifting, it was one week after surgery, but of course, it was a reduced program, just a little bit. But my trainer is really good to work with me, and so I went back to him a week after we did a very light workout just to kind of get the blood moving and everything in there.

So I did that. And during the summer, of course, I walk probably 2 miles and I walk barefoot, which is supposed to be good for you, too. But, of course, I couldn't do that because this was during the winter, and I live in Wisconsin, so it would have been kind of hard.

But

he told me, like, I said all about these things, but on the hydrotherapy bath. So I'll go back to that.

I thought, Well, I could go down there at his place. And do those baths and have somebody help me. But I thought, well, maybe I can figure it out on my own. So I started like, the end of December, probably, and I would just do like, ten minutes and get my temperature up, and then I got all the tub.

But in January I really hit it hard and I started doing it five days a week. And it's interesting because people say, well, how can you get in water that's hot enough

to get your temperature up that far? I call it the frog method. You don't fill the tub and then get in. You fill it maybe six inches, then you get in and you keep making it hotter and hotter because the frog will jump out if he gets in when it's too hot, but if he's slowly brought up to temperature, he doesn't get out.

So I did that, and it took me probably a month to get really into my routine because it's tough to do three weeks out of the month and you have to have somebody with you. I would definitely not suggest doing it on your own. And I didn't have any trained.

Ah, they call it, I guess, hydrotherapy therapists or whatever. Anyway, I didn't have anybody that was trained, really, to help with it, so I used my granddaughters. I have five of them that live within a mile of me. The youngest was six and the oldest was 13 at the time.

And so they sat with me, did all sorts of things while I was in the 20 minutes of 102 temperature. And I only brought it up that high because I didn't want to get it too high and have something happen to me with the kids there. And my husband was there, especially when the six year old was there, so that if she needed anything, she could talk to him.

And I tried to have him help me with it, but it just wasn't working out. I think he got bored with it. But the granddaughters really helped because they would sing to me. They would just listen to music with me over their schoolwork, like the capitals of the cities or whatever.

Just anything to keep me interested.

And then the sweatbed was really boring. Sometimes we would. Watch maybe a video or something. But

it was kind of tough to do that. But I figured out that just to pile blankets on you was not working for me because I'm a little claustrophobic. So I found out about the Amethyst biomat. I'm sure you've heard of that. And it would keep me warm, so I could put it up as high as it would go, which was, I think, 158 degrees.

And then I would just put a light blanket over me. So that worked way better. So with these kind of things, you just have to figure out for yourself what's going to work for you, because you can't tell somebody, oh, yeah, do it this way, because it may not work for them.

So you had to figure it out yourself. And that's what I tell everybody. You had to figure it out for yourself. But I figured that out. I did it for six months. Then they told me that I could, um

that I could do it once a month, one week, once a month. So I did that for several years after that. And during all this. Though. I had labs every 90 days, and they all looked good. The ESR and the CRP kept coming down, and it was really nice.

But I did just natural things at home that weren't too expensive.

That's what I was looking for. Yeah. What you said is really important, that you have to figure out what works for you.

Yeah. We all have different circumstances and situations, and a lot of people, I think, end up being self defeating because they read about something or read about a therapy or read about a protocol or a diet, and they just immediately say, oh, I could never do that. Yeah, right.

And the problem is, they don't try. You know what I mean? Yeah. They don't actually try. So they've already defeated themselves, and you tried, and you figured out how to make it work for you, make it easier for me so that I was able to do it. The most important thing is to get started.

You have to start. Thank you.

Whether it's the diet or it's exercising or it's a particular therapy, you just have to get in there and start doing it and figure it out. And you will figure it out, because you're not dumb. You can figure things out, right? You'll figure it out and you'll modify it to make it work for your schedule or make it work for your routine or whatever.

But this is sort of a universal principle of health and healing is like, you just have to take some action. You will figure it out as you go, because there's not a lot of people that want to do the baths. Oh, I could never do that. But if you really want to live,

you can do just about anything. You do have to be careful, though, that everybody's going to be telling you, oh, you should do this, you should do that, you should go here, you should go there, and after a while, you take all their suggestions and you appreciate them, but you can't do everything.

And if you try to do everything, you're probably going to fail. Because there's no way your body can handle all it all the time. So find what you think that you can do and go from there. Yeah, that's another really good point, is choose a protocol, right? Create a healing routine for yourself and follow it and measure your progress, right?

Monitor your progress with scans, with blood work. Don't go jumping around right, from one therapy to another to another clinic to this to that, the other, without monitoring, because that just ends up being a wild goose chase. Right? And then you don't get anything done the way it's supposed to be done, really, because you don't stay on it long enough to realize the healing benefits of it, and you don't know if it's what's helping you and what isn't, right?

We do see this with patients where they just are constantly jumping from one thing to the next, not knowing what's helping them and what isn't. And and so I love that you were confident enough in yourself that you could

pay attention to the suggestion. Questions and the advice that people are giving you, and then sort them out and decide what was reasonable and what wasn't.

I didn't have that

when I was diagnosed. I wasn't getting help from anybody. My mom had a bunch of books, and they were helpful, but beyond that, yeah, I wasn't suffering from what cancer patients now have

to deal with, which is an information overload and too much advice, too many suggestions, and your head spinning.

I had a very sort of specific path, and for me, every book I read, they all were confirming what I was already doing. So it just made it really easy. I mean, it's raw foods, juicing, exercise, rebounding, detoxification, forgiveness. This it's just these very simple things and those major themes that kept recurring in my.

Quest for knowledge on how to

yeah. I'm thankful that it was easier for me in that sense. At the time, I felt very alone, and I felt like I didn't have enough information. But looking back, I realized I had exactly what I needed. You had what you needed. Yeah. I was in contact also with Hallelujah Acres, and I think your first book that you were reading about, that was on that or something.

That's right. I think I remember. Or something like that. But I just kept searching. And then my brother, being a physician, was a big help. And I know you didn't have this at the beginning, but all of my siblings and kids and grandkids were very supportive of me. That's awesome.

Yes. That was just so nice. One sister is a nurse, the other one's a counselor. And so the one that's a counselor helped me put together a yoga and meditation program to add not too long, but just a little bit, which was very helpful to me. And the other sister is a nurse also.

And her and I talked a lot, and it was just so nice to have all the support. And of course, my husband was supportive of whatever I did. He would bring in suggestions sometimes, too, but he was very supportive. And I had eleven grandkids at the time, and they were just willing to help.

And they didn't realize till just lately how serious it really was. When I did my presentation at Healing Strong, I think it was back in November, and I had them come along with me, and each of them told what they did while I was doing my baths. And they were hearing other people ask questions and everything, and they thought, oh, we didn't know that it was this serious.

They would hear little bits of like when I was in the 20 minutes, I was having a hard time getting through it because every once in a while I did have a hard time getting through it, but most of the time I did okay.

Did you use a thermometer just to keep make sure the bath temperature was I'm kind of OCD.

Yeah. So it helps the time go by faster, too. And so, yes, I could use the same thermometer that I had, because they said don't have the water hotter than 110. And so I used the same thermometer on that, and then I used it in my mouth for my body temperature.

So I took my temperature quite frequently, and sometimes it would get up to 103, but I think once it got to 104, but I didn't really want it up that high.

So the water was typically 102 to 110. Right. And if it's anything past 110 and it seems weird because it's not near boiling, but it will burn you. And I got burned twice. And my husband calls me stubborn, but I say it's determination. Yeah, I got called stubborn, too.

Yeah, right. I definitely did.

Water is fascinating to me because if you think the average person would think, well. The human body is 98 degrees. Like, 102. Doesn't sound like that hot, right? But if you actually get in warm water or hot water, it's usually below 100. It's usually in the 90s. Yeah, you'd be like, oh, this is hot to your skin, right.

So 102 is a lot hotter than it sounds, right? It is. And I know that most hot tubs are at 104, which really feels hot if you just get in the hot tub. But doing it slowly like I did, worked out. But most people can handle a hot tub, so that's a good reference to make for sure, because some people are probably thinking, what's a hot tub?

Yeah. Well, and on the flip side of the spectrum,

you can survive in 40 deg weather, no problem. But if you get in 40 degree water whoa. You'll get hypothermia in 20 minutes or 30 minutes, you can die. Right. But you can be in 40 deg weather all day and be fine. So, I mean. You know? Yeah. It makes the power of water.

I did burn myself twice, just on the backside, and I thought, oh, man, I'm supposed to do a bath tomorrow night. How am I going to get back in the tub when I have a burn on me? Get in this hot water. Well, for future reference, this Epsom salts that I put in worked perfectly, so I had a burn on me.

One of them was even blistered a little bit, and I put Epsom salts in a lot of it, like half a bag. I don't remember how big the bag was, and it definitely helped. So, again, there's things that you can do so that you can get through it all.

Yeah. Now, did you typically add anything to the hot baths? Oh, some oils sometimes just to have I let the kids pick it out. They had fun. Yeah, I got it. Essential oils. Just go fast. Yeah. Nice. Yeah. Aromatic fragrance. Yeah. In fact, it was interesting when I don't even do the week out of the month now, though.

I haven't been doing it for. Well, but all my grandkids said you're going to stop doing them for a while now. We really enjoyed coming over, and it was nice for me, too, because I could spend some extra time with each kid on their own, the granddaughters that I had, and so they were really disappointed when I didn't do them.

Well, you've now made me want to try something, because I'm a big fan of sawing us. Okay. And we have a sauna,

and the sauna that we use actually, this is great because it just further illustrates this point that I was making earlier, which is the sauna we use gets up to 200 over 200 degrees. Okay. And we can sit in there for 15 or 20 minutes,

but I've never taken a thermometer in there and put it in my mouth okay. To see what my own internal body temperature is during the sauna. So now I'm going to do that because I really want to know. Yeah. Kind of check it out, because some of them. Do take you up that high, but some of them don't.

I know my daughter has an infrared one that it says you can set it at 140, but that's not hot enough to heat up your whole body because it was for a four person sauna, and it just didn't stay hot enough. But I did do that anyway because I sweat pretty good.

So I did that before my bath treatment. Yeah. And if, you know, infrareds definitely don't get as hot, if they're making you sweat, then that's still good. And

the steam saunas, I think, are good, too. I was thinking of calling down to UT Pines and asking them if that would do the same thing as the bath. And I don't know. I never did that. Even if you could get your temperature up, because some of the steam saunas for sure will get your temperature up that hot, and I'm thinking yours that goes up to that hot would get your temperature up, but you'd have to check it out to see.

I'm curious. Yeah. I mean, the water definitely has that penetrating factor, right? Whether it's heat or cold, it is going to penetrate your body

with either heat or. Old, depending on what you're doing.

Yeah, I'm really curious now. That'll be a fun little you have to be careful because you can't have your thermometer in there with you because it won't register properly. Yeah, I know, I was thinking about that too. Maybe as soon as I get out. Yeah, that'd probably be a good thing.

Yeah, do it really quick. And I always have mine right outside the door. That's where I had it. So I could tell if my temperature but it actually probably went between 100 101 at the 140 temperature for the sauna. So I'm thinking yours would probably go up. And now my daughter, the same one that had the sauna she's been doing have you heard of Wim Huff?

Yes. Breathing technique, where the breathing and the cold so we're doing that together now. It's just so fun. You feel just doing ice baths. Yeah. You feel euphoric afterwards. It's like, no, I could never get in there. I tell people that. Tell me that. Well, if you set your mind to it, you can

do anything you want.

It's only. We do five minutes in the cold. We don't go all the way out like he does, but just five minutes and it's great. It's just wonderful.

Five minutes is a long time. You can't start out with five minutes, but you start out

yeah, that's impressive, because the cold, as Wim says, is merciless. And it's true. It's a lot more difficult. I can sit in a 200 degree sauna for 20 minutes, no problem. But, like, two minutes, three minutes in an ice bath is misery. Yeah. But incredibly beneficial. Yeah, it is.

I wonder how he would do in the heat, I suppose. Yeah. I don't know his mind and tune and does that, but anyway, that's a new thing that I started just a month or two ago, and it's just been so fun. I just do it probably four times week, not every day.

So do you have, like, a horse trough outside?

You should ask that because my daughter does have a horse farm.

So she had a horse tank, but now she got a little bigger one because right now, if it's like 20 below, you can't go in it outside. So she brought it inside in her downstairs, and it's in the 50s. She's going to try to get it colder, but she's going to get a cold

one that'll bring it down to the temperature that she wants it at, which is usually between 40 and 50

is cold. Yeah, that's cold. 50 is cold. Yeah.

Well, that's great. So let's talk about Healing Strong for a minute. You've been involved with Healing Strong in what capacity? Well,

like I said, I did that podcast a couple of months ago, and I actually joined them in April of 2020. And that was

after I heard about them through you a couple of years, probably after I was diagnosed. My brother.

And a guy that works for him had come over for some reason. We were having dinner, and they told me, you should check out Chris Beat cancer. He had colon cancer. And so I did, and I wished I had known all that stuff beforehand, because a lot of it is the same stuff that, you know, which is interesting.

And that's where I got the Healing Strong website, was on your website. And so it was during, of

course, the COVID Lockdown, which was April I think it was March of 2020.

Our leader, who is Paige, she, had done a couple of zoom ones, and so I had joined the zoom ones, and then we decided to just meet in her outside so nobody would be offended or anything without masks.

I guess I shouldn't say that, but but anyway, fine with me. Okay.

So we met outside, because then by then, it was kind of summer, so we did that, and then. At oh, we met at a school, and now we always meet at her house now. And she makes things so interesting, so we all contribute because she goes over with us what things we want to learn.

She has all these topics that we can choose from, or we can bring our own topics. My daughter grows microgreens, so she had her do a presentation, and she's actually doing one, I think it's next week here a couple of weeks, and had everybody she brought them over to her place so they could see where she grows them and everything, which was good.

She's taken us to maple syrup making maple syrup, foraging for herbs and everything outside. So we have a really interesting healing strong meeting. And it's just so nice to connect with people that pretty much believe as you do. It's just so nice. It's awesome. And if anyone doesn't know, go to Healingstrong.org.

This is a network of holistic healing support groups, and it's free. And it's free. And there are groups that meet in, I don't know, I think it's 150 cities or something like that. It's a lot. And you can do a search and find a group in your area and go and connect with people that understand you, that can help you and encourage you and support you and love on you.

If you are a cancer survivor and you're looking to help other, that's a way you can do that by being a part of a group like Carol was, because she was Know four years out, right?

And you can even start your own group and you don't have to have any qualifications, you just have to have the desire to get together with other like minded people and you can be a group leader if you want to and you can find out about that through healingstrong.org.

I'm a huge supporter of

Know. I was I spoke at their first conference like ten years ago and

I've just supported them financially for many years and. Enthusiastically endorse them. And I wish they'd been around when I was sick, because, like you right. Yeah. Because it's like, oh, my gosh, these are my people. Right. Sometimes you feel like you're all by yourself out in the world. Even though I had the total support of my whole family, I just sometimes still felt lonely.

But nobody has cancer. But a lot of these people did, or they have other autoimmune things or whatever. It's just nice to talk to them. And twice a year we have a I guess we could call it a potluck, where we all bring our food, put it together, and that's really nice, just kind of visit with everybody.

And then you can taste a lot of different things that are all healthy. Because so often you go to a potluck, it's like, oh, dear, I'm going to have to just have today, I guess.

Yeah. Jello molds. Yeah. Right. Sausage casserole. Yeah. Right.

That's terrific. Yeah. So last question for you is what? Do you say to a person who has cancer that asks you for advice? If they come to you and say I've just got diagnosed, what should I do? What do you tell somebody in that situation? First I tell them that they need to check with their own doctor because I don't want to tell them something that they try and then it doesn't work and then they blame me, whatever.

So I say check with your doctor and also check on everything because

you have to check out everything. Don't just take the doctor's word for it, you should check with them but I don't know what all they'll say. And I also refer them to your site. I say especially when you see your oncologist take those 20 questions that Chris Fork has on his website and ask your oncologist those questions.

And

you have to

like you have to go with your gut feeling and what you should do and you have to all. So I tell them that

there's no guarantee that this will work. This is what I did. That's what I tell them. Because I don't want to have them, because some of them will say, oh, yeah, I eat pretty good. And I say, that's not going to do it. You have to eat really good for sure, right at the beginning, and then you can maybe slide a little bit if you want to.

But I said, I don't recommend it. You just have to stay on the program for long enough to make sure it's going to work. And don't take the doctor's prediction on your life.

There's lots of books. I give them books, information. I tell them about my baths, the nutrition, all the exercise, fresh air, sunshine, whatever else I'm forgetting here. But just tell them to basically keep themselves healthy, be and build up your immune system

because that's one of the big things. And that's why we do all this stuff, right? To build up our immune systems and. That's the key. I mean, your immune system really is the key to healing. And a strong immune system can handle cancer, can identify it and eliminate it and a weak immune system struggles and cancer thrives.

So yeah, really everything we do from a holistic health perspective is really to that end. It is to improve the function of our immune system then so that our bodies can heal whatever it is. Right. And so of course, nutrition is a part of that. Detoxification is a part of that.

Reducing stress is a part of that. The hot baths that you were doing, those are immune boosting. That's an immune boosting therapy. Hydrotherapy. Yeah, the immune system is key just have to do that because in fact I don't usually catch a cold or anything but sometimes I can start feel it maybe coming on and I always say it's trying to catch me.

Sure

most people will say, oh, I was by so and so. I must have caught it from. Them. And I say, that doesn't work for me. What works for me is maybe my immune system was down a little bit and so it's trying to get me now because basically, you would not catch those things if your immune system was up where it should be.

Really? That's what I had a little twinge of something this week, and it never fully materialized. But yeah, it was just that little twinge of something. My body, it's dealing with something. Right, but not enough to make me sneezing and coughing and in bed and runny nose. I didn't have any full blown symptoms.

I just had the little twinge. Right, right. Yeah. But it's good. It's good to know that your body can handle those things. It's a good feeling when you don't develop a full blown, colder flu. And I don't think I said this earlier, but I do take vitamin D on a regular basis,

and vitamin C, especially if I feel like something's trying to get me. And I did want to say one more thing about the baths, too. I don't think I mentioned this.

When I did the bath, probably after two or three months, all my little skin tags went away. So it helps more than just the cancer thing. I know it helped that a lot, but other things on my body I could tell the brown spots on my hands pretty much went away.

So it really affects the whole body. But you can't do that all the time. That's the problem. I'd like to do it all the time, so I wouldn't have any of those things. But I'm sure they'll slow. They come back. Well, yeah. Those hot baths really increase the circulation of blood on your skin.

Right. And so that increased circulation can improve healing. That's wonderful. I've never heard that. But it makes sense that the health of your skin would improve over time with that therapy.

That's really cool. Yeah, it was a strange thing, but it worked.

That's great. Well, Carol, this has been so just I love. Your story. I'm so glad you're doing well and you're out there in the world encouraging other people, helping them understand that there's a lot they can do to help themselves, that they don't have to accept the prognosis of death after a cancer diagnosis.

And

I'm so glad you're alive and well. It's been really fun. Yeah. And a lot of scriptures, I didn't mention those yet either, but a lot of scriptures helped me. And forgiveness. Just all those things that you have

on your website everywhere. And it's just been so helpful to know there's other people out there that are on the same page as you. Even if we didn't do exactly the same things for our treatment, it works. Other things. But we did a lot of the same things. Yes, we did.

Right? A lot. I mean, the vast majority of things you did, I did. Yeah. Right. And the nutrition, the exercise, the faith, the forgiveness. Different therapy. I did hydro. Therapy. So I did hot and cold showers, so I was going back and forth. That helped. Yeah, I was doing that.

But at the end of the day, we were both focused on the same thing, which was, how do I improve my health? How do I strengthen my immune system? How do I remove stress from my life? And so

that's why we're both alive and well. You have to stay on it. You somebody told me, I don't know, I think after at the five year mark, they says, well, now you can just go do what you want.

You can eat whatever you want and everything, because your cancer is gone. I said no. I don't think so. I mean, it's gone right now, but I'm sure there's all little cells floating around in there somewhere that could start

metastasizing again if I give them a chance. That's right. Cancer can happen again, right? A new cancer. Right. It doesn't even have to be the same one. I mean, I'm 45, I've got a lot of life. I'm planning on living. Right.

Want to get colon cancer again, but I don't want to get any cancer.

If I went back to my old lifestyle, then, yeah, my risk of cancer would go up significantly. It would be equal to everyone else, which is one out of every two men,

one out of every three women. A lot of people, like when I go someplace, like to apologize to that I was talking about, um, they say, well, you can't eat this, can you? Or you can't eat that.

And I say no. I can eat anything I want to. I'm choosing not to because people don't understand that you have a choice.

You don't have to just eat what's in front of you just because it looks good and smells delicious. You're making a choice to be healthy, and

it makes a lot of difference in your life. That's an awesome perspective. I say the same thing. There's no restriction. There's no restriction. You're allowed to you have permission to eat anything. You want, but what I encourage people to do is raise your standards. Right. Raise your standards. Decide what you don't want to eat.

Right. So it's not about, oh, it's forbidden. You cannot eat this. You can never eat it. It's the forbidden food that tastes so good, and you can never have it. No. Just decide not to eat it because you know it's not good for you. It's a totally different way of thinking about food right?

Sure. Is to eat foods that are healthy and life giving and choose not to eat foods that may taste good. Right. Nobody's saying they don't taste good. Right. But at the end of the day, they're really not health producing. They're disease producing foods over time. Yeah. For sure.

Yep. I love it. Carol. Well, thank you so much. We went a little bit over time, but thanks for hanging out and sharing more of your wisdom and perspective. Okay. Thank you, everybody, for watching. Please share this video with people you care about. Carol is my first peritoneal cancer survivor interview, so I'm especially.

Excited to share your story because it's a unique one, right? This is a rare cancer. And again, the great thing about Carol's story is it's further proof, patient centered evidence that it doesn't matter what type of cancer you have. The body can heal it. If it's lung cancer, colon, breast, ovarian cervical, peritoneal leukemia, lymphoma, your body can heal.

And so if there's anyone out there watching that's, thinking, well, what about my cancer? You've never interviewed anyone who's healed X type of cancer. Doesn't matter. Doesn't matter, right? Just if you're determined to live, determined to change your life, you can heal. So please, share this message. Share it with people you care about.

Subscribe to my channel, and I'll see you on the next one. Bye.