

When we're looking at prolonged fasting, fasting has been shown to be nothing short of really helping women, not only with fibroids, endometriosis, I mean, the studies that they've even done on beta-gluconase in the microbiome and how it's helped with estrogen overload.

It improves liver function, right? So when your liver is functioning better, remember women that it will actually help you process estrogen out of the body.

Hey everybody, it's Chris. Welcome back to another expert interview on the Chris Beat Cancer podcast, YouTube channel, or wherever you're watching this. Today I am talking with Dr. Csilla Veress and she has been at TrueNorth for over 10 years. Now, many of you, well, let me back up. Maybe not many of you, but some of you know about TrueNorth.

And this is a water only fasting center that has been around since the early eighties. Correct me if I'm wrong here. Founded by Dr. Alan Goldhammer, who I've also interviewed. Dr. Michael Klaper was there for a number of years. Also interviewed Dr. Klaper. And today I'm excited to interview Dr. Veress because she's a woman. She has a woman's perspective on fasting. She has a ton of experience. 10 years.

helping people go through extended long water only fasts. And she's just got a lot of expertise. So I love fasting. If you've been following me for a while, you know I talk about fasting all the time. It was a part of my healing cancer routine almost 20 years ago. And so it's one of the most powerful things you can do to help yourself.

Christopher Wark (01:58.178)

facilitate healing in your body. And the beautiful thing about fasting is it costs you nothing. Right. It costs you nothing. Now, if you go to a retreat center, it costs you something, but you can do short water fast at home, usually safely. But anyway, we'll get into that. So, uh, without further ado, Dr. Viresh, thanks for taking the time. Good to see you. Thank you for having me. Yeah. I'm glad you're here. Glad you're doing what you're doing. Um, and, uh, I'd love to know what.

started you on the holistic health path. What is your origin story? So I had always been interested in medicine. I was actually pre med to start with in college. I had the pleasure and I say pleasure because it got me to where I am today, but of working in a hospital and I hated it. They had this volunteer program and I jumped full on into it and I was like, this is great. I'm going to be.

miles ahead of everybody else. And I hated it so much that I actually went totally the opposite way. I went to Australia, I did a internship in advertising and marketing. And I came back to Manhattan and I did that for a good decade. Slowly but surely, my soul started to die with that profession for myself. But in the process, the way that I rejuvenated myself was,

I did juice cleanses, I did yoga, I got my Pilates certificate. I was searching for all these different

aspects. I didn't even know naturopathic medicine existed until one day I had enough and I had my own kind of midlife crisis at the age of 30. I left my career, I left Manhattan, and then I found naturopathic medicine. That was the true start of this.

I found also traditional Chinese medicine, which I got a, it's called a triple track where you're able to do your doctorate and your masters at the same time. And then Alan, Dr. Goldhammer spoke at our school and what he said resonated so deep within me. I said, one day I have got to do this internship. Well, with the triple track, you're going to school from 8 a.m. to 10 p.m. at night. So there was just no time for me to do it.

Christopher Wark (04:20.69)

It was serendipitous how I landed in true North, to be honest with you. It was, I was on my way to the East coast to do actually a residency at cancer treatment centers of America, because cancer was one of the areas that I really gravitated towards. I worked at the cancer research center at Bastyr with Dr. Standish, and it was something that was a passion of mine. And and all of a sudden, my ex-husband at the time.

landed a job at Calistoga, which is 20 minutes away from True North and the resident got sick. So she couldn't do her residency. It was like this whole world went of like, okay, there you go. Come, you know, you know, interview for a whole week and I got the job. So that's what landed me here. That's amazing. Well, first of all, I have to say, hopefully your midlife crisis at 30 wasn't actually your midlife point. Hope that 30 was not your midlife point.

Yeah. Second thing is I wanted to comment on was that, yeah, what a great experience you had volunteering at a hospital. And was this college or high school? College. At this point, freshman year. Yeah. Because, you know, most people in the medical field, they don't know how terrible it is until it's too late, right? They're already like in med school. They've already committed to this profession that they've never actually...

like seeing the day in, day out, like grind of, right? Absolutely. And so that, yeah, I mean, that was, it seems like a very, I think you said this, but anyway, serendipitous thing that you had that opportunity to do that and see like the reality of institutionalized medicine and how brutal it is. And just, it is even more soul crushing than advertising, I imagine. Absolutely.

Anyway, so that is amazing. So you get to True North, obviously the events, maybe you said the serendipity was getting into True North at the right time. It might be all serendipitous. Yeah, all of it. That's true. We can say that. But so...

Christopher Wark (06:37.854)

When you started there, what were you seeing when you first got there? I mean, what was that experience like being around all these people, all water, water fasting, some of them one week, two weeks, three weeks. Like, what was that like? You know, I always say it this way. I never, when I first started there, I never thought I would be here still 10 years ago, or 10 years later, I

should say.

The reason I stayed is because of the fact that when I first got there and I was in the trenches, like we weren't as, what would I say, heavily staffed as we are now and seeing as many patients as we are. I mean, 10 years ago, we were still like pretty a mom and pop shop. We were seeing 30, 40 patients and patients and there was a lot of metabolic.

So a lot of metabolic diseases like diabetes, hypertension, cardiovascular disease, things of that nature. So that was a lot of what I was seeing. We had some cases of breast cancer. We had some cancer cases. We had quite a few autoimmune cases. And I always call myself an investigator more so than a doctor. And I think I gravitated towards.

the investigation side of autoimmune, because with the metabolic cases, as you probably have heard even from Dr. Goldhammer or Dr. Clapper, fasting lends itself very well to it. Meaning, we come from an excessively chloric type of society right now, where if we reduce the calories, we start to change physiologically, we're able to really start to reverse that quite easily. With- And that's because just-

The obvious reason is obesity creates disease. There's just so many diseases that literally when you are obese, your body just becomes ripe to develop chronic disease like diabetes, high blood pressure, high cholesterol, things like that. So it's like when you lose the weight, the body heals, the disease resolves. Absolutely. And not only that, I will also say, I'm going to add back in there too.

Christopher Wark (08:58.478)

One of the beauties of not only fasting, but True North is that we do a whole food plant based diet approach. And so the other aspect of it, and it leads back to why are we so obese as a country, as a world is because we have not even a hundred years ago started to produce such excessively over processed foods. That's just crap. I mean, it literally is destroying cells. It's creating free radicals and cellular death.

And it's not doing any benefit to the body, right? Whereas like you put in a beautiful whole food plant based type of diet, you're already causing so many cellular changes, all the antioxidants. I mean, I mean, your viewers probably know all of that. So so that aspect of it, I think, was already established for me. I wanted to understand, like, why is it people came and they fasted with autoimmune or let's say, even cancers, some.

had amazing, amazing benefits, and then some had okay benefits, and everybody left, everybody I would say, always leaves better than what they came. But there was this population of individuals that you would fast them, and they felt good, but then they still had their autoimmune, or their tumor didn't shrink all the way. And so what was about that? So that got me so excited,

Um, in line with this type of medicine, I honestly don't think I could ever do medicine that doesn't include some form of either nutrition based medicine or even like a water fasting type of component, because that's how powerful this, I mean, I, I say this honestly, I see miracles every single day, every day I work, I see a miracle every day. That's awesome. I love that. And you mentioned, you described yourself as an investigator more than a doctor. And to me, it's almost like.

How can you be a doctor and not be an investigator, right? I mean, that's the problem with medicine is that so many doctors, they are not trained how to investigate. They're just told, this is a disease, memorize this disease, memorize these symptoms, now memorize this drug or this combination of drugs for this disease or learn this surgical procedure or learn how to use a radiation machine. It's like, there's no investigation. And

Christopher Wark (11:24.01)

That's also why so many people don't get well. Because without investigation, you can't figure out the cause of your problem. It's like, what I talk about all the time is like, you have to put on your detective hat if you're sick, right? You have to start investigating like, okay, what is potentially causing this problem in my life? This health problem or any problem? Like what's the cause? And it could be multiple causes.

And, you know, but that starts a person on a process of reading, researching, learning, life change, diet change, right? Uh, attitude, mindset, forgiveness, like they're just, they're really changing everything about their life. And that's what I did. I mean, those are the things that I did to help myself get well. I did everything I could find and afford. And, uh, and it wasn't just about the things I could find. I also just made a decision, like I had to change me.

just have to change the way I think, I've got to forgive. So all that to say, like, I just want to applaud you because that word is investigator is absent from medicine and it shouldn't be. Yeah, and I have to say this. One of my patients actually gave me a quote from you that you, I think, said somewhere, you know, in the ethers of you talking to many, many people.

And I love it because it is the foundation of naturopathic medicine, naturopathic medicine. What we try to do is how do we reestablish the Vs, which is that internal power that the body has or that internal energy that the body has. And you know, I always say this and this is with autoimmune. Well, this is with anything, but I see a lot of autoimmune. I see cancer as well quite often. And I always say this, if you want to get better, you better be prepared to flip your life upside down. Like

Every ounce of your life has to flip upside down. You cannot just leave that little piece standing here because you're like, I don't think that that's that important. Everything has to flip. And one of my patients mentioned to me one time, you said to them or you said on your show, your body, if your body creates the cancer, your body is the thing that can actually take away the tumor, can actually heal from the cancer. And that is so true. I mean, these are not.

Christopher Wark (13:40.81)

foreign alien cells that come into your body, right? These are cells that just are struggling and there is a DNA mutation and there's so many different little processes that happen that could then create this immune system disruption that then create this, you know, basically like overwhelm in the body. That, but that body is so powerful. I mean, it can then create the opposite effect if you give it what it needs. So yeah.

It's true. I'm guilty of saying that the body creates cancer and the body can heal it if given the proper nutrients and care. That's my full official quote. But you know, and what you said, we echo the same sentiment because it's like, yeah, cancer is not some foreign invader. These are your cells. It's your DNA, right? There may be a little bit of mutiny going on inside your body, right? But this is you.

problem I have with cancer industry, there's a lot of problems with it. But one of them is this militaristic terminology, right? Fighting cancer. It's like you're fighting yourself. That doesn't make sense. And so cancer is not something that you fight. That's not should not be the goal. It should the goal should be it's something that you heal, right? You are sick. You need to heal. That's the deal. And so you know

you understand that better than anybody because you're seeing people heal. People are not coming to true north to fight something, right? They're coming because they want to get well. So I'd love to ask you about, obviously I've interviewed a lot of people about fasting and I hate to ask sort of this dumb question like, what is fasting? But there's probably maybe some

Christopher Wark (15:36.215)

description of the of what is fasting and the purpose of fasting. Because you know, I think there's still there's still a lot of people out there that don't even know that you can go to a place and fast for a week or two weeks or two people are fasting for three weeks on water. Like, there's a lot of people they're like, I didn't think that was possible. I thought you would die or something, right?

So anyway, so can we do a little talk just briefly about like, what happens when you fast? Why would you fast? How is this helpful? Sure. So the fasting that we do at True North is called prolonged water fasting. And the reason I'm making that distinction is because there's a lot of media coverage and actually it's becoming a little bit more mainstream about intermittent fasting or time restricted feeding. And that's just what it sounds like you can restrict

feeding into a very specific window where you're giving yourself at least a 12-hour fast, which is usually overnight. Intermittent fasting is periods of anywhere from 12 to 48 hours of fasting. And then what we do- And some people only eat one meal a day. Right. I mean, that would be another intermittent fasting strategy. Exactly. Yeah. And that's another intermittent fasting. And then what we do is anywhere from a five to a 40-day water fast. So that is water only.

So a person will come into the clinic. It's an inpatient clinic. They will be medically supervised by either myself for the team of doctors and nurses and nurse practitioners that we have there. And they will literally just drink water. We are monitoring them for any sort of indication that would tell us that before a certain time period that we

kind of set out for them for a fasting. And that usually has to do with what they're coming in with the level of inflammation. A lot of times, you know, how much money people have or what kind of time they can dedicate to the fast. But what we're monitoring for is, is it safe for your body to go that length of time? And even starting weight, starting body weight. Exactly, absolutely. If they're super lean, like I'm super lean, I couldn't go 40 days, I would die. Well, you might not die, but you'd actually surprise. It would be rough.

Christopher Wark (17:53.798)

I am very lean. I have like no body fat to burn off. So it would be just like muscle wasting. And there is a point where you don't want to go too low because you don't want to set off stressors in the body that then override the healing properties. And that will bring me into your next, your question was why do you fast? I break it down in my lectures to patients in three different ways. I, the reason you fast is number one is

There's so much in our environment that we take in on a daily basis from what we drink, whether or not we're drinking, you know, filtered water versus tap water, chemicals we have not only in our air, right. But also if we're using products, right. Or if we're using makeup, that sort of thing for women, body products and food, you know, nowadays, I hate to say it, but it is so much more important for us that this day and age, even if you're eating whole food plant based.

to make sure that you know where your products are coming from and take proper steps in order to wash them, all that. So every day we're being, this type of, you know, kind of influx comes in. And I always look at it as like a bucket that we're filling. And if our bucket becomes over full, right, and stressors, right, stressors are another thing. Like if we're taking in emotional stressors, if we're taking in work stressors, things of that nature, not sleeping. I mean, there's so many different things that fill this bucket. The bucket can overflow.

So what fasting does in a kind of a visual sense is that it kind of pokes holes in these in this bucket so that it allows the body to really get back into more of a homeostatic type of environment, physiological environment. Three main method, three main physiological processes that happen that actually cause or add to the healing. One is people talk about this all the time, ketosis. It's phenomenal for two different reasons, I think. One is

It breaks down fat molecules. So if we have an accumulation of fat molecules, especially around our viscera, which is called visceral abdominal kind of fat, it's actually more metabolically inflammatory, meaning that it's not just, you know, like subcutaneous fat, which is just there and is taking up space. It actually is sending out inflammatory markers that can add to disease states and even cancer.

Christopher Wark (20:22.19)

Belly fat, exactly. So it breaks that down. And because of studies we have done, we know that fasting does prefer to break down that visceral fat, not even during the fast, but actually we see fat loss even after the fast, which is phenomenal. That's cool. Yeah. On whole food plant-based diets. That's one. The other aspect of, I think, the ketotic phase or ketosis is not only just breaking down that fat, but it's also, as you mentioned,

We are then, if there is somebody that's obese, we are taking them into a more metabolically stable state because they're going into a normal weight. But also if there's a lipophilic toxin, meaning a toxin in our environment that loves that fat ion and it's attached to it, we're actually releasing that and releasing that out of our body. So again, we're poking holes in that bucket. The second phase is- Let me just put a finer point on that.

The body stores certain toxins in fat, like you just said. And so, yeah, when you lose weight, that is a form of detoxification. Those toxic molecules are released to be processed by the body and eliminated. And so like the bucket you're describing is like the toxic bucket and poking holes is basically like, you know, detoxification. Right. Yeah. And, um, the second phase, and this is

It's really hard to go into too much clinical evidence just because it's not as well researched. We do have it more in animal models, but it's autophagy. So the idea of autophagy is that these cells, they go through their own cellular cleaning. The way I always akin it when I talk to patients is like, imagine if all of a sudden you had 20 friends in one room and you tried to clean, right? You'd be cleaning, but you wouldn't get that far. Imagine you kick everything out.

right? Kick all your friends out and then you clean the room. That's almost like what autophagy is, right? I love that analogy. Yeah. It's like you're able to get into that deep cleaning and on top of it, because you're able to do that, you're actually able to then kill, like extend other cells into cell suicide, which is what they need to go into so that cells that are too old, they're not functioning well, they might be sending off inflammation, they actually start to die, which is what you want them to do. And then finally,

Christopher Wark (22:44.366)

One of my favorite reasons why too fast, and I think this is very under talked about, is hormesis. And that is, if you, we have always, always in our, in the history of humans, right, we have always had stressors that allowed our body to, to equilibrate, to, to strength. It's the thing that challenges us, that allows us to become stronger, like an athlete.

An athlete's not just gonna like chug along, they're gonna push themselves so they can keep improving. Our bodies need that. We have come into an age where it's good and bad, but we have gotten so comfortable that we do not push ourselves into these. And it's not dangerous, it can be dangerous, but it's not dangerous states if we're doing this in a way that really mirrors what the body can actually handle. And...

Cold therapy is one of them. Sauna or heat therapy is another one. Fasting is one of them. Our bodies are- And exercise. And exercise, you're right. Exercise is another beautiful way to put yourself into hormesis or the body into hormesis. We are, I mean, our bodies are brilliantly designed by God, right? We are able to, like, if we balance out the stressor, the metabolic stressor of fasting, our bodies can heal at such a deep cellular level. There is-

genetic modulation that happens in the nucleus of the cells that then create a cyst, like one cell that's trillions of cells in the body that start to create this chain reaction that heals the body. I mean, it's such a, it's a really, I think, a difficult concept to sometimes get into because we have to do honey, I shrunk the kids and get into like the cells and figure out how you're modulating them. But it's a phenomenal process.

and is happening with fasting. And I think that that's really the true kind of, that's the key that turns in getting really into that reversal state of let's say cancers or even autoimmune things of that nature. And for folks that just to use layman's terms, hormesis basically means good stress. That's hormesis. It's like things in life that are stressors to your body, but they're good stressors. It's like,

Christopher Wark (25:04.042)

You know, the old, uh, the famous, who said it? Voltaire? I don't know. What doesn't kill you makes you stronger. Right. And so, uh, those kinds of stresses are important to trigger the survival mechanisms in your body that actually promote health and long life. And so exercising, uh, heat, which the sauna, you know, everybody knows I love the saunas ice baths. I do the ice baths.

I love ice baths, hot and cold therapy. I learned about that in 2004 when I was trying to heal cancer. It's from Dr. Richard Schultz. And then fasting, again, it's challenging, it's difficult. And hearkening back to something you said, we talked about a second ago, is like when you're fasting and you lose body fat and you start detoxifying, it can be unpleasant.

Christopher Wark (26:01.538)

into circulation, they can make you feel pretty lousy. Absolutely. So like what are some of the, what are the typical, side effects is not really the right word, the typical experience of a fast, right? The unpleasantness of fasting. What do you see most often with people that are doing prolonged extended water fasting? So usually if people do have some sort of symptoms, it comes on between days to

two days five are the just I would say the average like length where people will have the most symptoms and usually what we'll see is nausea. We'll see a little bit of acid reflux fatigue. Definitely lightheadedness. Sometimes you will get vomiting. It depends on how well somebody prepped for the fast. A lot of people that we hear about also that they



maybe do fasting outside of true North. One of the things I think is maybe not talked about as much as that it's so important to really pre feed before your fast. So it creates an acclimation in order for you to fast. So like you said, it basically lessens the amount of toxins that are just moving through circulation. So a lot of times we do see that people are an excuse this term, but people are full of crap.

right? Like I mean, you're eating so much stuff that like, and if you think about your intestines, I mean, I remember one medical test, I mean, you could spread out your intestines along like a football field. Like, I mean, that's how long it is when you really stretch it out. If you think about all that tubing could be, I mean, there are some people that don't take, you know, they don't have bowel movements every day. So I had a person that doesn't have one on every seven or eight days, seven or eight days. Yeah.

The reason I say that is because if there's something stuck in there, you know, or not moving, then that can cause a lot of disease when somebody is fasting. Yeah. And the whole food plant based diet is such a wonderfully nutritious detoxification promoting diet that yeah, you're going to get benefit wonderful benefits just from that conversion. I don't think this is a question I've asked Goldhammer or Clapper. Does the number of pre-feeding days

Christopher Wark (28:26.314)

change depending on how long a fast a person's going to do, or is it modified on an individual basis? Or is it a set number? That's a great question actually. So when I first got there, we used to just do two to three days. So we, what we would recommend is two to three days fruits and vegetables and actually even limited to fruits and vegetables. So get rid of the beans, the grains, the nuts and seeds. It's not necessarily dangerous. If you were doing just whole food plant-based and then jumped into a fast,

But what we're trying to do is what you said, get as much of a sweeping mechanism in there and just get really high water content foods so that everything moves. To answer your question though, nowadays, because we're seeing, I think, we are seeing a lot more complex chronic illnesses and polypharmacy to the point that nowadays, based on an individual's background and what they're dealing with.

I will absolutely prescribe for some people do not come into a fast without at least one week of doing fruits and vegetables. Or I will say this, I actually just said this to somebody, you know, I, what I'm going to do with you is actually do two to three days on fruits and vegetables. I'm going to do two to three days on juices, green, just really healthy green juices. And then we're going to go into broth and then we're going to go into water because I have a feeling if we go right into water after even the pre-feeding day.

you might crash and burn. So, you know, so nowadays we really have to pay attention to that sort of kind of loading process for a patient. That's great. I love that. It makes total sense to me. And when you say polypharma, you're talking about people that are on multiple prescription

drugs. Multiple. Yeah. I'm talking like 20 to 25 medications. 20 to 25 medications? Oh, yeah.

Actually, you know, it's, yeah, I mean, I'm surprised. But as I think about, my dad had Parkinson's and he had, he developed aspirating pneumonia. Oh gosh. Yeah. And got really weak and had to go to the hospital. And within being in the hospital for just a couple of days, they had him on 20 different medications. Yeah. From zero, right? Zero to 20 in like two days. Yeah.

Christopher Wark (30:50.838)

Like, yeah, it was insane. And a few of those were, you know, minerals, which were benign type stuff, but a lot of drugs. So, but that is wild. I can't imagine taking 20 pills voluntarily every day for all the problem. I mean, it's one thing to take that many, right? But it's another thing. And this, I think, I actually don't, I don't know where this comes from necessarily, but there's just so much.

There's so many patients that walk through the doors where I'm like, well, why did your doctor put you on this? I have no idea. Well, why are you on this? No idea. Why are you on? It's almost like they go in and they get maybe two more and it might be because they got a headache or they have a cough, right? Because they're on a lacinopril and then their doctor, lacinopril is probably a bad example because if somebody was put on lacinopril and they had a cough, a doctor would probably say that's such a common side effect. Maybe we should get you into a new one. But my point is, is like...

there's always like the symptom that somebody is going to put another medication on top of another on top. It's just, it's, it's really sad. And it's sad to me when patients don't know why they're on 20 different medications, they have no idea why. Yeah. And that, that is very common, right? There's just this blind faith in allopathic medicine and people go in for a problem. And then doctors, I feel like a lot of them are under this. They sort of, it's almost like the, and they get this from patients, but the doctors have told this to me.

They're like, look, if a patient comes in and I don't write a script, they get mad. Like they expect it's like I'm here, like I want a prescription for something because I came here, I want to walk out of here with something like a souvenir. You know, and so it's been it's weird, right? What medicine has sort of devolved into

And like I talk about this in my first book. Yeah. I mean, you end up on this, it's a vicious cycle of drugs for the side effects of drugs, for the side effects of drugs, for the side effects of drugs. It just, it's just, you know, turtles all the way down. You know, that expression. It's just, it becomes endless. Like, and at some point you don't even know, like what, you got so many health problems, you don't even know what's caused any of them because the drugs are causing problems. You got the original problem. It's like.

Christopher Wark (33:09.726)

It gets so confusing and complicated. And how do you, obviously fasting and, and drugs can be

pretty tricky when someone's on pharmaceuticals. How do you navigate that? So usually if somebody's on polypharmacy, in all honesty, they're probably not going to be fasting candidates right off the bat. So, um, it is dangerous. Um, and we do not recommend it, nor do we do fasting with medications.

that we will do more consistently is with thyroid medication. And we have a really strong idea of how to manipulate the medication during a water fast, which not only protects the thyroid if a person has a thyroid, but also protects their physiological state during a fast. But besides that, there usually is absolutely no medications with fasting. So if somebody came in and that kind of a situation,

take the necessary steps in order to either A, converse with their primary care physician, cardiologist, whoever put them on the medication, and talk to them about bringing them off of them in a safe manner when it's appropriate to come off of them. And then unfortunately, some people can't. I mean, there's definitely some people that cannot come off of every single medication in the window of time that we have potentially with them. But I'll tell you, like I said before,

I have, knock on wood, I have not, in the 10 years I've been there, I have really not had one person leave and say, I am worse than I came in, or I am not at least even like 10 to 15% better, right? Most people leave and they're like, this changed my life. But you know, there's always this level of this improved, this improved, this improved. I'm still working on this. But

So there's always something that and that's the whole food plant base a lot of times too. And isn't it possible for a person to work with TrueNorth remotely, let's say they're on a lot of medication, but they're ready to change their life and they can get that nutritional advice and get a plan together remotely and start working, you know, again, changing their diet, losing weight, working with their doctor, weaning off medications in a safe way before they come to TrueNorth.

Christopher Wark (35:32.554)

That's an option, right? Absolutely. And bringing it back to cancer as a whole as well, I've actually worked with patients with their oncologists, where some and I always say this, when we're dealing with doctors, remember that they're usually dealing with patients that follow only conventional type of approaches. There's not a lot of people that will come into a doctor's office saying,

I'm whole food plant based right now. So my microbiome is totally changed. My cellular function is totally changed. I'm exercising more. I'm super happy because I'm working on all that crap that I have in my system. I'm working on my past traumas. So like in some cases, I'm always talking to patients, let's talk to your doctor because you might not need to be on Tamoxifen. You might not need to be on some of these medications that are out there in the world that you need to be on because what they're trying to do is they're trying to

prevent reoccurrence from happening, but that's in a population that will do nothing. They will still go into the doctor's office, take some M&Ms. I remember this, like it was yesterday, I was taking my mom to her oncology appointment. They had peanut M&Ms sitting right there before she went in. And I was like, you're gonna give somebody who has cancer peanut M&Ms? That's where I was like.

I am just... Oh, but that's, it's worse than that. I mean, they're bringing them donuts and cupcakes and little Debbie's and diet cokes. And it's like, oh man, it's like, yeah, it's bad. And then they, you know, the oncology clinics, they send the patients home like, oh, you need, well, you need to make, stop off and see our nutritionist before you go. And they have this little meeting with the nutritionist who gives them a sheet of paper that's like, here's what you can eat. And it's like cupcakes, brownies, you know, chocolate chip cookies, milkshakes, ice cream.

It's basically like eat whatever you want. I mean, literally, it's just permission to go home, eat the junkiest food possible. And their whole, their whole intention is, well, we just don't want you to lose too much weight. So, you know, cause you're going to lose your appetite with chemo. So we want you to make sure you're eating these high calorie dense foods. And it's just a egregious malpractice in my opinion. It's such terrible advice. And so many of these cancer patients, they're already obese anyway. It's like, no, they could.

Christopher Wark (37:55.318)

They could stand to lose some of the weight, right? Even if it's from being nauseous from chemo. It breaks my heart. It is actually- It is heartbreaking. It's heartbreaking, it's infuriating, it's also like laughable. It's just so absurd. It is so absolutely absurd. And it just makes me so, you know, the amount of absurdity on one end also, like the other side of the pendulum is how like,

thankful and grateful I am that you exist, right? That you're doing what you're doing, right? To counteract the absurdity, you know, down the street at the multi-trillion dollar, that's an exaggeration, but a multimillion dollar cancer center. I'm not thinking too far. I think it's actually in the high. Trillion is too far for one building. But it is a trillion dollar industry. Yeah. But...

I don't want any real estate developers to fact check me. It doesn't cost a trillion dollars to build a cancer center. Um, so, okay. So what about, uh, specifically, uh, fasting for women? Cause I know this is kind of a newer topic I've seen pop up a lot. And there are some influencers and a healthy health people out there that have sort of have this opinion that, Oh, like, you know, uh,

Women need to approach fasting differently because of their cycle and hormones and different things like that. Do you find that to be true or what's your take on how are women treated at True North versus men? So I, what I'm going to say is that remember that the, while fasting kind of falls under this one umbrella, the nuances of intermittent fasting and

Prolonged fasting are very distinctly different. And the reason why is because of the fact that your body has to, in order to survive, and what we talked about, quirmesis and all of these

beautiful metabolic stressors, there are stages put in place as the body is transitioning and saying, oh, we still don't have glucose, how are we gonna keep surviving? Oh, we still don't have glucose. That then protects the body.

Christopher Wark (40:09.19)

into these really prolonged fasts. That is a different, it's similar, but it's a different, I think, method of healing than intermittent fasting. And the reason I'm differentiating these two is because when I've heard people talk about fasting and women and how the cycle needs to be really played into consider, or has been brought into consideration, I would

absolutely agree with that when we're talking about intermittent fasting. So some of those aspects just to kind of review is that it is there is a benefit when you are in your estrogenic phase or your follicular phase, which is the first 14 days. It is much more beneficial to be fasting in that period of time than in your progesterone phase or your luteal phase, which is your end phase. And that is because of the natural, not only hormonal fluctuations, but your progesterone phase.

Again, we as society have taken that away from women where we're saying work, do, get up a six, go, go. Don't stop your don't stop just because you're getting your period. Whereas really your progesterone phase, you should be sleeping a little bit longer. You should be resting a little bit more. It is a really much more of a calming phase. And your estrogen phase lends itself much more benefits when you're fasting during a period within that.

So that's the intermittent period. When we're looking at prolonged fasting, fasting has been shown to be nothing short of really helping women, not only with fibroids, endometriosis, I mean, the studies that they've even done on beta-gluconurase in the microbiome and how it's helped with estrogen overload.

It improves liver function, right? So when your liver is functioning better, remember women that it will actually help you process estrogen out of the body. Most of why women will have higher estrogen states.

Christopher Wark (42:16.838)

whether or not we're actually recycling them through the microbiome is because if our liver is not working as well as we need it to, or it's clogged or that bucket is full, then we have higher estrogen states, right? And so that estrogen overload can then over time be one of those mechanisms to DNA mutation and things of that nature, especially with estrogen, progesterone type positive breast cancer, and we see that.

I mean, they've done studies where they have shown not only they haven't done with fasting necessarily, but fasting helps with this. They've they've done it with omnivore type diets versus like vegan diets. And you see so much more estrogen in the feces of women who are doing a more vegan type diets. Right. So, I mean, we just know that there are so many processes that

go along with helping really regulate estrogen and progesterone. So endometriosis, we see.

much more regulation of menses post fast. We see people who have had irregular menses start to regulate their menses. We saw, we see fibroids always shrink during a fast. The only thing I will say is that we still don't necessarily understand why in some cases they stay shrunk. In other cases, they will shrink, but then they will not stay shrunk. And it might be because some of the theories we have is

We're in a society where we have a lot of, you know, xenotype of toxins, right? Like things that are just changing endocrine function, endocrine disruptors. There might be just something in the environment that they don't even know that they are, you know, inhaling, ingesting on their skin, that sort of thing. So there is a massive amount of improvement that can be during a fast for a woman that's doing anywhere from five to 40 day fast. And men,

I mean, I've seen testosterone improve. So, I mean, hormones really do start to regulate during a fast. And I think part of it is the hormetic genetic modification that happens, the liver ability to really heal. And then on top of it, you have the microbiome aspect, which is just huge because we know in breast cancer, they've calling it the extra bloom, which is a very powerful mechanism for that, but also.

Christopher Wark (44:31.57)

microbiome talks to all hormones and we are understanding that more and more now in medicine, which is absolutely fantastic. What a way to regulate your microbiome, but fasting. Let me ask a really dumb male question. I'm hoping maybe there's a lot of women that don't know this either, but which phase of a woman's cycle is the estrogen phase and which is the progesterone? Is the period, the bleeding phase, the progesterone phase?

Great question. So, uh, so yeah, so day one is your is literally the day of the first day of your of your menstrual cycle for a woman. Yes. That usually lasts up to seven days. And then that's the estrogen phase for the first 14 days up to ovulation after ovulation happens, which for most women is around day 14. That's going to be a little bit different then becomes a progesterone phase, which is also called the luteal phase. So

Okay. So what you were saying is it could be more beneficial to, I'm going to give a hypothetical if a woman wanted to do, let's say a three day water fast at home or three to five day. This is typically what people do in our community, you know, at home. It would be more beneficial to do that 14 days after your first day of your cycle. Within the first window. Yeah. Within the first 14 days.

Christopher Wark (45:59.51)

Got it. Okay. No, that's good. That's, I think that'll be really helpful. Something else that you talked about earlier that, uh, we kind of skipped over, but it's so important is this, uh, senescence, the, the die off of old and damaged cells that happens when you fast. And, um,

some of those really important cells that die off are immune cells. Uh, and one of the things that fascinated me,

that I learned about fasting from the research of Dr. Walter Longo was when he demonstrated that, you know, fasting regenerates your immune system because you have these old and damaged immune cells, which I like to describe as like old soldiers, right? They're, they're not very good at fighting, right? All right. All you don't want an army of old people to fight off viruses, bacteria and cancer cells. Like you want young, strong, energetic, vibrant, you know, soldiers. So

So the old soldiers die during a fast. And then when you start eating again, refeeding, or maybe, maybe sooner in a prolonged, and I'd love to know your take on this. I know with Longo's research, they weren't doing prolonged water fast studies. They were doing short-term, but I know they demonstrated with refeeding that the body ramps up production of new immune cells. So you get this surge of healthy, young, strong immune cells. So you really are regenerating or rebooting your immune system.

You are, and I'm going to add in there because that's exactly one of the benefits that we have with prolonged fast. But the other aspect, and we are going to hear more about this. Maybe I'm one of the first ones to talk about it just because I'm working in the fasting arena, but I just went to an international conference on inflammation and there was a lot of talk about not only autoimmune, but cancer.

Christopher Wark (47:56.542)

um, one of the main communicators that we have that literally start to drive our T cells, um, into either protective anti-inflammation or into more pro-inflammation. And at the heart of any cancer, what I always say is there's a chronic inflammatory state somewhere, right? There is that piece that's simmering that then differentiates into whatever you want to, you know,

Alzheimer's, cancer, autoimmune heart disease, but there is that general chronic inflammation. And the microbiome is really very much at the heart of how that differentiates. And so that's one other layer where the fasting can really help to, it's the T reg cells. So the T regulatory cells, which are kind of, I always think of them as like the traffic controller, you know, they're the ones that are saying, okay, we're going to kind of push things over here.

We're going to push things over here. And so it regulates them. It really allows them to work optimally. And that can help with cancer. It can help with all types of chronic inflammatory states. So I know there's been some research on how fasting impacts the gut microbiome. What does it do? What is it doing to the population of bacteria in your gut? How does that change during a fast? So there's the way I always explain it is like two different.

I was thinking of it as like two different kind of pathways. One is it definitely will reduce or reestablish healthier populations throughout the entire microbiome. I mean, if we have 37 trillion

cells, we have 370 trillion microbes living within us. And so there's sometimes a really imbalance that happens. And so that is a leveling that happens during a fast. You'll never...

completely wipe away all the microbes or else you will die. I mean, that's where literature is now going is where we need them just as much as they need us. So that will never happen, but that leveling rebalances, which is really helpful because once we have a really strong biodiversity imbalance, we have health. So that's where a lot of research has shown is that the higher the biodiversity, the more healthy an individual is. Not only is

Christopher Wark (50:17.922)

fasting important and I always say this is the fact that you have to have to have to balance the fast out with whole food plant based there is nothing in literature and I'm this is hard to say because I'm sure you see this all the time there everything can be counterbalanced drink milk is good for you don't drink milk it's really bad for you eat red meat don't eat red meat like I mean

Christopher Wark (50:47.678)

If you're out there in the world of keto, paleo, every single study will say plant-based is the most efficient, effective way in order to rebalance a healthy biodiversity in your gut, bottom line. And so it doesn't matter all the other fluff that's there. If you want a healthy microbiome, if you want a healthy defense system, if you want a healthy...

human, you have to have to stabilize it with plants. And I say that because you can do fasting, fasting is not gonna be as effective unless you're putting that with a whole food plant-based diet afterwards. So that's one. The other thing that I will say is that the microbiome, there's a large percentage of the microbiome, I always call them opportunistic. And the reason they're opportunistic is because we know that they can actually go rogue sometimes and not be your best friend,

pissed off. If we're stressed out, we're not feeding it right. They're going to be sending more pro-inflammation than anti-inflammation. When you fast, you're resetting that opportunistic group where you're allowing them to be much more friendly and actually send more anti-inflammation. So that's pretty much the gist, I would say, of how it's regulated with a fast.

Christopher Wark (52:10.058)

depending on your diet, bacteria can either be friendly or, you know, not so friendly, right? They can be good or bad. Certain types of bacteria can be good or bad for you depending on what you're feeding them and the byproducts that they're producing. Like if they're producing butyrate, that's really good from eating tons of fiber. So, and I also wanted to, you know, touch on something that you said a minute ago, which is a whole food plant-based diet

food from the earth, what you're doing. And a lot of people, I feel like this is not talked about enough, is they think, well, okay, I'm getting vitamins and minerals and enzymes and antioxidants and fiber and water, right? And those are all really good, right? All these wonderful



things. And the fiber, prebiotic fiber is food for good bacteria. And that's great. But the one aspect

Christopher Wark (53:08.342)

just leave out is you're eating bacteria. You're eating hundreds of billions of bacteria. When you're eating apples and oranges and onions and spinach and, you know, pears and, you know, kale, or when you're eating all the plant food, you're eating bacteria. So you're contributing to this really diverse and the more diverse your diet, the more diverse your gut microbiome is, right? Exactly. Yeah.

I always say, I mean, even vegans, truthfully, we wouldn't necessarily need to do B12 if we ate more things out of the dirt. Like if we literally went to the garden and took carrots out of the dirt, wiped them off, and then put them in our mouth and wasn't like so scared about, you know, eating a little bit of dirt, we would not have to take B12, you know, vitamins. So for everybody's always saying, well,

it's abnormal to be vegan because you have to take all these vitamins. Well, actually, no, it's not it's not abnormal. It's actually a product of our world and how convenient it we become where a lot of us don't garden anymore. Right. So yeah, you just you just need to eat some dirty produce. Right. But will you explain because people are like, well, how is what is that? Where does B12 come from? Well, it's converted. It's convert. It's literally like you said,

It's based upon soil microorganisms that then is converted in your microbiome. So our microbiome, one of the reasons why these days we need a microbiome or else we would perish as well is because we depend on them for not carbohydrate protein, fat metabolism. They help us with that.

They help us synthesize a lot of different vitamins and minerals like K, vitamin K is a big one as well. So, I mean, they're superstars in our system. You talked about butyrate. They give us these amazing molecules that actually feed our own cells to heal leaky gut, heal inflammation. I mean, it's fantastic when you start to really go deep into the literature of what our microbiome is to a human ecosystem.

Christopher Wark (55:21.99)

Yeah. So B12 is made by microbes in the environment. And it doesn't come from animal food. Animals get it from eating, you know, grass, for example. And humans can get it that way too. But we drink sanitized water, chlorinated water. So those microbes that produce B12 are gone. And we eat sanitized food. So there aren't enough microbes on the food anyway to produce B12.

Anyway, yeah, that's really fascinating. And it does remind me that I should eat more dirt. I should eat a little more dirt. But I have to admit, it sounds difficult. It's like, I have, you know what I mean? I have a mental block. You know, it's like a mental block about it. Well, the reason

I said carrots is because for whatever reason, whenever I go to my friend's house, they have fresh carrots. And one of my favorite things is to pull them out.

just wipe it off so that obviously it's not covered in dirt, but just to have a little bit of grit. I don't know why, but it's just like, I always think I'm like, oh, this is the way they used to do it. That's good. No, that's good. Well, and beets taste like dirt. Does that count? That is true. I don't know. Depends on if you just clicked it. Well,

Dr. Csilla Veress, this has been super fun. I can't believe it's been an hour. It's went by really fast and I could talk to you for easily four or five hours on fasting and all things, whole food, plant-based and health and healing. And thank you for taking the time to teach me and my audience just a little sliver of your knowledge. And I wanna make sure that folks can get in touch with you. They can follow you if you're out there. And so.

Where's the best place for people to find you? Well, I'm at True North. So my primary practice is there. I also have a website. So it's drchilavarash.com. That's another place that people can find me. Right now I have a stress resilience course because stress is a pretty big factor in healing or stress resilience is a big factor in healing. So I have that up there just to help people. But those are the two main places.

Christopher Wark (57:38.418)

I also have an Instagram page that I don't use that often, but I try to stay off of media as much as possible, but it's definitely an avenue I use. Yeah. I try to stay off of social media too, but it's an opportunity to share helpful information. No, lastly. I try not to get sucked in. I mean, it's the balance piece because it's important. People need to hear your message and they need to understand the education, but it's

the balance. Yeah. Well, and folks, I'm going to put links to connect with Dr. Viresh in the show notes, you know, under the video in the show notes on ChrisBeatCancer.com. Make sure you can, if you're interested in inquiring about going to True North and doing a prolonged water fast there, if you want to connect with Dr. Viresh directly through her website, we'll make sure that you can do that. And obviously you can tell she's got a wealth of information and experience.

practically, clinically. I imagine at this point, very little surprises are after 10 years and thousands of patients coming through there. And you mentioned this, I'm glad I just thought of this because earlier you said True North in the early days was seeing maybe 30 patients at a time. How many patients are they accommodating today? Like anywhere from on average 65 to like 75 now. So we've doubled. Yeah. Yeah, that's great. Not crazy, not like 500.

Not yet. Yeah, not yet. Not yet. It would be good though, wouldn't it? Yes. It would be very good for many more people. Okay. Well, that's terrific. Again, thank you for your time, for your expertise, for your heart. Clearly you're just, I'm just so thankful that you're doing what you're doing. I've said it several times already, but it means a lot. I'm thankful you're doing what you're

doing because a lot of patients come to me and they're like, I heard about you guys through Chris's.

program. And so you're doing amazing work too. So thank you on my half. So on the same team, absolutely good feeling. Okay, everybody. Well, thanks again for watching. Please share this video with people you care about. I'm going to say it again. I said it at the beginning. Water fasting is one of the most powerful therapies you can do for yourself. It costs you nothing. You can do it at home. You can do it medically supervised. You can go to true North. There's other facilities that do it, you know, but

Christopher Wark (01:00:03.474)

It is so powerful and believe me, you can do it, right? If I can do it, you can do it. I have no special powers. Okay. Anyone can do this. Sometimes there's, you need a little more help and that's fine. There's help available for you, but I want to encourage you to research and inquire and learn more about water fasting because, uh, it really is incredible. And it's a lost, almost a lost art. Almost, um, in terms of, uh, healing. So anyway.

That wraps this one up. Please share it, like I said, subscribe to my channel and I will see you on the next one. Bye bye.