

Christopher Wark (00:00.298)

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Christopher Wark (00:25.134)

It's Chris. And today I have a new interview for you. Another holistic cancer survivor. It's Heidi Sorensen and Heidi was diagnosed with breast cancer in 1997. She did no conventional treatment. She pursued the holistic path to healing and she got well. And I love interviewing long-term survivors, especially people who healed with nutrition and natural non-toxic therapies. Heidi

a she's got a brand new book called the boob trap bust out of breast cancer and heal yourself. She previously was a model actor, a screenwriter in LA. She's been in feature films, television commercials. She is also a singer and has performed on stages around the world, even The Tonight Show. So she's got a really kind of fun and impressive resume before cancer.

and along alongside her cancer journey. So I'm excited to hear about some of that too, but Heidi, thanks for taking the time to do this. And, and fun fact, this is our second attempt at this interview. The first attempt, there was a glitch with the recording. So here we are again. is the sequel, you will, the sequel, we're just calling that the, the dress rehearsal. That's the dress rehearsal better. So it's good to see you and, great to meet you in person. And, I'm excited to hear your

Likewise, thank you so much, Chris. You know, it's always a pleasure to meet you as well because I've been following you for so many years. You know, I remember when you just first started and I've been, you know, receiving your emails for I don't even know how long, years and years. And so, you know, I appreciate all the work that you're doing and it's just so valuable. And I relate to so much of your story. My story is, you know, not that dissimilar from yours in our approach and how we did things.

I was listening to an interview earlier that you did with Chris Carr and the entire interview I was going, I did that. Or, I relate to that. mean, you know, it's quite amazing how, you know, when we're looking, especially though that many years ago, when we're looking for alternative ways to heal 1997, there really wasn't much, there was no other options besides conventional Western medicine.

Christopher Wark (02:50.23)

I really do appreciate everything that you're doing and continue to do. Thank you. I know our stories do have a lot of similarities, which I love and folks, I want to encourage you to watch as many survivor interviews as you can. I've done a lot of them and you will see after you watch two or three or four, you will start to hear the same message, right? You will see these common

threads over and over and over among survivor stories from, from the food that they ate to their attitude, their mindset.

faith, forgiveness, these are major themes, major, major themes in health and healing. And so I'm excited for you to share the wisdom that you've accrued through your own personal experience and helping others along the way over the last two decades or so. So I guess let's let's go back to the beginning. Twenty six years ago, how what was that going on in your life? At the time I was, you know, I was still

Acting a little bit. was more writing. was a screenwriter in LA. I was actually writing a script for Catherine Zeta -Jones at the time when I got my diagnosis. I also just had a baby. I was just a new mother, only a few months. My baby was only a few months old when I was diagnosed. So it was a very, it was the best year of my life and almost the worst year of my life just based on.

the emotional roller coaster that was happening. If you can imagine all the hormones and stuff after you give birth and then boom, by the way, you have breast cancer. So that was a very challenging year, you know, to say the least. But I had found this little tiny lump before I got pregnant and thought, you know, it's probably nothing. So I'm not gonna get it checked out.

and then I had my baby and I felt the lump again after the swelling in my breast went down and I went to a radiologist and I got a false negative. He told me that he probably, he thought it was probably just a clogged milk duct and to go home, don't worry about it, it'll be fine. But in my mind, I knew that it probably wasn't, I knew it wasn't because I'd had the lump before I got pregnant.

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So I went back again a few months later and kind of insisted on a biopsy in a way. Like I really had to like try to get some answers and he did the biopsy and it came back as breast cancer. So that was, you know, shocking. There was a lot of fear. There was a lot of confusion, all of those typical emotions that happen when you're diagnosed, especially when you're so young.

I know you were much younger, but even at 36, it's not really what you're expecting to hear. And I was also really into, you know, a healthful living and eating properly. And I was eating, you know, lot of, you know, raw foods and juicing. I'd been juicing, you know, several years before I got the cancer. So, but with that said, like I radically changed my diet after the diagnosis as well, but.

I'll get to that. interesting though, because I think your instincts and your intuition, right? Has sort of drawn you toward that healthy lifestyle, right? Not knowing what was going on in your body, but your body knew. Yeah. that's a great point. That's a really great point. Yes. so anyway, so I went on and, and, I, I got a recommendation for who I was told was the best oncologist in Los Angeles.

And I went to her very posh office in Beverly Hills, you know, it was very expensive, which is also a little disarming when you see that, you know, these offices, some of them are so, you know, just beautiful and, you know, views and Beverly Hills. And anyway, I went in there. It's like, wow, maybe you're making too much money. Well, that's what was going on in my mind. I was looking at her outfit. It was very expensive. And, you know, it just kind of shocking,

Anyway, I sat there and she took about 10 seconds to give me, you know, to look at my chart and she said, okay, so, you this breast cancer, so I'm recommending chemotherapy and radiation and tamoxifen. And that was that. And then she just kind of looked at me. And I had done some research before this quite a bit, actually. I was frantic to find some alternative methods besides chemotherapy.

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and I was reading all the books that I could find. One of the ones that really had a huge impact on me was the Questioning Chemotherapy book, which was quite a big book, a lot to read, but it had such a huge impact on me. So that's a book I had as my mom had that book as well. And I got it from her written by Ralph Moss, who I have interviewed, by the way, I'll link to that in the show notes, folks. You've got to watch my interview with Ralph. He's brilliant.

He is one of the first, you know, big whistleblowers on the cancer industry and the chemotherapy, especially, but he has another book actually called the cancer industry and a book called cancer Inc anyway. But yeah, that's what a great find. I read that other one too, the cancer. I read that one as well. And, so I was already going in like very skeptical after reading those books because it just brilliant. anyway, so let me just say this, sorry.

Ralph did something that at that time no one had done, which is he actually combed through the medical literature, especially the cancer related oncology literature, which no one really had access to. It wasn't like today with PubMed and you can just Google and stuff. He was reading through these studies, getting a hold of these journals and digging through and finding the actual studies on different chemotherapy drugs for different types of cancer and the survival rates and sort of

and put it out there to show the public that, what your doctor's telling you is not necessarily true. Like patients are being misled into believing that treatments work a lot better than they actually do, depending on the stage of cancer and the type of drug and all that. that back to your story, which I know what happened already, but please share what happened in that appointment. Yes. So I was sitting there and I had done all this research and I discovered

the type of breast cancer that I had didn't respond to chemotherapy at all or very little. And so I asked her, I just flat out asked her, said, well, I've done some research and I found out that chemotherapy doesn't work for the type of breast cancer that I have. So, you know, why are you recommending it to me? First of all, first I asked her if that was true. And she said, yes, that is true. She actually admitted it.

Christopher Wark (10:01.474)

I could tell she was uncomfortable, but she did admit it. And then I said, well then, you know, why are you recommending it to me? And she said, she took a moment, you know, it was very much like a movie. It was just, I was waiting for the answer. And she said, well, I have to just in case. And I said, well, just in case what? And she said, well, just in case it works. And so what I heard in my mind was what? Just in case I sue you, you know, just in case what?

And but she said, just in case it works. And I, you know, I just thought, you know, how can I, you know, put all of these chemicals and toxic things into my body? And, just, you know, not, I just couldn't do it. It just didn't make any sense to me. So what to do that just in case plus tamoxifen puts you into early menopause. And I was only 36 years old. I just given birth to my baby.

So now I'm still nursing her. So now I'm gonna go into early menopause. It was just a mess. And I just felt my body stand up and just got up and she looked surprised. And I said, no, I'm sorry, I can't do it. And I just, the door and I just ran out the door and that was it. I just couldn't, I couldn't even be in the room. It was just awful.

You know, I appreciated her honesty. That really was good to hear actually. So then I found another oncologist and I went to him. I took my husband this time and I had my baby in my arms and he was also highly, highly recommended. And I was just hoping that I could ask, are there any, is there anything else? Like what else do you have for me besides the chemo and the radiation and the tamoxifen?

Is there any other treatments or alternative plans that you could suggest? And he said, no. He looked at me like I was an idiot, first of all. And then his demeanor completely changed when I asked him that question. Was very much like, why are you asking me that? And I asked a couple of more questions tentatively and he just shut me down. And then he said,

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If you don't do what I'm recommending, you'll most likely die. I think he might've even said, you will die. And so once again, I just felt my body just stand up. I don't know, my newborn baby in my arms. My husband was just standing there. didn't know what was going on really. And I just walked out, walked down the hall crying. know, people are looking at me. You know, the receptionist is like, you know, trying to stop me. Are you okay?

And then I could hear in the background, my husband yelling at him, like, how dare you talk to my wife that way? And he must have said something to the effect of, look, if we don't have an apology letter to you by tomorrow, you know, we're going to take action against you or something, because the next day, a FedEx truck arrived at our house and they delivered this letter. And inside the package was a letter from the doctor, from him personally.

apologizing to me saying, know, I'm so sorry that I, you know, said what I said, please accept my

apology and signed with his name. And, and that was that. And, you know, that was nice and everything, but it didn't really solve my problem. My problem was, you know, what else can I do? What, you know, nobody's telling me or giving me any advice about how I can heal myself without these toxic chemicals in my body.

And that's what I really wanted to know. But I realized very quickly that these oncologists weren't going to give me any of that information. Now you have to remember this is 1997 in the United States and there was nothing like that. Now I'm hoping it's different, maybe not in some cases, depending on who you go to. But there was just zero information. So I really had nowhere to go and

I really didn't know what to do. I knew what I didn't want to do, but I didn't know what to do. And so I started doing probably what you did at the time, which was researching food that I could eat and the raw food. So I went on a completely raw food diet. started juicing. I juiced a little bit, but now I was really juicing.

Christopher Wark (14:38.621)

I knew that the phytonutrients and all of the things in raw food really can stop cancer growth. I probably knew a little bit about that before, but now I was really reading up on it and trying to get all of the information I could from the limited amount of books. there were, like you had mentioned, I think before, I think the hippie books, right? So there was information about that out there.

and I just, you know, I just started doing that. I just started, you know, juicing every day, you know, green. remember the book, the first books you found about juicing or I don't really, you know, I, there was at that time in the, was it, you know, like when I first moved to LA, I was, you know, 19, 20 years old. I was, I was doing that then and nobody else was doing it. I was just one of those people that was,

I was making my own kombucha, you know, in the eighties. You know, like I was one of those people. But now I was super, you know, dedicated to it. And what was the difference? I mean, how how serious did you get with raw food and juicing? Did you just 100 % all raw and how many juices a day per day? All We grass juice in the morning.

and a lot of green juices. did a lot of carrot juice. And then I was drinking that all day long. And then I was also just eating raw vegetables. was eating salads like crazy. Me too. Yeah. And I just like all the things, the cruciferous vegetables, the broccoli, all of that sort of thing. And just eating that, and very quickly felt amazing.

I was like on a high all the time just based on the food that I was eating. so a lot of things were going on then. I also had pushback about the tamoxifen taking, I was nursing my baby. So then I was told, okay, to have the surgery, you have to stop nursing your baby and you have to do it right now. And then you have to take the tamoxifen.

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in order to have the surgery, we can't have milk in your, you know, ducts at all. And so I was like, Whoa, whoa, whoa, whoa. And they want to give me these drugs to dry up the milk in my breasts. As like, Whoa, stop, you know, I think it's really important sometimes to just understand that you have the right to say, wait, because there's a push, push, push, do it now, you have to do it now, or you're going to die or blah, blah, blah, blah, blah.

fear, fear, fear. And I just said, okay, stop everybody, no. And I did more research and I decided that I wouldn't take the drug to dry up my breast, I would do it naturally. So, you know, I don't know if it was the right decision or not, but I nursed my baby on my left breast and I let the right one dry

Now there was a little bit of controversy about that because hormones are hormones and they're circulating in your body no matter what. And they didn't like that idea at all. But the choice was mine and I decided that's what I would do. I didn't want the drugs. I wanted to continue to nurse my baby as much as I could. And so one surgeon said, no, won't operate on you because there's still a little bit of milk in your milk ducts. We can't do it. It's too dangerous.

And so I waited a little bit longer. I waited another week and then I found another surgeon and he said, okay, it's pretty much dried up. I think we can do it. I'll do it. And I was like, okay. So we did that, got the lump out. That was it. continued to nurse my baby a little bit longer, but then I stopped. I didn't want to take any chances. And she was already a year old. So it was like, okay, that's enough. And...

So my whole experience was very much saying no to everybody. No, no, no, not doing it your way, I'm doing it my way. And I just had this strong conviction that I had to do it a certain way. Don't ask me how, I was very much living outside of my body at that time because I had friends and, I mean, it was just a mess. I had friends and family members saying, do the chemo, do the chemo, do the

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And I just, would, my sister would call me and I would just, no. And I would just hang up on her. Thank you so much, but no. And just hang up. And so, you know, my mom was very supportive. I had my mother, which was amazing. My husband was actually very supportive, which was amazing. But I had a whole circle of friends that wanted to do an intervention with

and they thought that I was in denial or something and that I was putting my baby at risk and I was a bad mother apparently because I had taken this alternative path and I wasn't doing what everybody else was doing, which was that path. That's the normal one. That's what you're supposed to do. But I was like, no, that's not what I wanna do and it doesn't work for me. So they were really going to sit me down and have a talk with me.

about all of this. And then my husband squashed it. He found out about it. And he's like, you know, you come near her and do this. I will, you know, mess you up or whatever. He's not sue you to sue you. I'm going to sue you. He was really great. He, stopped it. I didn't even know what was happening. That's great. You know, he stopped that whole thing. So, yeah, we had the same, you know, our stories are so similar. It's just funny.

You know, I mean, I had the same pressures. My mom was a big supporter of me at the time and she had this big library of health and wellness books and holistic books and stuff. But a lot of other folks around me, yeah, they didn't understand what I was doing. And they told me, you got to do chemo, you got to do what the doctor says. And they told me some alternative cancer horror stories to try to scare me. know, people that they knew who died, who tried alternative, like whatever that means, it mean anything.

And, And yeah, it's really hard when, people around you don't understand. the thing is, it's like what they really don't understand. There's two things. One is they don't understand the cancer industry. They don't understand the disease. They don't understand the treatments. They just think you need to do it. Right. They're totally ignorant about the risks, the benefits, the likelihood of success. They don't know any of that stuff. They just think you need to do it. Cause that's the thing you're supposed to do. But the other thing they don't understand is they don't understand how hard you are working.

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to save your own life. They don't understand that what you're doing is harder than chemo, right? It's harder than chemo. I, probably the most controversial thing I say is chemo is easy. And what I mean by that is that it's easy to go sit in a chair and get drugs put in your veins and go home and not change anything about your life. That's easy. Yes.

Touche. And I think another part of that is it's the easy way. also women, especially women I find don't, but probably everybody, a lot of people, they don't sit for a moment and go, okay, wait, what do I want to do? Because there's so much pressure, there's so much fear. Like obviously it's really scary. And then you listen to your doctor, they say chemotherapy, radiation, whatever.

and you trust blindly and there's no moment to go, well, but wait a minute, what do I want? There's like such a push to do it now, otherwise, you know, it's gonna be bad for you. And so I think that pressure of, you you have to do it now, a lot of women just acquiesce and go, okay, okay, yeah, if that's what you say, doctor, that's what I'll do instead of going, hmm, I have a choice in this, this is, you know, something that I can decide as well.

It's not just up to you, it's also up to me. It's mostly up to me. It's my body, my life. And so what do I want to do? Do I want to take a moment and just breathe into it and feel what's right for me and use my intuition and maybe, you know, look around and see what else is out there? What other options? Because there are many. That's the big problem I see is that so many people are just so scared. They just do the first thing.

that they're told instead of actually just really settling in and finding out what else there is that they can do. unfortunately oncologists don't tell you anything about nutrition or raw food or anything. In fact, they don't want to hear about it. They don't want you - They've never heard about it. They don't want to hear about it. And I completely, I love what you're saying. I love it because I say the same things.

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patients are rushed into treatment out of fear. Yeah. Right. They're rushed in out of fear. And, I love to use an, a showbiz expression. I love that you decided to take a beat. You decided to take a beat to like pump the brakes and say, hold up, wait a minute. Let me, let me think about this. Let me think about my life and my health and my future.

And I need to do some reading and researching. Like, I don't want to be rushed into anything that I don't understand. that is, mean, that to me, I mean, that's what I'm trying to encourage every patient to do is to just like, hang on. Like you've got a lump. Okay. You're not going to die tomorrow or next week or even next year. Right. Most patients when they're diagnosed are, are relatively early and have a lot of

You got a lot of time. Sometimes patients are diagnosed when it's life threatening and sure, it takes some immediate action, right? If you have a life threatening tumor that's about to close up your windpipe or your colon or whatever. But yeah, if you just have a lump or a bump somewhere or a lesion somewhere, you have time. Yes, you do. I mean, it's such an industry. It's really, after that happened,

I thought, you I had the surgery, I had it taken out, and then I was doing all the things with food, and I found an alternative doctor. was actually, or is, he was an MD at an oncologist at Harvard University Medical Center, Chinese doctor that was trying to implement Chinese medicine into the system, into the program. But they said, no, we don't want to do that. So he quit that job and he started his own practice in Santa Monica.

And the same sister that was trying to get me to do the chemo discovered him and sent me information about him. And as soon as I went to see him, was like, hallelujah. Thank you, God. I found the guy because I had rapport. I trusted him. I knew that the trust and the rapport that I was building with him would help me heal because I had absolute faith that the treatments that he was gonna do on me would...

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would really work. He's a scientist brain, right? So he would tell me exactly what he was doing with the acupuncture and it was advanced form of acupuncture. So, and then people were coming from all over the world to see him in the waiting room. I, this guy's from Switzerland. that guy came in from Australia and they were all getting well. Wow. Is he still in practice? Yes. Yeah. His name is Dr. Don Ha H A in Santa Monica.

And I've sent so many people to him. I'm sorry in advance, Dr. Ha. I know. I know. out. He's my hero. Email's about to blow up, I'm sure. And the phone too, anyway. He really, and you know, he sings like Neil Diamond. He's a good singer. So he'd make you laugh, right? You'd be in his treatment room and he'd be like singing Neil Diamond songs and you know, you're going to be fine. No big deal. And so.

I would leave feeling just like, well, okay, this is the way it's supposed to go, you know, feeling hopeful, Hopeful and optimistic and feeling good and like, okay, I can do this. and so, yeah, so he is just like a shining light for me that really helped me through a lot of the, you know, the dark, the darkness of that time. Well, and that, you know, that's so cool. There are so many doctors like, like him out there.

Right. And you don't, only hear about them word of mouth. Yeah. mean, typically they're not advertising. They're not spending a bunch of money. They're not even in the normal network of doctors, right? They, they have stepped outside the conventional system, right? These are doctors who are trained in the conventional system, saw the flaws, right? Saw the gaps, the perils, the pitfalls, right? The ineffectiveness of the toolkit that they

trained in, know, drugs, surgery, radiation, and, know, there's, well, there's more to health and healing. There's so much more we can do to help patients and they're operating outside that system. And I love that. I mean, that's, that's so great. That's so great that you found someone like that. I did too, by the way I found. So I found a naturopath. Most folks know my story, but anyway, I found a naturopath and then I, he referred me to an integrative oncologist who had come out of retirement. He was in his seventies.

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and he started practicing integrative oncology as opposed to traditional, which he'd done his whole career. And he was doing IV vitamin C and some other non -toxic therapies. And he was studying Chinese medicine in his seventies. He was really trying to learn how to help people truly heal, not just treat their disease. Yeah. And I think a lot of people don't understand that the fear, fear suppresses your immune system. like, if you stay in that place,

for too long, it's just going to do damage to what's already being done. So you have to find a way to step out of the fear. I mean, it's obvious, we all feel that, but there has to be a way to get out of that so you can help your body heal. And I did a lot of work on that. And that's a lot of the work that I do with women is helping them get out of that space because your thoughts go crazy. I remember when I was first diagnosed, I would be like, okay,

So my thoughts would say, you're gonna die and your husband is gonna find someone else and that woman, that new woman is gonna end up raising your baby because now you're dead and that my baby is not gonna like that woman and it's gonna be a miserable life for her. This would all happen in 10 seconds in my mind. Just boom, boom, boom, boom, I'm dead, ba -ba -ba -ba,

all these things. And then I go, whoa, whoa, whoa, whoa, a minute. And I would.

I would literally, you know those circles, you know, like no dogs allowed, a circle with a, you line. I would take the thought and I'd put it in there in my mind and cancel it. And I would say, well, okay, I cancel that thought. And then I would replace it with, I'm great. I'm feeling better every day and my body is perfect and I'm healthy. And I just replace it with all these, you know, positive thoughts about my body and healing. And sometimes in the beginning I would have to do that, you know, I don't know.

a hundred times a day because it just takes you over and you just can't help it. And so it's getting the fear in check and using tools to do that. Meditation, Dr. Andrew Weil has a great one, the 478 breathing method that kind of gets you right out of your anxiousness. It really works. I love that one. That was actually based on ancient, has ancient roots in pranayama.

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And I've been doing, you know, I've been meditating since I was 19 years old and I'm a certified instructor in meditation. So I find that that, you know, really helps, you know, calm the nervous system down a lot, but it does. And let me just say for folks that don't understand, some people get a little spooked by meditation because they think it's a spiritual practice and it certainly can be, but it can also just be a physical practice. it's just breathing, calming yourself down and just breathing.

And that's it. Like you're not worshipping any gods or demons or anything, right? You can literally just, it's a, it's a physical practice like running or rock climbing or weightlifting. And this particular physical practice of sitting quietly and controlling your breath, breathing in a deliberate way, calms your nervous system. I mean, it's, it's been proven over and over. There's so many studies on it. It's, mean, it's.

legit and valid and all that. And, very powerful. It's very powerful way to get yourself out of fight or flight and into a state of calm. And I love your, I love your, you know, sort of canceling the, the negative thoughts and the fears, because I totally get it. Like you can end up on this. it's like the worst case scenario domino effect of thought, right? Because it's like this happens and then that happens and then this, and it's just

one bad thing after another, know, did this domino effect of worst case scenarios, which is, to quote one of my favorite quotes about worry is that it's a misuse of the imagination. so true. Right. Worry is a misuse of the imagination, but on the flip side, what you did is so great is that you can actually use, if you, if you catch yourself in those moments where you're worrying and misusing your imagination to think of the worst case scenario, you can, you can catch yourself and stop and then

and then actively imagine how good your life could be. Like sit there and think, no, I'm gonna, and just put your imagination to work and think about, well, no, I'm gonna get well, and then I'm

gonna do this, I'm gonna raise my daughter, and I'm gonna put her in ballet and whatever, right? And you start thinking of making plans for the future that are all positive. We are in control of our thoughts. Most people don't realize that. We are not victims to them.

Christopher Wark (33:39.689)

It's just that we have so many of them that we have to kind of harness it. And I actually started calling it, okay, I'm micromanaging my thoughts, you know, because it really in those extreme cases that when you're diagnosed with a life threatening disease, you can't really control your thoughts very well. So you have to actually, you know, consciously, you know, mindfully go, okay, I'm having this bad thought, you have to stop everything and then replace it.

So it becomes a practice and it's a really great way to just kind of, okay, that's gone. And then I just see it float away and then, okay, starting over again. Otherwise it's a runaway train. just gets you, really gets you. Especially when you're out on a limb and you're doing it your own way and you don't have a lot of support and you feel alone anyway in a lot of ways. You might have one or two people supporting you but...

If you're doing it, if you're the rebel, you're not following the system, it can feel really scary and lonely because of that. Not only do you have the fear of dying or cancer and all those things, but you also feel alone in your journey to do it your own way. A lot of those thoughts come in. Well, what's wrong with me? Why am I the only one doing this?

but you have such, I had such conviction that I was doing the right thing that internally I was really happy. Plus I have a lot of faith in God and I knew just the feelings that I had were like, they felt right for me. And that was enough, you know, that was enough for me to kind of go on. I had those same feelings too. Once I started juicing and eating raw food, I had, I had just a surge of energy, not just physical energy, but like a surge of hope. Yes. You know, I had just

positive mental and emotional energy from taking control of my life and my health and flooding my body with nutrition and, really trusting God. Cause like you're on, you are, you are really taking the leap of faith, right? The proverbial leap of faith. You are taking it when you step away from conventional treatment, everybody thinks you're crazy and it's a very lonely place to be. You fortunately had a, you know, some really great family

Christopher Wark (36:00.983)

but it's a very lonely place to be in the beginning when you take that leap of faith. And so you really learn to rely on God. Like, okay, like it's, you know, it's just me and you, Jesus. I can remember thinking that a lot. And that's okay. You know, like, yeah, that's all we really have at the end of the day anyway, you know, even when people love us and we have family and all that at the end of the day, it's just us and our,

our faith. mean, it is for me. And so like, if you have that knowing inside of you that you're doing the right thing, and it feels right. This is where I really feel like we need to, you know, especially

women have such great intuition, we really need to feel into our intuition. Does this feel right? Or does this feel right? And, and so taking those moments to really kind of check in and see

you know, what feels right for us is just so important. Let me say something else really quick about that. About intuition is like, you know, if something feels wrong and you do it anyway, and you keep doing it and doing it, doing it, you sort of dull your intuition. You become numb to it. Yes. Right. And think that's how people get stuck, you know, on the wrong path. In the beginning, you know, they, they really had those that, that gut check, right?

their instincts, their intuition, the Holy Spirit, whatever is like saying, this doesn't seem right. I don't know about this. Maybe a bad idea, you know, but if you just kind of press on into that, into that down that wrong path. Yeah. In some ways I see people kind of go numb and they kind of, kind of just kind of go blank. You know, they're in, they just end up in a really weird head space where it's like, yeah, I don't know. It's almost like, almost like they become a little robotic.

Have you seen that? Yes, I have. I think that's like it's the norm in a lot of ways, because, you know, you you feel like you have no choice. And so whenever, you know, nobody wants to do chemo, nobody wants to do that. It's not like, yeah, chemo. I have to do chemo and I have no choice. Yes. Whenever you feel like you're giving up your power, of course, you're going to numb out, you know, and,

Christopher Wark (38:18.449)

Whether you know that there's other ways to do it or not, think our natural state is to be vital and healthy and to do things that give us that vitality and health, not to go against it. The farther you go down the wrong path, think the stronger your cognitive dissonance gets, and it becomes harder and harder to consider the possibility that you made the wrong decision.

Yes. Right. And that, or that you're continuing to make the wrongs, right? It becomes more and more difficult to entertain that notion. And so you become, you sort of put up walls and you become very closed off to even the suggestion. And this is what that I see it constantly is cancer patients become, they just lash out. There's ever a suggestion that like, maybe, you know, you could do it differently or maybe you could take a holistic path. There's this just welled up like anger and fury and they lash out at people that are just trying

you know, be helpful. That's why I don't spend any time in conventional cancer forums because there's a lot of really upset and angry people with this. Like, you know, again, cognitive dissonance, but there is sort of a. hopeful part of that is that for some of them, there is a, a sort of. There's a, a straw that breaks the camel's back moment that can happen.

in their belief system where after so many treatments or so many failed promises from the doctor, they finally wake up and go, wait a second. Like this isn't working. Right. And their faith in the, industry and their, and their doctors is shattered. And then they can, they, kind of break out of that, you know, spell a better word. And then, and then it's like, okay, wait a second. I got

to relearn everything we got, we got to

the situation. You know, what can I do to help myself? It's so true. It really is true. And it's such a, it's such an industry that you get kind of, it's almost like a cult in a way you get pulled into and your way of thinking. is right. Yeah. Yeah. I even like, I don't use the word survivor and I know that's controversial to some people. People are like, what? Why? I get it. I don't like it because a couple of different reasons.

Christopher Wark (40:45.279)

It all started, I went on this walk, I was living in California and there was a Cindy Crawford walk for the cure. And I used to see her around and I thought, this is cool, I'll do it. That would be a good thing to do. I just newly had cancer and just over it and had the surgery and okay, I'll do this. And so I went on this walk, I went to the place of the walk, which was in Malibu. And when I got there, there was two check -in places. One said,

survivor and they give you a survivor sign for your shirt. And the other one said guest. And I got there and I was like, okay, hmm. Okay, well, I'm not a guest, but I don't feel like a survivor, but I guess I'm supposed to be a survivor. So I'll check in with the survivor thing, right? So I put the thing on and I'm walking and you know, I'm still fairly young and I'm looking pretty good, but I've got the survivor thing on. And I just noticed that I felt uncomfortable right away. And

I was labeling myself like, okay, now suddenly this is my story. You this is who I am. This is defining me. Like I'm survivor. And it just felt odd. And then I noticed people, you know, staring at me like, I could just see their thought bubble. What happened to her? Like she's so young and you know, what's going on with her and she's a survivor. You know, I even saw Cindy Crawford looking at me like that. And so I just felt uncomfortable with it

It didn't feel right to me the entire walk. was uncomfortable. And so I got home and I looked at my husband and I said, what do you think about this? Like, you know, what's your feeling on this? And he looked up at me, he was doing something. He looked up at me and he goes, why are you wearing that? Like, what are you doing? I'm like, I don't know. And I just pulled it off and I threw it down. And from that moment, I just knew that that's not how I wanted to identify myself. didn't, and I know that is, you

a little bit different than the norm. And I know some people really love that title and they, you know, they do different things like they do the rowing team, you know, breast cancer, pink ribbon thing and all that stuff. And I just don't, I don't want to be part of something that is a, first of all, a business because the pink ribbon to me is just, you know, it's on everything. Like, you know, you buy something

Christopher Wark (43:04.321)

you know, food and it's on this and it's on that and it's just diet cokes money, money, money, money, money. And so, no, I will not give to the pink ribbon campaign. I will not do that. I'm not a

survivor. And part of that I feel like is because I didn't do the chemotherapy. I don't feel like maybe I've earned it or maybe I get it. You didn't survive the brutal treatments,

So I don't feel like I've earned it in a way and I also don't like to identify myself in kind of like a word that has a victim kind of feeling about it. Even though survivor feels like a strong word, it kind of infers that we had a huge struggle. We almost didn't make it, but in the last second we made it and we survived it. Yeah, don't want to. That may be true, you know, for a lot of people.

but I don't want to identify myself that way. I don't want that to be my story. So when I had my surgery, I had the lump taken out. I was like, okay, I'm done. I don't have cancer anymore. It's gone. I don't use the word survivor. I don't use the word remission. I don't believe in that. Remission is also another word that it's lurking down there somewhere and it could come back one day. No, it's gone. And I think if we really believe that it's gone,

and we just stick with that. It might be naive, but like, I really believe that the words that you use and how you define yourself are very important because words have a frequency. Your thoughts have a frequency that you can measure. Your words have a frequency. And if you go about talking about your disease all day, cancer, cancer, cancer, and you're ruminating on it and you're talking to your friends and you're just in dialogue around it and you're thinking about

as you're just bringing more of that to you. And so for me, I understood the law of the subconscious, you know, the subconscious mind and you know, the power of attraction and all of that. And so I just didn't do any of that. didn't, I didn't talk about it to this day. People don't even know that I had breast cancer really, unless I'm doing something like this, because it's not part of my story. And I just think it's super important that we don't kind

Christopher Wark (45:24.065)

you know, identify too much with that, you know, on with your lives, right? Like just. Yeah. I love that sentiment. I really do. mean, obviously I, I use the word survivor just so people know what I'm talking about. Right. But, but I totally agree with you. I totally agree with you like in terms of identifying with that. And you know, the, sort of absurdity of the way the cancer industry has exploited survivors is the American cancer society.

defines a survivor as anyone who has been diagnosed with cancer. Yeah. Yeah. So literally the day you're diagnosed, you are now a survivor. Congratulations. And they use these, these inflated statistics. They do this every year when they come out with their annual report and they say, you know, something like there are now 1 .5 million cancer survivors in the U S

And this literally includes all the sick people that were just diagnosed and everything. you think, cancer survivors, they've, they've, they've had cancer and they're over it and they're, they've gotten well and they're living their lives. Nope. These are people with cancer. course, they've included some that have survived like literally and, but, yeah, it's such a scam. It's it's a massive scam. If you're, if you're labeled a survivor, the moment that you're diagnosed, you haven't even

done anything yet. You haven't even.

You you're just a sick person. And you know, the way I look at cancer is probably the same way as you. It's like, yeah, I was sick with cancer and I got well. Yes. You know what saying? That's what happened. That's my story. If I say I'm a cancer survivor, then people get it like, he had cancer at some point in his life and now he's alive and well. That's sort of the general public's understanding of the definition of that word, which I'm okay with, but I'm with you. it's definitely an industry word. Like the industry coin, you

It's a war on cancer. You're a survivor. You're a warrior, right? All these militaristic terms. And the reason they, the reason they did that, it was not by accident. If you convince a person that there, it's a battle, it's a war and they're a fighter. then you can also convince them to have to suffer. Right. Right. Cause it's a battle. means there's suffering and these treatments you're going to suffer.

Christopher Wark (47:49.909)

Right. So for an order for you to fight cancer and defeat it and be a warrior, then you're going to have to suffer along the way. So, you know, my, my opinion, and I talk about this in my book is like, I don't think you need to fight cancer. These are your cells. It's your body. Like you don't want to fight yourself. That doesn't make sense. Like you're sick and you need to heal. That's right. Right. That's what need. You just need healing. You need to fight yourself. You need to heal yourself. Yes. Well, you know, in the 1950s, there was a whole campaign.

to put fear into the American public. And it was based on, we think we'll get more people to come in and get checked if we create this fear around it. And so it was a very deliberate campaign that made everybody really afraid. And so ever since then, like before that, if you didn't hear about all of this before the 1950s, people would get cancer. Sometimes it would go away. Like I've heard something

one quarter of all cancers go away on their own. So, but our bodies kind of just naturally take care of it. People weren't dying the same way before this huge fear campaign happened in the 1950s. It's been written, you can Google it, it's been documented. So There's a study to that effect on breast cancer and I'll link to it in the show notes. And just a brief summary is that they did

They followed breast cancer patients and some of them had, you know, annual mammograms. And then some had mammograms that were spaced out. I don't know, three or four or five years. I'm a little rusty on the details of the study, but what they found was, is that the women who had annual mammograms or mammograms on whatever this schedule was, had, w were diagnosed with cancer much more often than the women that didn't have the routine mammograms. they realized,

that these women, it's not like they had less cancer. They had cancers that would regress,

spontaneously regress, heal on their own. Yes. I've read that. fact, recently just read that. Yeah, the study was by Zal, was the principal investigator. But anyway, I'll link to it. Yeah, it's shocking, really. It's absolutely shocking how

Christopher Wark (50:04.465)

Anyway, it's you know, it's it's so much of it has to do with, know, our mindset and what we want for our lives. And you know, we have to understand that our words do have power, our minds are listening. You know, whenever you say something, your mind is listening, and it's giving information and directions and instructions to our body. So that's why I'm very careful with, you know, the words that I use and the thoughts that I think and, and I, you know, I make it a choice or a

every day, it's a choice, right? We wake up and we have the ability to be grateful for our lives and think about all the things that we're blessed with, or we can go into the fear and the what ifs. And I think it's super important to kind of, if you do go over, because we all do, to the fear, to just bring it back and then just, okay, well, have my, one of the things we say in our family is, well, we have legs. So, it's kind of a joke,

But we have legs, so we can walk, right? And some people can't walk. Some people can't do a lot of things. So it's putting into perspective and not ruminating on what's going on with us or our disease or whatever. Yeah, it's practicing gratitude, right? Comparing yourself to those who are less fortunate is one of the best ways you can practice gratitude. When you compare yourself to people that you perceive

are more fortunate than that just fosters resentment. know what I'm saying? Right? And unhappiness and jealousy and envy and all these negative emotions. when you compare yourself to people less fortunate, you are filled with thankfulness and gratitude of how good your life is. have legs. Yeah. Yeah, we have legs. it's, kind of like this, thing that's been passed down through the generations. Now my, my little, you know, my daughter says it, it should be having a bad day. go up, but I've got legs, mom.

Yeah, that's great, you know, because it's just kind of a silly thing, but it just flips it over really quick. That's such a great little gratitude hack. Yeah, it's great. I love it. Or one of my other ones is, well, we're not in Syria or somewhere where, you know, we're being not being bombed. That instantly takes you out of your little world and go, yeah, okay. I'm not doing that. So I'm going to use that. I love

Christopher Wark (52:31.529)

Yeah. I'm going to use it on my kids. Maybe it'll stick, it'll stick in their heads too, and they can put it to practice. So I'd love to ask you about forgiveness. Was that a part of your healing journey? It was. So, you know, like I said, I had mentioned, you know, I'd already had a pretty good diet. So, and I just refined it and like made it even more intense, you know, more just kind of percent raw and all the things. But I realized, you know, I was also going through a very

difficult time.

in my life right before I was diagnosed. So, you know, it's some marriage problems and some other things going on and I needed to address. But more than that, I had unforgiveness around my father. So I had some therapy about that. And I realized I'd never really forgiven my father. My father kind of left when I was young, maybe 11 or 12.

And I don't really remember crying or being sad about it. I just remember not really feeling much of anything. And so when I talk about my dad in my adult life, like, yeah, well, my dad, you know, it wasn't like, my dad. was just my dad. I wasn't really close to him. He left when I was young. That was the story. But as soon as I got into it and I worked with a therapist about it, I realized I had anger and I had unforgiveness and I had, you

probably abandonment issues or who knows what. And so what I did, she instructed me to write a letter, write the letter to my dad and then burn it afterwards. And I thought that was really dumb. thought, I gotta go write a letter to my dad. But I did, I went home and I sat down and I thought, okay, how do I start? Okay, dear dad. And then I just started writing.

And at first it was like, okay, well, you know, this wasn't very, it wasn't very good that you did this or blah, blah, blah, blah, blah. And then towards like the middle, started getting angry. I could feel the anger coming out and I was like, okay, well, why did you do this? And blah, blah, blah, blah. And then towards the end, I was full on like writing this letter, scratching the paper. was ripping the paper with my pen because I was so mad. I was just writing like, and I was crying and I was just so upset.

Christopher Wark (54:51.325)

angry and all of this emotion was coming out that I had no idea I even had about my father. Like zero clue. I think I was just in kind of, you know, the mode of, yeah, it's all, it's fine. So that was really interesting for me because I didn't realize that, you know, our bodies store the emotions

Dr. Bradley Nelson does some really great work with stuck emotions. That's another story, but he's really great. Our bodies, they store all of these emotions and they get stuck in there. Unless you get them out, you will have things, cancers or arthritis or whatever, dis -ease is manifesting because of these stuck emotions.

Once I did that, I burned the letter and I went back to my therapist and said, okay, that worked. What else do I need to do? And I realized that unforgiveness was huge in my life and I needed to forgive him. And once I did, it was easy. It was like, okay, that was great. I felt fine about it. I felt love for him and compassion. And I realized he's just another human being

with faults and issues and probably had a bad childhood. And I could look at him as just another human being, another soul, and I just released it. And I really believe that so many of us, whether we know it or not, are carrying around these burdens of unforgiveness, and especially

women with breast cancer. Now I've heard in Chinese medicine, the right breast,

which is where I had breast cancer is, you it's attached to the liver and anger. And a lot of the anger comes from not forgiving. So a lot of women, especially if they're, you know, right breast cancer need to work on forgiveness and letting go. And so that's, you know, that's another thing you can Google Chinese medicine. Very, very powerful. And, know, once we can do that, we can start the healing process on a very

Christopher Wark (57:08.919)

you know, deep level, you know, the real healing, right. That's beautiful. I think every cancer patient needs to forgive not just the right breast cancer patients. That's my opinion. All of them. mean, because yeah, you're right. I mean, it's, easy to lock away those emotions and never acknowledge them. And I don't know, something really miraculous happens just by acknowledging your

feelings like writing them down on paper. There's a book about this called expressive writing and it's about this practice of like when you just take a few minutes to write down your anger, your frustrations, like whatever and put it on paper and then destroy it. Yeah. It like it frees you. It's not trapped like in your body anymore. You've let it out. You've acknowledged it and

There's some deep psychology, you know, in behind this that I can't articulate, you know, but I can tell you it works. It's really helpful. And I'd so, it's so cool that you did that. That's great. I think that a lot of people are after hearing you, hopefully will be inspired to do that themselves. think, you know, even if you don't have cancer, I think that it's cathartic, you know, it's just, you know, getting past.

We don't want to get to end of our lives and think, well, okay, what else could I have done to be a better person? Forgiveness is huge. Like when you see older people that carry grudges, you think, come on, you're 75, 80 years old, get over it. Let's evolve a little bit. so just for anybody, I think it's a great practice, but especially if we have any kind of disease or cancer or anything like that, it's just

It's a very valuable practice. And you're right, just witnessing the pain, the, you know, as Eckhart Tolle says, you you step outside of yourself when you witness the pain body. I love his description of the pain body because he makes it sound like it's an entity of its own. He describes it as an entity of its own. And you know, the emotions come out, the pain comes out and his way of saying it is you observe it. You observe the pain body, go, okay, that's anger.

Christopher Wark (59:28.165)

And then once you observe it, you're separate from it. You're no longer the emotion. So, you're feeling the anger. You're almost like a part of the anger, but once you observe it, it's separate from you and it instantly releases you from it. So just the observation of the emotion frees you from it. It's a brilliant practice. It's in the power of now Eckhart Tolle, chapter five, I think, I don't

know. I've listened to few times on audio.

Well, and also that's it's a form of denial, right? When you when you don't acknowledge your pain and you say, I'm fine, everything's fine. Right. You're you're in denial and that your spirit and your soul and your mind and your body like does not like to be in denial. Right. It does. That's not a it's not a state of peace and harmony when you're essentially lying to yourself and to others.

Well, this is really important point that you bring up and sorry to interrupt, but my family were Danish, you know, and we, know, first generation and our whole motto is everything's okay. Everything's fine. You can do it, you know, keep going, chin up, you know, everything's fine. Like there's no problems. If there's a problem, think positive, you know, and so that's great, except for when you're squashing down your feelings, right?

So I think that's what I did around my dad was just, I'm fine. Everything's fine. It's okay. until I actually, when did a little inner child work and went, okay, maybe it's not okay that your dad left and you have all of these feelings and it's okay to look at the emotions. It's okay to observe them and go, you know what? That really hurt me. And that was something that wasn't okay because I was only 11 years old.

and then just being kind to yourself and giving yourself, you know, compassion and love and taking a moment, taking a beat and really, you know, internalizing those feelings and then looking at them. And once you look at them, you can, you can let it go, you know, the writing down process or, know, just observing your thoughts and your feelings is super powerful when it comes to healing. I've done it. I agree.

Christopher Wark (01:01:49.727)

It's so important folks, like you can do all the, you can do everything right with the diet and the treatments and the therapies and all kinds of stuff that are, you know, helpful, beneficial things. But if you don't address the stress in your life, if you don't address your, your pain, the resentment, the bitterness, the anger that you're carrying toward people in your past, you've hurt you. It can really, it can be the one barrier to healing.

Yes. can be the single barrier that prevents you from getting well. And so you got to do that internal work. and you can't, you can't do all that work in one sitting. have to be, be persistent, right? have to persist in digging through your past and forgiving the people who've hurt you and acknowledging the, you know, the pain they've caused you and, know, and, and it just takes time. cool thing is, know, you can change your diet today.

You can start exercising today. Like there's that gets the momentum going, right? You get that healing momentum by changing how you take care of your physical body. then. that journey during that process, then you work out your mental, spiritual and emotional junk. Yeah, that's what, well, what I did was for the forgiveness part, there was other people I needed to forgive.

And so along the way.

and so I would go for walks, long walks in the woods and I would say sometimes out loud, I forgive you so -and -so and I would just keep saying it. The first I was like, I don't forgive them. Like this is nonsense. How could I forgive them? But I would just keep saying it until it actually felt real until I wouldn't stop saying it in my mind or even out loud until it felt real to me, until I believed myself. Because I think, you know, just tell someone to forgive like some

horrible things happen to people. There's abuse and there's all kinds of horrible things that happen to people and just say, you know what? Forgive that person. It's like, are you kidding me? But like you said, it's a process. And so you have to you have to get into a place where you actually believe it. And so sometimes repetition and walking in nature is a great way to do it. Just keep walking and then saying it to yourself. I forgive you so and so I forgive you so and so there doesn't need to be reasons why you just keep saying it.

Christopher Wark (01:04:12.127)

And then eventually you'll start, it'll start to crack a little bit and you'll feel that forgiveness. And then the more you do it, the more you feel it until it just breaks open and you just feel that incredible feeling of forgiveness, which is an amazing feeling. You know, it's, an incredible cathartic moment when you realize you've truly forgiven someone for what they've done. And, you know, I think that's, I don't know, it's just super important.

Yeah, you've released yourself from the prison of pain. Yeah, exactly. That's right. And I like to call it exercising your forgiveness muscle, which means you have to do it. You know, you just have to keep doing it. You have to keep forgiving. And the more you forgive, the better you get at it and the easier it becomes. And then you become quick to forgive. And so when new people hurt you, you just quickly realize, hey, that's that hurts. That's stung. That was inconsiderate. That was rude. But I forgive them. You know what? I'm not going

I'm not going to stew on it. I'm not going to hold a grudge. I'm not going to let it, you know, attach to me. I'm just going to forgive him. God bless him. I forgive him. You know, I don't know what's going on in this person's life while they're treating me this way, but you know what, God, you can deal with them. And I'm just not going to, I'm not going to hold onto resentment or bitterness about it. That's exactly what I do, you know, because at the end of the day, I have a saying, well, we're all God's children. Why are we judging others? You know, why everybody's got a story.

everybody's got something. Okay, that's okay. You know, it's, it's, it's a choice of just letting things kind of we're not perfect. We, you we get pissed off, whatever. But, you know, ultimately, it's better to just kind of let it roll off your back and not take it in. Because when we you know, when we have those feelings, it's hurting us. So forgiveness is about that other person. It's about us. So it's a very selfish act, actually, to forgive. It's not about, you

that person that did the wrong thing. When you forgive someone, you're actually benefiting

yourself. So, yeah. Yeah. Well, you know that expression, the best revenge is living well. Yeah. So the twist on that to me, it's like the best revenge is, is forgiveness, right? Is living free of pain, right? Living in joy and peace and harmony and not being affected by that person who hurt you anymore.

Christopher Wark (01:06:34.945)

Isn't that the best? so anyway, I just have enjoyed this conversation so much. I love your story. You're such a wonderful, remarkable person. I'm so glad you have a book out and let's make sure people know where to find it. The book is called *The Booby Trap, Bust Out of Breast Cancer and Heal Yourself*. And where can people find the book? It's just, I'm just now launching it, but it's on Amazon.

And how can people connect with you online? have so [Holistic Breast Expert dot com](http://HolisticBreastExpert.com). And there you can find all the information about me and contact information programs and whatnot. So yeah. So that's the best place. Perfect. Well, Heidi, thank you so much. This has been really fun.

Guys, gals, thanks for watching. Thanks for listening. Please share this video with people you care about, people you know who have breast cancer. Any woman with breasts would benefit from knowing that breast cancer does not have to be a death sentence, that people have healed and survived. What a wonderful, encouraging, hopeful story and help us reach more people with this message of hope that cancer can be healed.

Thanks for watching, thanks for listening. I'll see you on the next