

Christopher Wark (00:00.088)

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We call that

Christopher Wark (00:36.686)

Hey everybody. So today I'm interviewing someone who is really, really special, really remarkable human. name is Mike Fremont in 1991 at 69 years old. Mike was diagnosed with colorectal cancer. His doctors at the Cleveland clinic told him he would die in three months unless he had an operation to remove the tumor. He declined the operation.

He adopted a whole food plant based diet. Two years later, he did have surgery and there was no metastasis, which is amazing. Now, not only that, but he's a lifelong athlete. He has the fastest marathon time for an 88 year old, a 90 year old and a 91 year old at 96 years old. He set

American one mile record for the 95 to 99 year old age group. And as a lot lifelong canoe racer at 99, he was the oldest person to race the canoe national championships. still out there running and staying active. So Mike, it's great to great to connect with you. Great to have you on. are you? I'm fine. I may have trouble expressing this, but

The Cleveland Clinic put a television receiver inside of me so I could see this and I could see that when they were making the diagnosis. And they said it has metastasized. And I didn't really connect what happened after that. But I refused the operation and...

The two years elapsed with no problems at all. As a matter of fact, what the two years did was to verify to me that the arthritis I had in the back of my neck and the shoulder, the fingers of this hand had absolutely disappeared in a matter of weeks after the diagnosis because I was on a diet. The diet did that.

Christopher Wark (03:02.55)

And what was the diet? What did you eat? Vegan diet. We called it at the time, macrobiotic. Yes. The book I read was on macrobiotics by Michio Kushi, a Japanese American. And I got to know him and went to his school, which was like a monastery in the mountains. Fun place. And learned to eat that way.

But the important thing was I read a few months ago that 90 % of the people who have the metastasis and the basic tumor as well, 90 % of them die of the metastasis, not the basic tumor. So that what I had actually done was kill the metastasis by diet. So there was

real further threat after he took out the tumor, which was bleeding, gave me a little trouble. And

he said, I looked in 35 places for metastasis and he said there was zero. Do you remember how many places they found metastasis initially? No, the clinic, I didn't talk to the clinic after

What about on the first diagnosis? Did they tell you where it had metastasized to? Was it in other organs? Yeah. Yeah. It was in the lymph nodes. So you, you were diagnosed and metastasized to your lymph nodes. You adopted a whole food plant based diet. You followed a macrobiotic diet. That's Michio Kuchi of the Kuchi Institute and his son Lawrence is, is works for the NIH doing a cancer.

epidemiology research, actually, I might interview him soon. He and I spoke together in a conference on the vegan cruise this year. But anyway, and then two years later, you had a little trouble with the tumor and some bleeding and they took the tumor out. And now it has been how many years since the tumor was removed? 30, about 30 years almost. don't have the exact

Christopher Wark (05:25.39)

That's okay. We don't have to be that precise. Over 30 years is incredible. And how were you an athlete at the time you were diagnosed or did you pick up athletics and competing after cancer? Well, I'm very small. I'm five feet three. I think I used to be five feet six. Once upon a time. I weigh 120 pounds.

And in college, I wrestled at 121 and 128. I enjoyed that. But then I took up running. My first wife died. I took up running and I found out I was small, lightweight, and it was no hindrance to running. And I didn't come in last. So then I had to do the Boston Marathon and I did that respectably.

So I went to 16 Bostons. Wow. And the canoe racing, I picked a good partner. A guy called me and said, you want to get in a canoe race? I said, well, if you can do it, I can do it. So I was 40 at the time and I chose my own partner. He was a war veteran and spent a year after the war with a canoe on top of his car, driving across the country to

ideal places to canoe. So he and I won the first race we were in big time, which spoiled us. It ruined us. We thought we were good. How do you feel today being a hundred years old? That's a huge milestone. You've been on a plant -based diet for 30 years, over 30 years. Yeah. You're an over 30 year cancer survivor. How do you

I feel fine. The important thing is this metastasis business. If you understand that, you've got a different picture from the usual approach to that. What is the secret to long life? Mike Fremont, you're 101 years old. The first thing is absence of stress. For example, if you're out of a job and you need the money, that's stress.

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If terrible things happen in your life, it can be stress. But certainly you've had bad things happen in your life as long as you've lived. You lost your first wife. mean, certainly you've had bad things

happen. How do you handle stress? I really believe that these are the best days of my life. Have you always thought that at every stage of life? The question never came up. I was just here doing what I had to do.

How important do you think the plant -based diet is and exercise? That is, I believe, responsible for my having killed the metastasis. I can't know and of course doctors would never necessarily agree to that, but it has given me a longer life than almost all my classmates. Do you have any other friends who are over 100? No. I had a cousin.

We went to 104 and we just lost her. I lost my first wife to a brain hemorrhage. And my second wife and I divorced. My third wife and I divorced. And my fourth wife I've been married to for 30 years. So this was, that was a major life -changing season for you. Cancer diagnosis, you changed your diet and you got

all in a very short span of time. telling you the truth and it's not necessarily too favorable to religions. Well, I think there are a lot of people who aspire to make it to 100. I'm one of them. I'm 46 years old and I do aspire to make it to a hundred. What advice do you have for people out there that want to live a long, healthy life?

Well, I've got a very good friend named Harvey Lewis. And if you follow the running circuit, or even if you don't, Harvey Lewis is internationally known. He ran the 2 ,190 mile Appalachian Trail. It's only in the mountains from Maine to Georgia. I don't know whether he's number one in the nation or number

Christopher Wark (10:16.371)

And he teaches school in Cincinnati. And he had me in to talk to the kids a couple of times. But life has been so absolutely blessed to me. All these favors that I just don't have. I'm not stressed. Were you stressed before you got cancer? Did you live a more stressful life as a younger man? I was worried because I was too little.

I couldn't get on teams and I read a lot of stuff. And I've learned a lot of lessons, you might say. Having had my own business for 40 years, having raised canoes for 60 plus years, 62 years, having run marathons for 62 years. You know, you pretty well have a grip.

You're not going to make any serious mistakes. It costs you your freedom or severe stress. And the people I associate with have been nice to me. I've been on the podcasts. I think people have sought me out because of what I am, not what I used to be or what I should be.

There have been nine occasions in this year that I've had to travel or something to talk to somebody. And then, know, Rich Roll, you've seen his stuff. He had me at the opposite end of a table for two hours. I didn't know Rich Roll, but I had some German limericks.

that were not very clean that I saved for talking to men. You shared those on the Rich Roll

Show? My wife came with me and asked her sister to come down from San Bernardino, which is near where

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So I had two women there and I couldn't tell these remarks for it. Well, you better not tell them here either. have, we have women listen to our show more, more women than men. I think what is your daily routine? It depends on the season. was doing 10 miles three times a week running through a park and in canoe season, would still do that 10 miles.

three times a week, but another three times a week I would practice canoeing. So you would run one day and canoe the next day? Yeah. So you're exercising six days a week? I was, yeah. It's a little bit down because of these accidents I had, but it's fun. like to do it. My wife got inspired and the two of us ran a half marathon in Daytona Beach. This year?

No, that was last year or two years ago, I'm not sure what. But she and I run together mostly now. And she's faster than I am. So she runs ahead and then comes back and takes my hand.

Do you have any any marathon plans? I ran my last marathon when I was 90 because I set a world record. It's a world single age record. That's what they call it. And I did that at the age of 90. I said, I don't have anything more to prove.

So I thought, well, I might do half marathon. So I did half marathons for a while and I set two world records for that, for the age, single age of 90 and 91. Then I set an American record for the age of 96 in the one mile. fast was your mile? 14.

Christopher Wark (14:42.027)

minutes or something like that. I could send it to you. OK. We'll put it in your list of accomplishments. They made a big fuss over me because I was so old. And they had special shirts, t-shirts made for three young women who were runners so that they could run ahead of me in Des Moines because that's where this one mile.

race was and they had a photographer who was built like a small football player who had to run backwards faster than I did while taking my picture. The whole thing was just ludicrous. I was laughing all the way and they gave me a flag and people on the street recognized me.

And a woman helped me with my bag, getting it into the airplane. She asked, you. That's what happens when you're a celebrity. Everybody wants to help you. Yeah, I became a celebrity. I wanted to help you in any way I could because I certainly identify with your issue.

Thank you. Well, I, I'm excited to share your story to introduce you to my audience. I think you're so inspiring. And like I said, I, I, you inspire me. I, I hope to be fit and active, healthy and strong and have all my wits about me and be fully independent as you are and, and make it to a hundred or maybe more. And, I just think

It's just awesome. I love your story. love your attitude, your enthusiasm. You obviously have a great sense of humor and are enjoying life. think you just inspire a lot of people. and that's, amazing. Really cool. Thank you so much. That means a lot to me. Well, I don't want to take up any more of your time. Thank you again. Mike, you're, you're incredible. You're an incredible human. You deserve to be honored and celebrated.

Christopher Wark (17:05.453)

And folks, this not so cool? Is it not so cool to see someone who is fit and thriving and at 101 years old? Tell me where you live. I'm in Memphis, Tennessee. There's some really challenging runs in Tennessee. Some of the most challenging in the country. Harvey Lewis does them. Right. Appalachian Trail and the Smoky Mountains. Tennessee's got some... West Tennessee is pretty flat where I

But, East Tennessee, even middle Tennessee, but especially East Tennessee is mountainous. So yeah, there's some, there's some very difficult terrain, to run or traverse hike. And, it's beautiful. Memphis is not, not as nice. It's just flat with a lot of trees and it's very humid, but I have family here. So I'm stuck.

I can't leave. Okay, everybody. Thanks so much for watching. I hope you've been inspired by this interview with Mike Fremont. He's just an incredible human, as you can tell. 30 plus year cancer survivor, 30 year whole food plant -based diet eater, vegan diet eater. And as you can tell, don't believe the myths. You can thrive on a plant -based diet and multiple world record holder

Marathons as a senior citizen for one mile, the one mile run as a senior, just, just, I am so inspired by Mike Fremont. So anyway, please share this interview. Help, help me reach more people, help us reach more people with Mike's story. And, I hope you have a great day and I'll see you on the next interview.