

Chris Wark (00:03.286)

All right, here we go. Hey gang, it's Chris. And today I'm talking with Billy Best, a former cancer survivor. Billy has pretty wild story and he and I connected years ago and we actually tried to do an interview and there were some technical difficulties and then, I don't know, just time passed and we finally circled back to connect again. Billy's got a book.

called the Billy Best story, beating cancer with alternative medicine, which you can find on Amazon. And the crazy thing about Billy's story is he was diagnosed with Hodgkin's lymphoma in 1994 at 16 years old and he had five treatments of chemo. And then he ran away from home to avoid chemotherapy. mean, he just became so convicted about, you know, the path he was on and not wanting to be on it that he actually ran away from home. It's pretty dramatic story.

And it even became a national news story. was on Dateline 2020, you know, a current affair. And, uh, but anyway, I'm going let him tell the whole story instead of me, but I just wanted to give you that teaser because it's a pretty wild and, amazing, incredible story. And he's here today. I mean, that was 94. So do the math. That's 30 years, uh, that he has been a cancer survivor using a little bit of conventional treatment, but then switching over to a more holistic and alternative.

path. anyway, Billy, it's man, it's great to see you. I'm glad you're doing well. And why don't we start with, know, start with Billy at 16. Like what was going on? What happened?

Billy Best (01:43.986)

Hi, thank you. Yeah, Billy at 16. Well, hi everybody. Billy Best, cancer survivor. And this is actually like almost exactly 30 years ago. At this time, I was, I think it was like just a couple days ago where I was actually tested and they were, they found no cancer. So it's been like exactly 30 years since I had any cancer detected in my body.

Which is just it seems like Why wouldn't we be getting together again right now? I mean we don't keep in touch. We don't message each other or anything every once in a while I've reached out or we've you know Communicated like that, but I don't know things tend to work out the way they should so yeah starting for yeah, and and

Chris Wark (02:37.493)

I agree.

Billy Best (02:42.696)

When you try to force things, it maybe isn't the best thing, which I've found out throughout the years, trying to force things that I thought were important. But we'll get back to that. So yeah, when I was 16...

Billy Best (03:03.656)

So when I was 16, I was pretty, I'd say like, of course everyone says normal, because that's

what they have as a frame of reference. But, you know, I played sports, I went to school, I had a sister, you know, a couple dogs. We lived in the suburbs.

Billy Best (03:27.912)

The only real events to speak about up until that point where, um, you know, I was adopted. So that was, um, kind of a thing about me that was kind of unique. It kind of was part of my identity. Um, and also I had been, um, an active skateboarder. I love skateboarding. had a, I built a ramp in my backyard. And when I was 14, actually going to get supplies to work on that ramp.

I was skateboarding home. I got hit by a truck and it like clipped my arm and You know it ended up coming off coming. It was like hanging off It was called a compound fracture and that was November 14th 1992. I'll never forget that that date and that was two years of surgery that was you know, just the initial trauma and Then there was

Something had to take some bones from certain places to kind of rebuild it a couple surgeries for You know my hand like carpal tunnel surgeries to relieve pressure and nerve damage their Plates in plates out a little fine too. So it was over two years. I it was six surgeries And Before the last surgery it was actually I was going in for my clean bill of health from my from the doctor

And he's like, yeah, he's like, you're good to go. Any questions? I was like, well, when am I gonna be able to move my thumb like this? And he's like, what are you talking about? And what had happened was somehow, I don't know if it was from the plate or just wear and tear, but the tendon had snapped in my thumb. And once he identified that was a problem, he's like, well, we have to operate on this immediately, because it's slowly like work, it's getting.

further away and we have to reconnect it. And I had, it was frustrating. I had been through a lot of surgeries, a lot of just not feeling like I fit in, especially, know, part of my adoption story is, you know, I was labeled white on my birth certificate and...

Billy Best (05:50.728)

I, you know, later found out that I'm Native American. So I just looked different than my family and was just didn't really have anyone that I looked like growing up that I felt like bonded with. Just always kind of felt like not quite fitting in, you know, even though I did the sports, you know, as you know, decent at the sports, but just kind of felt like a loner. Didn't really feel like a

Belongs and then especially after the accident with a cast on in and out of surgeries I felt as though people were kind of walking around, you know, like be careful around me Like I was delicate and I just I never really felt comfortable You know, I just always felt like I didn't I didn't fit in I didn't belong but now With this last surgery. I mean I was already at the breaking point. I was like so relieved to have

this clean bill of health and I was like, I could just start to be normal. Like I could just go back to being normal or just at least try to start being normal. And I told my parents, was like, I don't,

what the doctor said was if I didn't repair it, my thumb would eventually kind of work itself into my hand and eventually I wouldn't be able to grab anything. It would impede like my head wouldn't be working very well as an adult. And as a 16 year old.

or before that I was probably 15 at that time. I was like, don't care if you cut the thing off, I cannot take any more surgeries, I can't do this anymore. There's pain meds involved, there's just the whole situation over again once you think you're out of it. It was very frustrating. And I told my parents I didn't want to have it.

Billy Best (07:40.648)
There's no internet.

Billy Best (07:54.44)
recording is

Billy Best (08:02.76)
you

Try something again. Take some water.

Chris Wark (09:10.306)
Hey there. I don't know what happened. you were freezing up a lot as you were talking and then it just, then you were gone. But, why don't you pick up with, pick up with, you know, after the second surgery.

Billy Best (09:10.328)
the

Billy Best (09:18.777)
Okay.

Billy Best (09:23.256)
Yeah.

Billy Best (09:26.679)
Yep, this is all kind of, you know, it's not, well, yeah, I'll pick it up after that. We could, I'm sure, edit some of this out if you need a fit in a certain timeframe. So when they said I had to have another surgery, I was against it. I felt like I had taken enough and I couldn't take any more. And I told my parents, I said, I don't care if they cut my arm off, I'm sick of this. And I...

can't go through this again. And they said, well, you know, the doctor said this is what you have to do or else then your hand isn't gonna and we, you know, are thinking about your future. So they said, at the end of it all, they said, you're a minor and we have to do what's best for you.

We have to decide, you know, what you're gonna do and what's best for you is to get the surgery. So you have to do it. And I mean, it made sense. knew.

I couldn't argue it. It wasn't worth arguing. So I just resigned to that and got the surgery done and it got better. It was tough, but like a lot of things, once you just start doing it, it's not as tough as you thought it would be. And then my arm got better and it was like, all right, let's get back to being a 16 year old. It's like summertime's coming.

I was just almost out of school. It was like a month or maybe like a few weeks left of school.

I just started getting tired. And I was not tired. I always had a ton of energy, like played sports, skateboarding, just mostly just that. But I was getting tired and I was sore. My neck was sore. And my school nurse saw me in the hallway. I forget what side it's on. be on this side. But I like had turned and there was like a lump like sticking out. And she saw it.

Billy Best (11:30.073)

And she's like, Hey, what's going on with that? like, Oh, I don't know. It's just, it's kind of sore. I've been tired. She's like, well, make, you know, promise you go get that checked out because you know, it might be something. I'm like, yeah, okay. Whatever. I'm already getting a physical to go to camp or, know, I needed a physical for whatever I was doing in the summer. And, um, I promised I told her, yeah, when I go see the doctor for the physical, I'll mention it by the time I did the physical, had gone down and

But I still mentioned it. I was like, yeah, I promised the nurse I'd tell you there was like a lump over here. he's like, all right, well, there's nothing there now, so if it comes back, just let us know. Like the next day, it was back. that's when just at my primary care, we started just getting tests, like tuberculosis tests, all kinds of tests. Like have you been outside the country? Maybe it's some kind of parasite. They just tested for a lot of different things.

and they couldn't find anything. So then the final test that I ended up getting was a chest x-ray. And we went there, we went to the office, I was with my mom, had the chest x-ray, and it's like, you you gotta go pay the copay. So we had gone, I think we like went to the car, and she's like, I forgot to give the copay. So she went back in. Now, what she saw was them reading

Like them looking at the x-rays and like whatever expression was on their face. Later on she told me she's like, I think I knew something was up just by the way that they were looking when they saw me. They're like, like, no. So anyway, little time goes by and the doctor says, you know, we think you might have Hodgkin's lymphoma. Like it's really like what this was looking like.

and you're going to have to go get biopsy done, like further testing. So they'll actually take a little piece out and test it. And that'll be the definitive diagnosis. And I heard Hodgkin's lipoma. And I'm like, I just got through all this massive stuff. Like, this is probably nothing. Like, what I just

went through, this will be nothing. This will be maybe some pills or something. Now, when we...

Billy Best (13:58.585)

went into the hospital, it was actually the same hospital where I had spent like, you know, couple of weeks with my arm after my arm got, my arm was broken and I had all my surgeries there. So I was used to it and I was like, oh, this place, like, this is nothing. Like I've been through here. I'm like a, I'm like a pro at this. I'm like a, you know, a pro patient. Yeah. I knew all this, I knew all the nurses, were like family. I'd watch movies with them sometimes, you know.

Chris Wark (14:18.99)

Yeah, you got you got a punch card.

Billy Best (14:29.145)

But so we went past there and like we went past and it was like, I'm looking at the other building. I'm like Dana Farber. I'm like, what is this? We parked in there and we went in and it wasn't until we got to the front counter when I looked at the sign, it's like Jimmy Fun Clinic. And I look at my mom and I'm like, why are we here? This is for kids with cancer. And she's like, again, later on, she was like in my head, I was like, oh, I don't, he doesn't know.

at Hodgkin's is cancer. He thinks it's just like some kind of flu or something like that. So that's when immediately I started thinking about my father's sister who was going through chemotherapy treatments for her breast cancer, which, you know, they said she has breast cancer. We see this all the time. We cut it out, give her some chemo. It'll be fine. We see it all the time. It came back and she was, you know, getting some high doses of chemotherapy.

And she wasn't doing well. Like she was just not doing well at all. So this was kind of like, I was like, this maybe is a little bigger than I thought. Like, okay, but still, I've been through some stuff and we'll just take it as it comes. When I got home, my sister was there. She was like, I think she was away at school or like at college.

So was like, you know, why is she here? She's crying, she's with my dad and they're crying. And I'm like, oh, don't worry. I'm like, this is fine. This will be fine. Like, you know, we've already been through so much and this will just be another little bit in the hospital. They're like, no, no, you're anti. And so that was the same day I was diagnosed, died from chemo. And that was kind of like my point person for what I thought to expect from chemotherapy.

Chris Wark (16:25.622)

Yeah, that's rough, man. For that to happen right after your diagnosis too. mean, you know, right around that time, that's a lot to deal with a lot for the family to process losing her and then you facing this new diagnosis at the same time. That's, that's heavy.

Billy Best (16:41.589)

Yeah, yeah. And like you mentioned, I didn't consider my family's feelings for a lot of this part of

my journey. I kind of was on like self-preservation mode. It wasn't until later, until actually writing about it, where I like started considering things from other people's perspectives. And like I'd be crying like driving down the

street just thinking like, my God, like, what was my mom going through? Like, I never, I never considered that stuff. I was just desperate and, you know, I went and did what I did. But it was also hard for me, but this is what I'm thinking of my family at my aunt's with me over a casket looking at my aunt and them looking at me.

just getting cancer diagnosis, looking at a dead cancer patient, like what that must have felt for them. So the whole thing was, it was hard. I mean, it was really tough. It was tough and I didn't want chemo. You know, when they started talking about treatment options, yeah. And I mean, I had something.

Chris Wark (17:52.972)

Yeah, and I imagine too, it was scary.

Chris Wark (17:58.53)

or scary for you, you know?

Billy Best (18:02.017)

Yeah, yeah, and I had something to like a personal experience with cancer and it just was I felt like it was just a poison and it was going to make you more sick than the cancer. So which I'm sure a lot of people, you know, I'm assuming a lot of people can relate with that, you know, who are going through chemo because it's it's, you know, it's pretty aggressive. It's real aggressive, especially

Back then, I guess it was even more so than it is today. Like today, the same protocol for my kind of cancer at my stage is used, like they don't use as heavy a dose or as strong. I don't know how to put it, but it was rough back then. So.

Chris Wark (18:49.71)

Well, the timing is interesting too, because, because you're, know, you'd seen your aunt suffer and die through chemo. I mean, obviously that made you acutely aware, you know, to the fact that, you know, chemo does fail, right? It does, you know, the cancer industry had failed your aunt. And so, you know, a lot of people in my audience, and not even in my audience, right? Just a lot of people have seen the cancer industry fail.

someone they love and they've seen that person before they died. They've seen that person suffer tremendously, going through surgeries and chemo and radiation, right? A lot of very brutal treatments and brutal recoveries, and, and then ultimately die. And so I imagine, you know, that planted a seed in your mind at that time, a big seed of doubt.

Billy Best (19:42.827)

Yeah, absolutely. I didn't know anyone that had chemo and lived. I just experienced seeing someone die from it and I was 16. So, you know, it just...

Chris Wark (19:57.656)

So you obviously, told you that they told you, okay, we're to start chemo and you started. So what was that like?

Billy Best (20:02.009)

Mm-hmm.

Well, this is where I said to my parents, don't want to have this. And again, I'm a minor and it's the best thing for me, so I have to do it. And I knew already there's no use to fight. So I just, you know, I knew from the start I was like gonna have to do something because like that feeling I had before with the arm, I couldn't take much more. And once I started getting the chemo, lost my hair really quickly.

Um, started losing weight, just, I'm the kind of patient to kind of ask questions. So when they're putting on like double layers of rubber gloves, when they pump certain chemo's into my port and I'm like, why are you putting two pairs of rubber gloves on? She's like, Oh, are you kidding? If this leaks out, if I push it in too fast and it leaks out, it can burn right through my hand. And I'm like crying, like you're putting this into my heart. Like this is going directly into my heart.

And, you know, like, hey, I've had a lot of x-rays in the past couple years with my arm and, you know, how much is too much for you? don't worry. Like when we do x-rays, it's safe mount, it's in a specific area, so you don't have to worry. Okay. As you're talking through a microphone behind a lead wall, like a lot of trust issues, a lot of mistrusted doctors just kind of by...

seeing how they responded to someone asking questions and also a little bit of how I felt when they were talking to me as if they can't, it seemed like they were a God, like they were in control and I had to submit to them if I wanted to live. And that wasn't like my experience with religion. mean, I believed in God and that not

Billy Best (22:02.859)

not a man is a God, know, like people like it wasn't the same. And that's when, you know, I realized I was back into a corner. I realized my position and I had no control. And that's when I just prayed because I remember learning that God won't give you too much that you can't handle without his help. And

I couldn't do anything about it and I was out of ideas. So I just said, you know, maybe you just want to take me home. But I just, that's what I did. And then I just kept going on, getting the treatment and just kind of being quiet and just listening. And I felt just, I kept felt like I was being pulled to leave. Like not really a destination, just get away, get away. was like this feeling I kept

having.

And I just started, I packed a go bag and I just waited for the time when I could be strong enough to get away. Because after chemo, I'd be too weak for a couple days and it would be a few days. Each treatment got progressively longer recovery time.

Billy Best (23:23.245)

And then finally I just, you know, I my parents a note. said, I love you and I'm sorry to have to do this. Please just forget I ever existed. You know, I already kind of didn't feel like I fit in many places. And in my mind, I could just kind of delete myself and just not cause anyone any trouble or any worry. And I just got on a Greyhound bus and I had my skateboard and I was like, I'm going to die from cancer, not from chemo.

You know, I've been getting treatments. I've seen the kids in there. They did not look so well. And some of them didn't show up. So I'm assuming the worst. I'm not going to die in a hospital. I've spent enough time in a hospital. There's things I haven't done and things I haven't seen that I have enough time to do and experience. But I have to get out of here. So that's what I did.

Chris Wark (24:24.844)

You know, I think a lot of cancer patients have those same inclinations, those same instincts, they want to, know, their instincts and their intuition are telling them like, this is not good. Like I shouldn't be doing this. I need to stop. I need to get away. Right. I, even though they don't have a plan, right. But they just know like, I'm, this is, I'm on the wrong path. Right. I'm on the wrong path. I,

Billy Best (24:51.245)

Yeah.

Chris Wark (24:53.614)

I need to get off this path. And obviously, I mean, you're 16, you didn't know anything, right? I didn't know anything when I was 16, but you had these, this strong self survival instinct, self preservation instinct, right? And your instincts and your intuition and maybe the Holy Spirit, you know, we're telling you like, you got to get out of here, right? And so you packed up, what'd you do? Pack up a backpack and what happened?

Billy Best (25:19.393)

Yeah, duffel bag. was like, never want, didn't like my shoes smelling bad. So I had like a bunch of socks, you know, but I had socks, t-shirts, I had a couple of pairs of skate shoes by board and a Walkman, you know, listen to tapes. I think that was about it. And again, this not again, but for anyone listening, this is before the internet, which it's kind of hard to imagine. But yeah, this was before the internet. just this.

just so you can have an idea of the technology working with over here.

Chris Wark (25:54.862)

Yeah. Hey, I had the Walkman and I still have, I still have stacks of cassettes. Still got all the cassettes. I was a skater too. So I've got, I've got all the cassettes that prove I was cool back, back in my teenage. And so how, where'd you go? How long were you gone? I mean, how did that, how did that all play out?

Billy Best (26:01.592)

Yeah.

Excellent. Yes, Yep.

Billy Best (26:18.233)

Like I got to the so I had a little I had a little bit of money and I took half of I said all right half I'll travel as far as I can get with half the money and then the other half I'll spend on food because I'll probably be alive like this long you know I'm planning on a short a short like you know downfall so I could get as far as I just looked on the map I was like okay it's winter good well it's gonna be winter soon so I don't want to be cold let's go south

And I saw Lake Charles, Louisiana. like, hey, I can go chill in the woods and eat crawdads or do something like that and just enjoy the sun and nature. So I bought a bus ticket to Lake Charles, Louisiana. And when I got there, I didn't see the lake. It was like the bus stop. So it wasn't really appealing. And for \$20 more, I could go to Houston now.

The last skate video I saw was 411 video magazine number two, I believe. And that highlighted Houston as a skate town and a huge skate park. And I'm like, I'll just go live under the ramps. There's other skaters, like we take care of each other. You know, it's like, I'll just show up and I'll be okay, you know? So that's what I did. I showed up in Houston, I started skating around, I saw some kids skating, I said, hey, I'm Billy, I'm from Boston.

I had a fight with my parents and I'm here to skate. Like, you know, can't do it. I can't deal with them anymore. And they put me up. And we skated and it was, you know, it was the first time I like really like felt like connected and fitting in with people. And it was in that skateboard community. And it was just a good distraction from, you know, I was act the whole time. I'm acting and lying the whole time. I'm

That was my coping mechanism that I had to learn on the fly for self-preservation. it wasn't until we were at one of the guys' house to tell his dad we were going to go skateboarding when all of a sudden I'm on TV and his dad, it's like Friday, his dad's on the couch after work just waiting for dinner, just sitting there. It's like...

Billy Best (28:43.735)

this runaway cancer patient and that's like, Hey, don't you guys know that kid? Now I had

already done the little tip toe backwards and went outside. I was like, I got to run now. Now I'm back to running. I thought I was free of it, but now on the T I'm on TV. am I going to do now? but I just, you know, put the hood up, pull the ball cap down, have my skateboard. Skaters looked a lot. A lot of us look similar, you know, with the way we dress and

You see a skateboarder just kind of as a generic like image in your mind. So I felt like I could just hide that way. And it works. It worked. But I did call home and I just wanted my mom and my dad to know that I was safe and I just wanted them not to be worried. So when I see him on TV crying, I was like heartbroken.

So I called home, said I was okay, don't look for me. I'm not coming back, I gotta go.

Chris Wark (29:44.418)

And how much time had gone? How much time had gone by at that point? A week or two?

Billy Best (29:47.425)

I think this was like 10 days. So 10 days of not hearing from me. And I've taken the grayhound through like New York City, Washington DC, Philly, Atlanta, Tallahassee, Lake Charles, and to Houston. And now every stop I'm getting out and skating around these cities.

and nothing really bad happened to me. if you know the areas, like Greyhound stations are in kind of rough areas in cities. And I'm a 16 year old kid on my own. Looking back, it's like, you know, thank God for watching over me. You know, it's like all this stuff is happening and none of it's mine. None of this is my will because I have come to realize that that doesn't have any power. So

Now, I spent, it was a few weeks in Houston where I was communicating with my parents. Now I was staying with one of the other kids' parents at his house. So I'm actually talking to adults. I'm talking to a couple moms and they're like, we're not gonna turn you in or anything. We wanna make sure you're safe. And now they're talking to my parents and they're kinda working together to try to get me to understand what's going on. What was going on was that people had seen this. This was nationwide.

media. This is on the news, like everywhere. Runaway cancer patients and people were calling and writing letters, pre-internet, remember, and sharing information about stuff that had helped them. You know, there were also some that were, you know, not supportive of my decision to leave treatment. But I ended up, you know,

I was gone for a while, there's all this new information and one night on the phone, know, my mom said if you come back, you don't have to go on chemo. Just promise that you'll look over this new information and maybe give it a shot. And not wanting to die, and again, just this feeling, overwhelming feeling of like this is the right move, I went back home.

Chris Wark (32:09.718)

And how long had you been gone at that point?

Billy Best (32:13.931)

I think total three weeks about my total time away from home was about three weeks, if I remember correctly. And now I'm home and

Chris Wark (32:24.44)

Yeah. So you get back home and your, your parents had been researching, you know, alternative cancer treatments, the anti-cancer diet, stuff like that, or what?

Billy Best (32:34.047)

No. They were like, my parents were talking. I mean, we had two phone lines and an answering service because it was a nonstop people calling. They see a family suffering and people just called to help any way they could. So they were, I'm sure overwhelmed. I wasn't there, so I can't really say. But when I got home, there was like a mountain of mail.

and like lists and lists of phone numbers to call back. The first, and again, overwhelming, first thing we did as a family was just pray like, God, like give us a little guidance here, because this is like overwhelming, like we're open to hear like what we should do. And I just started reading the letters and they were all about all different things, somewhere about

diet and we had already asked my oncologist if diet had anything to do with cancer he straight up said no he said in regards to diet and cancer your kid's sick and he's going to be going through some chemo it's not going to be well not going to be fun treat him to mcdonald's the high fat content will help keep weight on too because you're to lose a lot of weight with chemo my mom's like no vitamins or anything like that like is there anything we could have done to prevent it no it's like genetic and

You just need the chemo. That's it. So now all these people are sharing information about dietary changes that help them for not just cancer, for all kinds of different ailments. So when I was reading it, it was pretty quick. I was pretty quick to realize that they were either, well, hate mail. That was one pile. That was easy. And then there was fan mail. That was easy too. And then there was

So I just started baking piles. was reading the letters and I'm just tossing them into different piles. And the pile about diet was getting, it growing the largest. And the next pile was about SEACT, which, you know, again, I'm just, I'm just reading and just sorting by, by the, like by the letter. And so that was something that I wanted to start right away with diet.

Billy Best (35:02.617)

That was something I could just do to at least make it feel like I was not on pause with my recovery and losing this battle to my cancer. They keep saying it like battle of cancer and that

stuff, making it seem like the cancer is the enemy. So I just wanted to give my body what it needed so that it could be healthy. It just seemed like...

Also the SEACT was saying that it helps clean the blood and help eliminate toxins. I definitely know what they take. The chemo tasted like toxins. They inject it in your blood, but you could taste it. You could taste it, you could feel it in your bones. It's kind of unforgettable. It didn't feel good. It didn't feel good. It felt toxic just having it done. So those are two things that I believed in right away.

give myself nutrition, get the toxins out of my body. But those are just good things for anyone. And it was like, some other part to make this complete. And one night, I never answered the phone. I was still shy. I was hiding. I didn't want anything to do with the news. They're covering me up on the way to their car, so they wouldn't film me.

I didn't look that great. I was like ashamed of being sick. That was another part of it. I didn't tell anybody that I had cancer. I felt shame for my illness. Don't know why, but definitely did. And then one night I answered the phone and this guy calmly just he's like, is this Billy? It's like, yeah. He's like, hey, I got something that might interest you. He's like, I'm using this.

thing from Canada for my ALS. Now, you know, I have a position in the government which allows me some kind of inside information about treatments that aren't approved. And when they said there's nothing I can do except for nothing the doctors could do except for monitor how my disease has progressed, pretty much telling me how much closer to dying I am. I was like, no, like, I have money, I have power. I will scour the earth to find something that helps me. And he found this thing.

Billy Best (37:27.809)

and he used it. Now he had been in a wheelchair and lost the use of his hands and he claimed that he could now fidget with like his TV remote and open doors, like, you know, doorknobs and stuff like that. And I was listening to him and it just felt like, I was like this, he's like, you you build your immune system up and then your body like fights cancer the way it normally would. And it made sense to me again, though I'm 16, you know, but.

sounded good, didn't make me sick, it wasn't toxic. The only thing was I'd have to go to Canada to like, you know, learn about it. And I was in the media. So it's kind of hard to get around without being noticed. And so I took this information to my doctors and said, hey, you know, I don't want to do chemo yet, you know, like at all, but yet.

I want try this first." And they said, this will kill you. And they told me all the different ways I would die if I tried doing this. All the ways the cancer would kill me or the treatments that I was going to take would kill me. And it was the heads of all the departments at Dana-Farber, the head of the hospital, the head of psychology, head of radiology, oncology, like the big, all the bigwigs in me and my family. And it was like kind of clear that they were scared. And it was like,

Why are they scared? Like, what is going on here? Like, this is just a weird vibe, you know? Like, they are trying to scare me into doing this. And when we left, like, my family, my mom and dad were looking at each other like, they were scared. Like, what was that about? Like, I don't know, but like, I'm definitely gonna try this. They reported my parents to the Department of Social Services as unfit.

Me and my dad hopped in the Subaru and went to Canada. And it's like, let's get this. I'm like, I'm all in on this. I was like, this is what I'm doing. This makes sense to me. This feels right. I'm open to this. know, long story short, I started doing it. about 10 days later, I started feeling better. I started on January 10th, 1995.

Billy Best (39:54.913)

And this is after tests from returning from having run away, returned to the hospital, tested, they're still cancer and they want to do more chemotherapy again or I'm going to die. They believed it so much that they were trying to take me away from my parents and have it forced on me. And I'm like, I just want to try this stuff. It's non-toxic first.

And I started January 10th by the middle of March, I got tested again, there was no cancer.

Chris Wark (40:28.758)

And that compound is 714X, correct? Yeah. And so talk about, before we talk about that, what were the dietary changes that you made? Did you change your diet?

Billy Best (40:32.077)

Yes it is. Yes it is.

Billy Best (40:42.157)

Yeah, yeah, that's a, I should have mentioned that. Thanks for asking that question. Yeah, and it was all like, they were all pretty much the same. Like everyone talking about it. They were like, eliminate red meat, dairy, sugar and flour. Like later on, like went to California and there was like, that's the Hollywood diet. That's what they tell all the actors to eliminate, you know, so that they are healthy and they just can work with it, you know.

I was like, oh, that's funny. It seems like just a basic idea of eating that a lot of people have kind of come to believe. So that was a dietary change. The SEAC was a tea and it was a Native American thing and four herbs and you brew it a certain way. And I just drank that every morning.

You know, I drank in the morning before I prepared my shot of 714X, which was an injection, until emphatically. And like, I mean, after like three days of doing the shot, it was like, I was doing it like almost with the lights off, just like calm and just calm in the morning. I'd wake up, I'd have my tea, I'd listen to music, I'd ice the area, prepare the injection.

give myself the injection, ice again, listen to music, calm, get up and I've already like done something today. Like it's nothing else. I've made my bed and I've done something for myself. You know, I've taken an active part in my healing process and I believe in it. And believing in it is at the beginning what they never said. They said, our treatment can only do half of this work. It's your will.

and your belief that it's working that's going to take you the rest of the way. Now that is also what they said in Canada about their medicine. They said, we have a medicine that does this to your body, but your belief in it is going to take it the rest of You have to believe in what you're They said it was like 50-50. Now I've had the opportunity to speak to a great many people in the field of alternative medicine.

Billy Best (43:07.265)

at conventions or, you I'm sure you know the drill, all the conventions and stuff like that. And the more people I've talked to, I think it could be higher than that, like honestly. Like, belief in what you're doing and how it affects your body, I think there's something there that's more than I originally believed. I'm a big believer that

if you believe in something, it's gonna work better. And that's what was happening with me. I believed in this, I felt empowered. I knew it was non-toxic. I had a basic understanding of what it was doing so I could visualize what it was doing inside of me. And started January 10th, by mid-March the cancer's gone.

Now just to talk about, hold on a second.

Chris Wark (44:13.07)

Before you go there, I'll add this. so yeah, the, the belief that healing is possible is one of the most important, I would say foundational aspects of healing is like just believing that healing is possible. And then when, you start to read and research and you find testimonials and you learn about the anti-cancer diet, I mean, that's why I'm interviewing you because sharing your story helps strengthen the beliefs of other

Billy Best (44:13.091)

So now, yeah.

Chris Wark (44:43.032)

people, patients, especially that healing is possible. really everything I do is to inspire that belief in people, right? It's to help them believe that healing is possible. If they watch enough interviews, right?

Billy Best (44:53.963)

I appreciate that. I am grateful for you.

Chris Wark (45:00.526)

If they watch enough interviews, will start to believe. They'll see and believe that healing is possible, that all these different people have healed all these different types of cancer. And if they can heal, why can't I heal? It seems it's possible. So from there, that belief inspires action. And so you even mentioned just getting up and starting to take care of yourself in a way that you never had before with drinking the SEACT and giving yourself a 714X injection.

Like even just those small steps, like empowered you, right? You were taking control of your life and your health and your situation. And like, those are, they seem like small things, but they're really big things.

Billy Best (45:41.197)

Yeah, absolutely. And I mean that belief in the mind-body connection just only was only strengthened with the more people I spoke with.

You know, I'd even go and say like, how much time for what?

Chris Wark (45:58.09)

So how much time went by?

Sorry, I didn't mean to cut you off, but how much you started, I know you said this, I'm a little fuzzy. You started 714X and then how much time did it take between that? You know, obviously you were doing a lot of things at the same time, the diet, SCX, 714X, how much time went by between, you know, having the cancer confirmed, still cancer, and then being cancer free?

Billy Best (46:05.313)

No, that's fine.

Billy Best (46:31.673)

Sorry, you're just breaking up for minute. I'm just giving it a second to make sure. No, no, no, I just was making sure it's coming through clear. So January 10 is when I started the 714x. A little before that, I was doing the diet and the SEX, but my cancer was there just before January 10. And middle of March, let's say,

Chris Wark (46:35.658)

do you want me to repeat it?

Billy Best (47:01.081)

March 15, March 17 maybe, the cancer was gone.

Chris Wark (47:08.174)

And how long did you continue?

Billy Best (47:10.445)

The total was six months of the 714X. The diet was longer and the ESSIAC was longer as well. The ESSIAC was like years. The diet was not years. I just felt... And I was torn. But you know what was happening was skateboarding. I was kind of getting a lot of like sprain ankles and easily like...

know, bruising or just, I felt kind of like missing in something. And I started eating hamburgers, I started, I started, back to eating meat. And then over the years, like I'd say from not having, from being declared cancer free, that was 16 to 23, I was pretty, you know, kept up.

pretty much with the SEAC and being aware of my diet. Let's say, you know, like a conscious decision about what I was eating. Okay. Now.

Billy Best (48:25.932)

I forgot now what I was going to say about the book, but that's fine. We'll get back to it back to that. Now, Chris, what happened in about, well, I was like about 23 and the media kept up every year. They do a follow up, you know, what are you doing now? How are you doing? And it's, you know, the same thing. And it was, I felt good about that. I was like, you know, people are going to find out about this.

they're gonna start using it, they're gonna get better and no one's gonna have to suffer like, you know, like I suffered, which is gonna be a good thing. Now, usually a story takes, you know, maybe like two, three hours. They come to your house, they tape up the windows and, you know, turn your fridge off so it doesn't start running in the middle of the interview. And they're in and out, maybe they'll buy you dinner.

This woman, Katerina Bandini, was an anchor for either Channel 5 or Channel 7 here in the Boston area. And she spent like a week, two weeks on this story. making, like it was a big story. This was a big thing. know, Billy Best is cancer free and it's because alternative medicine, this is what he's doing. You know, it's been this long. This is what's happening. And it was kind of like a good opportunity to get the story out in a full

like the full spectrum of the story to people. And my family was all excited. was Valentine's. was Valentine's night that was coming on. It was like maybe seven o'clock news, Channel seven, you know what I'm about, right? And just before you get a phone call from her and she's talking to my mom and my mom was like, okay, okay, okay. And hangs up. It's like, what happened? She's like, well, she just quit because

They won't air the story. When she called the owner to ask why, he's like, this talks against the pharmaceutical industry and they're our sponsors. We can't air this. The story is never going to see the light of day. that kind of broke me. That kind of really, really disheartened me.

Billy Best (50:40.441)

I did not know how to deal with that. The feeling that I had this special information, special knowledge from painful experience and I was so willing to share it with, I mean, I would speak anywhere. At first it was because it was a joy to be able to give that back. And I have to admit later on it was kind of to pump my ego up.

You know, like the longer I've been out of the media spotlight, I kind of started to miss it. And now it started, you know, I started taking it more personally because I felt like I was failing and, you know, I wasn't doing my job of advocating for this way of thinking about healing. And I got

You know, I went into like I was depressed really and, you know, afraid and depressed and that shame again, all these bad feelings. And now the news was they pretty much said in my mind, we're done with you. It's not anything that's going to be. Went even to the the NTI went to like the FDA building and like

tried to testify to them to be like, this stuff works. Test it, it works. What's going on? And they were like, afterwards, lady comes up, she's like, I like what you're doing, you're not gonna win. This is our system. You're not gonna win. So maybe go grassroots with it or something.

Chris Wark (52:26.222)

Hey Billy, I don't know if you can hear me, but you're totally froze up.

Billy Best (52:39.129)

No internet again. Okay.

Billy Best (52:49.709)

Yeah

Billy Best (53:49.732)

Hey, back again? All right.

Chris Wark (53:52.394)

Okay. Yeah, let's, let's try to, we'll try to wrap it up here. I don't know how this is going to turn out. We may have to do it again. We'll see. mean, you,

Billy Best (54:01.23)

With that.

Chris Wark (54:05.966)

I said, I don't know how this is going to turn out. We may have to do it again another day because I just can't tell from my end how much, you know, you've been breaking up a lot as you've been talking. And sometimes that happens in the recording software is fine. It just, gets it all. And there's no, there's no problem, but I don't know for sure. how this is going to, I don't

know. So I'm sorry, man. It's frustrating, but, I love your story. And I want to, you know,

Billy Best (54:23.353)

Yeah.

Billy Best (54:27.343)

Okay.

Billy Best (54:32.366)

Well, no, mean, things happen, but if you're OK, we could finish the conversation and you can check it out. And then if we need to redo it, maybe you can figure out what went wrong. But yeah, I'm going to start wrapping it up.

Chris Wark (54:36.364)

Make sure we get it out there. So.

Chris Wark (54:51.756)

Yeah. So you were right in the middle of saying, yeah, hang on. So you were, you were in the middle of talking about, yeah, the media had kind of dropped you right. And your feelings about, yeah, just feeling rejected, about, them dropping that news, you know, rejecting the news story. So let me, let me, we'll probably, we'll try to splice this in and we'll see my team will figure it out, but let me say this. The same thing happened to me.

Billy Best (55:01.025)

Yep.

Billy Best (55:18.136)

Yeah.

Chris Wark (55:21.378)

They did a cancer story about me, a local news station. The reporter came to my house, brought the film crew, interviewed me video, know, shot me like chopping carrots in the kitchen and running the juicer and stuff and making my giant salads. And then went and interviewed my mom and her house and just a terrific reporter really liked her. And I could tell that she, she was not trying to, to create a hit piece. She really believed me and believe my story and want to share it.

Billy Best (55:28.142)

Yeah.

Billy Best (55:36.598)

Epscat, exactly.

Billy Best (55:45.146)

Mm-hmm.

Chris Wark (55:51.31)

And produced this news piece about me and it aired and it started to go viral online. And this was maybe 2012. And, you know, within, within a few days, it was the number one, you know, news clip on their website. And it was just getting a lot of traction. I was like, Oh, this is great. You know? And then all of a sudden it was just poof, it was gone. Just taken off the site. Like, just like that. And, uh,

Billy Best (56:17.187)

Mm.

Chris Wark (56:20.268)

You know what we realized? we never got an official answer, but you know, the local, the local oncology clinic, it was kind of, you know, the story didn't make them look very good. the oncology clinic that was, you know, where the oncologist was who told me I was insane if I didn't do chemotherapy and they reached out to them for comment and they didn't have any comments. And anyway, it did not make them look good. And I, and I think it's probably safe to say,

Billy Best (56:32.25)

Hmm.

Billy Best (56:41.88)

Yeah.

Chris Wark (56:49.934)

There was a conversation behind the scenes like, you need to take this down if you want us to advertise anymore. Right. So similar situation for sure. And it was, literally gone. Like it's scrubbed. can't find it anywhere online. And my only regret is not downloading it before that happened, but anyway.

Billy Best (57:04.398)

Yeah.

I mean, I've had, like, I mean, we recorded most of the interviews. So I'm talking like, you know, five years of stuff on VHS. That's somewhere. But I've got some of the stuff. And again, I swear that used to, if you put in my name, tons of stuff popped up. At some point, it seems like they scrubbed the internet because now I cannot find like a lot of things, even like stuff on Facebook I've posted.

It's just nowhere to be found. it's like, so this stuff, I mean, Chris, this is like, like I've just started

to, I've just started to like accept what's happened to me and what I've been doing from that time on. So I'm just going to break it down to you. You know, I felt like I had already served my purpose in this world and I was, I was hurt.

Chris Wark (57:43.756)

Yeah.

Billy Best (58:04.154)

I was really hurt and I was, you know, I was drinking, I was doing drugs. I felt terrible. And that went on for, you know, a long time. When I found out I was having a son, I wanted to get this story in some way where if I wasn't around, the story could still be told. So that's the motivation behind the book, The Billy Best Story. Okay.

Which actually right now it just became available on Kindle, you know, not for long. Because that was a book that was written between myself and my co-writer. When I was in active addiction and I wanted to get this story out and she wanted to make a book, and so we came up with the Billy Best story and it was, you know...

It was fine. was something to put out there. I some book signings. You know, again, pumped my ego up a little bit, but it never took off. My expectations were not met. And somebody said for having expectations. now it's like, now it was even worse. I had to book out again, back into depression for however many years.

like a lot of years, you know and You know recently let's say just over six months ago like the day before I checked myself into detox I Got an email from a guy in Florida Who has done? Some of Charlotte Goosin's books into an audio version And she was a friend of mine

I always hear at conventions, he was like, I really liked her. And he said, yeah, I want to make your book into an audio book. And I'm like, yeah, like, I don't know if it seems like it's for nothing, you know. And I started looking through that book again. I'm moving along in my recovery program and I'm getting back in touch with God who I had been angry at.

Billy Best (01:00:30.266)

Since that news article, I had just lost connection. And it was all about, you know, me, me, me, and I was making decisions. I was in control. I was failing. mean, I was failing. being in recovery, getting back in touch with my higher power, and now reading through that book to fix a couple things for this.

audiobooks he wants to do on it. I'm reading it and realizing this is a lot of I, this is a lot of me, you know, this is a lot of like, this is like borderline of vanity projects. I mean, there's pictures and quotes and I think at that time I wanted to write a book and at this time I want to tell a story and you know, I want that story to be in my own voice. So I went through editing, taking things out, adding some things.

And that's going to be an audio that's going to be released as an audio in an audio format some way to share. And it's much shorter. There's none of the like.

I mean, it's like kind of fake writing. It's like, and things were great or were they, you know, like this is not my, this is not, this is not served my story. Um, so I've gone through it. I've changed it all and really just it, I can read through it now and honestly have, could say it's my voice. These are my experiences. There's nothing, it's not making a book, you know, it's telling a story, like a truthful story.

So I am like, I just finished doing that a couple days ago. And, you know, we're talking about technical difficulties and stuff and things happen. And if it's meant to be, it's going to happen. And, know, I have so I have that and I'm, you know, I'm excited about it. But the Kindle Kindle version of the book

Chris Wark (01:02:35.502)
think that's great.

Yeah, I think, you know, the people tend to think of something is on the internet, it lasts forever. And it's not true. The internet is kind of like disposable information. mean, things just disappear off the internet all the time, right? It's easy. You know, there are websites that were full of useful information that are just gone, like entire websites are gone. And, and so I think it's great. You know, obviously we've both written books and a book

lives forever. know what I mean? A book is real. It's tangible. cannot be deleted. Right? If someone has your book, they've got it forever unless they lose it or, you know, it burns up into fire. But, and so I think there is, there is really value, not just for you and I, but for anyone who has an important story or message to share to, to get it in a book, like to write a book and publish that book and create a real thing.

Billy Best (01:03:16.826)
Yeah.

Chris Wark (01:03:36.67)
and, that will last. so even though you weren't, maybe you weren't happy with the voice and the tone of your, your original book, because someone helps you write it. the fact is the information in it and the story in it is really valuable, for folks. And I'm really, I'm glad that you've been able to revise it and make it feel more authentic to you and feel like it's more your voice. That is definitely important, but,

Billy Best (01:03:59.033)
Yeah.

Chris Wark (01:04:03.47)

But the story has not changed, right? It's still the same incredible story of, triumph and survival and, listening to your instincts and intuition and really being your own advocate, standing up for yourself. And dude, I mean, I just, people say this to me. They're like, I don't know how you did that at 26. How did you say no to chemo at 26? And I'm thinking, dude, how did you say no to chemo at 16? You know what I mean? Even though I know, right? We both had those same instincts. That's what I.

Billy Best (01:04:05.846)

No. It is.

Yep.

Billy Best (01:04:21.444)

Yeah.

Chris Wark (01:04:32.366)

I just love about your story is I just feel I can see myself in you, right? At 16, if I was you at 16, I think I would have had many of the same instincts and inclinations that, you know, the inclination to run away from chemo. I could see myself doing that. You know, we were, we're very close in age. mean, and when you, when you were, when were you born? What year?

Billy Best (01:04:57.05)

1978 1978

Chris Wark (01:05:03.534)

Yeah. So I was born in 77. So, I mean, we're the same age. And, uh, and so, right when I was 16, riding on my skateboard, listening to punk rock, like you're doing the same thing, you know? Right. So it's like, uh, yeah, man, I just, I don't know. I just, feel such a strong connection to you for, for all those reasons, obviously. And, uh, but I just think it's amazing how, how you've come 30 years.

Billy Best (01:05:06.873)

Mm-hmm.

Billy Best (01:05:12.282)

Yeah.

Chris Wark (01:05:32.31)

Right. I'm just, I just cracked 20 years as a survivor, you're 30 years on and I'm excited just to introduce your story to more people. Hopefully more, more people will get your book, read your story, learn more about SCI-T and anti eating an anti-cancer diet and 714 X. Like we're just here to keep sharing those resources with folks. And so they know they have options, right? So they

know that healing is possible and

Billy Best (01:05:36.538)

Congratulations.

Billy Best (01:05:57.092)

Yeah.

Chris Wark (01:05:58.476)

There isn't just one track to healing and the things that you do in addition to treatment or in some cases instead of treatment are, can be incredibly powerful in the healing process. And, those are just things you're not going to hear about typically at the, you know, at the oncology clinic.

Billy Best (01:06:17.336)

Yeah, and these are the important things that are like life lessons. I could have. I mean, I could have said, why me? And I could have been angry. I said, like, why not everyone else? Like, why not? Like, and when I left, I had accepted that I might die. Like I, when I was running away, I said, you know what? I didn't get killed by that truck.

You know, I'm adopted, that could have gone a different way. Like, so many things that, as a 16 year old, a lot of people don't make it that far. And I was like, okay, well, I had a good run of it. And, you know, I think that helped a lot too, with not having expectations, you know, of this perfect life of, you know, of health and happiness. It's not guaranteed.

And, you you cherish those moments when, like for myself, when I'm not in pain, part of my, part of my recent story is, you know, when I started considering going into detox, I passed out drunk trying to take a nap behind a dumpster. That dump, they came to pick that up and it took my leg with it. I woke up, I went out on a Wednesday, I woke up Friday at Mass General to John Doe. They didn't know who I was. I had sheared, it's called a de-bloving injury.

It was four months at Mass General. I mean, I told them they should have let me die when they woke me up on that Friday. I said, you should have just let me die. again, like they were going to take my leg. I said, that's fine. It's like, I'm alive. I have life. We'll figure out a way.

but yeah, that's just part of my, you know, that's just part of my recovery story. you know, I think, you know, I'm definitely grateful to be able to have survived through this, you know, this, these hardships and this pain and to come back around, to not doing it for selfish reasons, not sharing these stories. Like I don't have to, you know, do interviews like this.

Billy Best (01:08:46.51)

to try to get likes and make myself feel better. I do this because I feel like it's the right thing. I feel like this is what I've been made for and especially surviving these things and being able to

give the credit to God. It's just, I'm just blessed to be here and I know there's some things coming in the future that it could be regarding some of the medicine that I use.

technology has come a long way, research has been looking into things and there's outside of the United States that could be interested in beginning to use some of these therapies. And that's where we're at right now. We can stay here, we can speak from our experience and have credibility for the number of years that we've been doing it.

And I think that's gonna, you know, that's gonna serve us well in the future. as far as just encouraging people, you know, I'm not, not saying what I did worked. I mean, not saying what I did is what people should do. I'm encouraging that there are many things out there, so it can be done, you know, like we were talking about believing in it. This isn't a convention where we're at a booth trying to sell our own thing. It's like, this is.

This is like selling the idea of it can be done. Like, do not give up.

Chris Wark (01:10:22.358)

Yeah. Healing as possible. Well, Hey man, maybe there's another book in your future talking about your recovery story, right? Cause that sounds, I know there's a lot more details to that, that you haven't even gone into here. And, and I know that would encourage a lot of people because there's, there's so many people struggling with addiction. It's a real, it's a real struggle and it's so easy to get sucked into addiction, right? It's so easy. It's like,

Billy Best (01:10:28.623)

Dead.

Billy Best (01:10:32.517)

yeah. Yep.

Billy Best (01:10:46.104)

Yeah.

Chris Wark (01:10:48.418)

My opinion is there's nothing wrong with you. If you're an addict, you just got addicted, right? It's like nothing wrong with you. It's like alcohol is addictive, drugs are addictive and like, it just doesn't take long. doesn't, any person can be become addicted to a, to a number of things. And, and then obviously there's consequences and, you can, your life can really spiral out of control, you know, as a result of that. and, so anyway, Hey, that's a seed for you, man, that maybe that's the next story you need to tell.

But I want to make sure people know where they can connect with you, where they can find you, Billy.

Billy Best (01:11:18.477)
our speech.

Billy Best (01:11:24.602)
Yeah, I mean, I just have my email if someone wants to connect that way. You know, I can give that out if that's appropriate. You might be able to...

Chris Wark (01:11:35.116)
We'll we can put a link to it. We'll put a link to it in the blog post. That way, if you get too many emails, we may have to take it off, take it down, but they can find your first book on Amazon for sure. The Billy Best story.

Billy Best (01:11:39.225)
Okay.

Billy Best (01:11:42.82)
Yeah, no, I've...

Billy Best (01:11:49.562)
I think so. Like I said, just made available for this podcast, just because the amount of people that this would reach at least have a way for them to have the Kindle version of it. It just got turned on today. Yeah, yes, yes, I'll send you the link to that. Otherwise, we'll...

Chris Wark (01:12:06.102)
Yeah, we'll make sure and link to that.

Billy Best (01:12:18.392)
See how this one goes and hopefully catch up again soon.

Chris Wark (01:12:23.118)
That's great. Well, thank you, Billy. Appreciate you, man. You're awesome and proud to know you and proud to share your story. Thanks everybody for watching. Please share this with people you care about, you know, Billy has a incredible Hodgkin's lymphoma healing story and we're just adding it to the pile. There's a, there's a whole lot of cancer survivors out there who have healed holistically and I'm one Billy's one, but we're just one of many and we just want the world to know that healing is possible. So

Thanks again for watching. Share it with people you care about and I'll see you all on the next video.

Chris Wark (01:13:00.851)
Okay, let me just hit stop.

Billy Best (01:13:01.966)

All right.