

Chris Wark (01:25.454)

All right, gang. Well, I've got another radical remission survivor interview for you today. It's Karla Mann's Jeru. She is a survivor of metastatic breast cancer. Originally diagnosed in 2003, she underwent a mastectomy, chemo and radiation. 11 years later in 2014, she had a recurrence, metastatic breast cancer. And this time she took a different approach.

She embarked on a holistic healing journey to help herself. And today she is blessed to report that she has been NED, no evidence of disease since 2016. So nine years NED, that's absolutely fantastic. And Karla is certified by the National Board of Health and Wellness Coaches. She is a cancer coach, wellness coach. She co-founded

The Health Navigators, which is a virtual cancer wellness community that you can learn more about. We'll talk about that. She founded that five years ago and she's also co-director of the Radical Remission Project and co-host of the Radical Remission Stories That Heal podcast. So she's doing a lot of great stuff. I'm really excited to introduce you to her, share her story with you and just dig into it.

Every interview I do just adds to the pile. Like the joke is, I got to just throw it on the pile. Here's another one, right? If anybody's doubtful or skeptical that cancer can be healed, here's another story for you. And, you know, the analogy I like to use is healing cancer is like climbing Mount Everest. It's difficult. It's dangerous. Not everyone is able to do it, but we know it's possible.

Because people have climbed Mount Everest, right? That's how we know it's possible. People have healed cancer. That's how we know it's possible. So without further, pontificating Karla, welcome to the podcast.

Karla Mans Giroux (03:34.313)

Thank much Chris, it's great to be here.

Chris Wark (03:37.216)

It's good to see you. look terrific. You look healthy and vibrant and well, and, I'm really excited about all the things you're doing, you know, in the cancer community and the holistic health world. And, it's just great. You know, a lot of people after cancer, they just kind of go back to their normal life. And, I certainly tried to do that. I, you know, was in real estate and I didn't want to think about cancer ever again. You know, once I kind of.

Karla Mans Giroux (03:39.795)

Thank you.

Karla Mans Giroux (04:03.613)

Right.

Chris Wark (04:04.684)

got well. mean, I was still serious about staying well, but I didn't want to talk about it really. didn't want to think about it. Like it was still, it was traumatic, right? I mean, going through cancer, it's, it's a traumatic experience that you don't really want to relive. You kind of want to

Karla Mans Giroux (04:13.801)

All

Karla Mans Giroux (04:18.793)

Exactly. And that's what I did the first time around, right? So 2003, I did that conventional approach and I thought, okay, I'm done. I don't want to think about this anymore. It's behind me. I've got two little kids and a career and off I went thinking I was going to be safe, especially when I hit my 10-year cancer anniversary. I thought there'd be no more cancer. I'm Rude awakening. Yeah.

Chris Wark (04:39.726)

Yeah. Yeah, I get that. And it's, it's interesting. And maybe you, don't know if you know the stats, cause I don't know them off the top of my head. I've read them and forgotten them like so many things, but, um, recurrence after 10 years is not that unusual for conventionally treated breast cancer. Do you happen to know? Yeah. Yeah. And so there's a, there's a bit of a false sense of security, um, which 10 years is such a milestone.

Karla Mans Giroux (04:54.781)

right.

It is not. I don't know the stats, but you're right. Yeah.

Chris Wark (05:09.344)

but there is a bit of fault of a false sense of security that once you get to 10 years, like, you're good. You know, if you're a young person, I mean, I was diagnosed at 26 and I, you know, I've said for years, I'm like, well, I'm still pretty serious about my health and nutrition and all that, because I've got a lot of life left. And if you have a lot of life left, if you have 30 or 40 or 50 years of life that you are hoping to live, well,

Karla Mans Giroux (05:14.579)

Yeah.

Karla Mans Giroux (05:30.003)

Hmm.

Chris Wark (05:37.784)

there's still a risk of cancer, you know, and it could be a different kind of cancer. And so, yeah,

so it's like, it's, it's pretty important to try to stay vigilant and, and, you know, make you keep your health and your stress and your environment a priority, right?

Karla Mans Giroux (05:43.569)

Right, right.

Karla Mans Giroux (05:56.891)

Exactly. once you have cancer, you are clearly someone that could get it again. You were hospitable to cancer once, and unless you make some big changes, you're going to continue to be hospitable. And we want to be very inhospitable to cancer, really make the changes. And that's not what I did. I didn't know any better that first time around.

Chris Wark (06:16.782)

That's right.

Karla Mans Giroux (06:23.137)

And at the age of 37 with a two year old and a five year old, I had a lot of things to think about other than cancer. And so, yeah, I just went back to live in life the way I'd lived life.

Chris Wark (06:33.614)

So how old were you when you were diagnosed the second time?

Karla Mans Giroux (06:42.057)

Yeah, the metastatic diagnosis came when I was 49. Just turning 39, yeah.

Chris Wark (06:45.888)

Okay. So, so what, you know, what went through your head then? I mean, obviously the shock and just terrible news, but

Karla Mans Giroux (06:51.291)

Ugh, what's that? Right?

thought that was the end. thought this is it. I in my mind, people don't recover from this. Like I recovered the first time, but now I'm a goner. And of course, that's the fear and the concern that comes up. my boys were preteen teenagers at that time and just devastated to think that I might not be there to see them graduate from high school or make other life milestones. And the news came on a

Friday afternoon. Couldn't have been any worse, right? Like, could you just wait it and called me on Monday? But the neurologist who'd done the MRI thought, better call right away. And we had to live the weekend, my husband and I, trying not to share that news with our sons because we didn't know what it meant. We didn't want to scare them. And it was really, really difficult. That whole weekend was just surreal, a blur.

Chris Wark (07:27.18)

Hmm.

Yeah.

Karla Mans Giroux (07:53.353)

And luckily, the conventional oncologist that I worked with the first time around, I was able to speak to him the next week. And I was considered a new patient because it had been so long since I'd seen him. And that's what they do. They cut you loose, like you're good. See you in six months, and then see you in a year, and then see you in another year. And they don't really give you anything to do. Just go live your life.

scary times, but when I got him on the phone, God bless him, he told me, this is a chronic disease we can manage. Now he didn't really know anything about the new diagnosis. I think he was somehow out of the goodness of his heart, just providing me with hope and something to hang on to and knowing that perhaps what I had before was hormone receptor positive cancer.

He knew he had lots of tools in his tool bag to help. So when he told me that this is a chronic disease we can manage, I said, all right, we are going to manage the hell out of this. And that's what I started to do. And I didn't wait for him or anybody else. I started making changes. I started doing everything that I could to make sure I could overcome this. I've always. Sure.

Chris Wark (09:13.838)

Well, let me, let me interrupt you. at that point, were you thinking, well, you know, I, I went through all this conventional treatments before, and it got me 10 years. I guess I'll do it again.

Karla Mans Giroux (09:25.393)

No, I was thinking I got to do more. It's not just the pill that's going to save me. It's not just the medicine. And with it metastasizing and being hormone receptor positive, it wasn't about chemo. I did take the aromatase inhibitor to get started. And really, I think that the lifestyle changes I made were the really big difference.

Chris Wark (09:28.236)

Hmm.

Karla Mans Giroux (09:51.113)

I needed to go back to my therapist. I had told her before Thanksgiving. I'm like, I'm good I think you know take some time off here and then I get the diagnosis just after Thanksgiving and said geez I need to talk to you. So I got back into my therapist's office and She's the one that told me that there was this thing called a cancer coach. I had no idea You know, this was 2014 and I hadn't been in the cancer world. I had put it behind me

And this woman was a registered nurse, part-time surgical nurse for a cancer treatment center and doing cancer coaching. So I started working with her. She really helped me to clean up my diet, start detoxing, everything, my life, my household, my products, my people in my life, all of that. Set me on the path to do herbs and supplements, all the good stuff.

Chris Wark (10:47.63)

That's great. And so she was holistically minded, obviously, or he or she. Yeah. And so at what point did you find or what else, what other resources did you find sort of early in that process that made you think I gotta, I gotta change my life in a big way. Like,

Karla Mans Giroux (10:50.931)

Yes. She, yep.

Karla Mans Giroux (11:04.903)

Right, right. Yeah, I think I just had a knowing that I needed to change my life in a big way and dug right in and then found resources. know, Chris Carr, Crazy Sexy Cancer, I can remember was one of the first ones. I don't remember when I came across your stuff or if Square One was out yet, but definitely knew about Chris Wark and yeah, because I met you at the Annie Appleseed Conference, February of-

Chris Wark (11:18.851)

Yep.

Chris Wark (11:27.456)

I was out there, but square one was not.

wow.

Karla Mans Giroux (11:34.089)

24.

Chris Wark (11:36.878)

15, 16, something like that.

Karla Mans Giroux (11:39.075)

Yeah, something like that. My memory is not so great when it comes to dates, but at some point, met you there, saw you speak. know, obviously, anti-Appleseed was a resource and all of the things that came out of being at that conference. Actually, it was right after I'd taken the radical remission workshop from Dr. Turner herself, and it was her last one that she did in 2018. So I must have met you in 2019.

Chris Wark (12:07.79)

Okay. I've spoken at Annie Appleseed a few times, so they all kind of blur. Yeah, like which year

and you know, that's great though. That's amazing. Yeah. I, at that point, well, if we met in 2019, then I, my book was out. My first book was out because it came out in 2018 in the Square One program I had launched in 2017. But, but anyway, yeah, that's, that's really cool. So you just kind of dove in, you're like, okay.

Karla Mans Giroux (12:08.776)

Yeah.

Karla Mans Giroux (12:12.283)

I'm sure, I'm sure, know how that goes. Yeah.

Karla Mans Giroux (12:35.495)

I did, I did. I knew I needed to do everything I could. So I had those two boys and I had a goal to live to be 100. I wanted to live to be 100, healthy and sane. Had always been a goal. Something I've just like, I've got this knowing that it's gonna happen. And I thought, I'm not letting this get in the way of it. And when that doc said chronic disease that can be managed, I really did take that to heart. And I was a project manager.

at one point in my career and I knew how to manage a project and I treated it like a project. And I took time off from my very big, busy corporate international traveling job that I had. I said, got to go, got things to do. And I took three to four months off and really just focused on me and my healing and learned a lot, really did a lot of research and dug into all of it. And when I went back to work,

I went back as a director level, but I said, I'm only working 40 hours a week. I'm not killing myself for a job. And no. And I was really lucky at the time because I had a new role I was stepping into and a new boss that I'd be reporting to. And he was European. And the Europeans don't work themselves to death like the Americans do.

Chris Wark (13:39.084)

Yeah. No job is worth dying over.

Karla Mans Giroux (13:59.841)

have more boundaries around when they carry their cell phone and when they work and when they don't work. And so it made it a whole lot easier to really manage this lifestyle because I didn't have to work the crazy long hours that I had worked before.

Chris Wark (14:01.368)

Yeah.

Chris Wark (14:17.048)

We took a trip to Greece this summer and, you know, it's funny talk about a slow pace of life. And, and, know, we would get up, you know, in the morning, right? Seven, whatever seven,

eight o'clock, you know, vacation hours. And, the, one of the first mornings we were there, we were on one of the Greek islands, Skopelos. And anyway, it's where they film Mamma Mia is basically, it's basically a girl's trip and they let me come.

Karla Mans Giroux (14:24.315)

Yeah. I love

Karla Mans Giroux (14:33.693)

Mm-hmm.

Karla Mans Giroux (14:42.993)

fun.

Nice.

Chris Wark (14:46.982)

but we go down to this little cafe, this like seaside cafe, cause the girls wanted to get, you know, coffees or whatever. And, we get down there. It's like eight 30 and they're not even open.

Karla Mans Giroux (15:01.341)

I was just gonna say they're not open, are they? What time did they open?

Chris Wark (15:03.426)

There's a woman there, there's a woman there tidying up and I'm like, she's like, we're not open yet. And I was like, what time do you open? Nine o'clock. I'm like, okay. Well, we'll just hang out, you know, but, yeah. And then we learned pretty quickly. Yeah. Like nothing opened until 9 AM. So, you know, it's like one of those things. I want to make sure I want to give a shout out to Kelly Turner, Dr. Kelly Turner, because she's terrific. She's a friend of mine, her, her book, radical remission.

Karla Mans Giroux (15:13.861)

Mm-hmm.

Karla Mans Giroux (15:19.357)

Yeah, I love that.

Chris Wark (15:30.25)

is such a phenomenal book. And I know you're a radical remission. you're involved officially with that organization, which is just awesome. I'm so glad. but I even had, look, I even have the book right over this shoulder. Look right here. I keep it close. It's a great book. There it is. Radical remission. She also has a follow-up called radical hope, but I, I recommend this book all the time. It's just such a great book because she, she really, sort of dives into

Karla Mans Giroux (15:35.603)

Yeah.

Karla Mans Giroux (15:43.335)

Yay. There you go. I see it. The original one. Yeah. Yep.

Chris Wark (16:00.29)

the common factors, as you know, I don't need to tell you, but I'm telling our listeners the common factors that, that cancer patients who survive against the odds have in common. And, and you know, do you want to talk about that? Yeah.

Karla Mans Giroux (16:17.533)

Yeah, I'd love to. Yeah, it's definitely such an honor to be part of the radical remission project and helping carry forward what Dr. Turner has started. And that research was groundbreaking. It's evidence-based, right? She didn't make up these factors. She studied people, 1,500 plus, and we continue to find more and more. As you said, we're putting more on the pile. And it's the...

the healing factors or the lifestyle changes that people make to help them overcome a dire prognosis. And a radical remission survivor is somebody who has a 25 % or less chance of five-year survival. But they make it at least three years with stability or no evidence of disease, or perhaps they take a completely alternative approach. We love to tell the stories of those people as well. But we're including people that take the integrative approach.

You, Chris, are featured in that book. I mean, you were one of the stories that Dr. collected. You're part of that 1,500 plus. And she was really looking at what do all of these people have in common? And initially, it was nine factors. Exercise was added to radical hope because she really wondered why it didn't show up because it's such an evidence-based, so well-researched, and it helps us overcome cancer or prevent, et cetera.

And it turns out that because so many of those people in that first book were sent home on hospice after conventional medicine failed, that they weren't thinking of exercise in the traditional sense of the word. Like, I'm not running marathons, I'm not lifting weights, I can't even go to the gym, I can barely get out of bed. But what she found out was that all of them were moving their body as much as they could when they could. So exercise did become the 10th factor and radical hope.

Also introduced folks with non-cancer diagnoses that were using those 10 healing factors to overcome.

Chris Wark (18:20.472)

Well, and one thing that I, you know, I like to point out about this research is that, of the 10 factors, only three of them, right. Are physical, isn't that correct? Diet, supplements and exercise

are, are key, but there's seven other factors involved that, that need to be addressed. And I'd love for you to touch on some of those.

Karla Mans Giroux (18:31.689)

Yes, that's absolutely right.

Karla Mans Giroux (18:48.167)

Yeah, we've got four categories. So you mentioned the physical and then we've got the mental, the emotional and the spiritual factors. And it is interesting because most people will start to dig into the physical. It's tangible. They get it and they know the food they put in their mouth is going to make a difference. They know that they could take herbs and supplements to help. They, you know, exercise is obvious. It's the spiritual ones, I think that maybe are a little less obvious to people.

mental and emotional, you know, it's not things they naturally think of. So when we talk about spiritual, we're talking about deepening your spirituality. Whether you're religious or not, you can have a spiritual life and deepening your connection to something bigger than yourself was what Dr. Turner uncovered when she talked to all of these survivors. The other one is intuition, really following, learning to hone your intuition, develop it and follow it. Listening to that voice within.

And for me and many people I talk to that voice within, you can call it whatever you want. But to me, it is a direct line to God, to the divine, to spirit, right? It's that connection that you have that's helping you. If you get quiet, if you sit and just listen, you can start to hear that voice a little bit more. But it's not something that we really cultivate in our normal life. So something for people to learn about.

Chris Wark (20:13.144)

Takes deliberate effort. Yeah.

Karla Mans Giroux (20:14.762)

It really does. You need to consciously decide to sit and be quiet to really tap into that. And the emotion. sure.

Chris Wark (20:22.028)

And before you talk about the others, I want to say something, the physical, the physical aspects, changing your diet, take, you know, taking some supplements, starting to exercise, even if it's just walking, which is way better for you than you realize walking in the morning, in the, in the early morning sunlight. So good. is incredible for you. seems like this isn't doing anything. It is doing a lot, but those are the things that people can change right away.

Right? The physical things you can start today, literally today. And the mental, emotional, and spiritual things that takes a little time. Right? That takes, that takes some work. mean, you know, working through your past, your beliefs, your, your attitudes, like forgiveness, resentment, you

know, your relationship with God, those kinds of things that takes some time, but the physical actions that you can take are like the jumpstart.

Karla Mans Giroux (21:19.347)

Yeah, yeah.

Chris Wark (21:20.438)

And when you take those actions, you really start to feel empowered. And because you're moving forward, you're making progress, you're taking control of your life. And to me, that's like that propels you. My own story is that I changed, I made those changes first. And this is what I encourage everyone to do. Change your diet first. Just do that. and once I made a radical diet change then, and kind of had it dialed in.

and I was, doing this. then I realized, okay, what else can I do now? What's next? And so, yeah, so that leads us to the, mental and emotional and spiritual, which you touched on spiritual, but talk about the other two.

Karla Mans Giroux (21:54.717)

Yep, you're ready to move forward.

Karla Mans Giroux (22:02.855)

Yeah, mental, you mentioned empowerment. That's one of the factors being empowered in your own health. So it was originally called taking control of your health. And Dr. Turner changed it to empowerment in the second book because we can't have control over everything. But essentially what it means is become the CEO of your health. It's save your life incorporated. And you need to sit at the head of that boardroom table and line it with

the practitioners and experts and anybody that's going to help you on your healing journey, your cancer coach, your oncologist, your naturopath, your acupuncturist, whoever it is you're working with, those are the people that sit at the table providing their expertise and their opinions. But ultimately it's you that needs to decide what you're actually going to do. Which direction are you going to go? Who are you going to really listen to?

Chris Wark (22:58.678)

And that's really important because you need to consult more than one person. And I think a lot of patients, go to one doctor, they get one opinion and they just think, well, that's, that's it. That this is, you know, they assume that every other opinion is going to be the same, right? As the one they just heard and they don't, know, but if you get a second opinion, a third opinion, you start to go in some ways, it's a little scary because you're like, uh-oh, right? These opinions are different.

Karla Mans Giroux (23:03.122)

Absolutely.

Karla Mans Giroux (23:16.233)

Right? Yep. Yep.

Karla Mans Giroux (23:28.69)

Now what do I do?

Chris Wark (23:28.814)

These, these recommend, and that's just conventional. If you get three conventional opinions, there's going to be some differences. Then once you step over and start talking to a holistic doctors, naturopaths, osteopaths, know, integrative oncologists, you're going to get even more. And that to me is, I understand the, the fear and, the reservation about doing that because it can feel overwhelming. But, but what you're saying is like, so critical is like,

Karla Mans Giroux (23:32.617)

Mm-hmm.

Chris Wark (23:58.624)

If you decide I'm going to be in charge of my health journey, I'm going to be the CEO, great analogy. I'm going to consult with people, but ultimately I'm going to think through, right? I'm going to pray about it. I'm going to think about it. I'm going to research and so I can make the best decision for myself. That's, mean, I think that is such a key component that I see over and over. I imagine you do as well in people who survive against the odds.

Karla Mans Giroux (24:25.213)

Definitely. And you know, it's good you bring up the multiple opinions. I always recommend to people, don't just get two opinions from conventional oncologists. Go outside that box of conventional and find that naturopathic oncologist or the integrative oncologist or someone that isn't in that medical conventional format because you do want to understand

from a different perspective how you could approach this. And the other thing is people, you know, they get that first opinion, they're scared to death, and then they think, I just want it out. I just want it out. Do the surgery. Get it out of me. And most cancers are not an emergency. It's not a physical emergency typically. There are some that are. I definitely know that, you know, people sometimes do need to act fast. But for the great majority of us that get diagnosed, we have time.

We have several weeks that cancer is not going to kill us in the next three months, right? So take some time, sit quietly with yourself, pray about it, talk to others, do a little bit of research, and make the decision about how to move forward from a place of peace, not a place of fear.

Chris Wark (25:46.24)

Yeah, that's really good. fear-based decisions are almost always the wrong ones, you know, and

fear is how patients get rushed into treatments that they don't understand. That can be, incredibly harmful, destructive, and not necessarily curative, you know, it's like, well I got to do it right. We got it. We got to start tomorrow. I mean, you know, many, many of the people watching this know it's like, as soon as you get that diagnosis, I mean, they are.

Karla Mans Giroux (25:58.003)

Mm-hmm.

Karla Mans Giroux (26:06.685)

Right.

Chris Wark (26:16.014)

there is urgency. are, you know, trying to, okay, you got it. We got an appointment scheduled. You got to meet with this oncologist or this radiation oncologist and we need to get you into surgery. And when it, know, it's like, it becomes this sort of whirlwind where you're, you're in sort of like just getting spun around and you don't. Yeah. Yeah.

Karla Mans Giroux (26:17.331)

Mm-hmm.

Karla Mans Giroux (26:32.709)

It is whirlwind. It's crazy. You get inside that machine and you can't get out.

Chris Wark (26:38.956)

Yeah, I call it the conveyor belt, right? You just put on the conveyor belt and it's like, here you go. But it's less a conveyor belt and more like, you know, a bullet train. It's more like a bullet train. Conveyor belts, that's pretty easy to get off of one of those, but like the bullet train.

Karla Mans Giroux (26:47.545)

Mm-hmm. Yeah.

Karla Mans Giroux (26:54.715)

Yeah, you're not going to get off without getting hurt.

Chris Wark (26:56.718)

Yeah, it's much scarier to jump off, right? It's much scarier. You said something earlier that just kind of reminded me, this is a little bit off topic, but you said you have a goal of living to 100, which I do as well. Yeah, it's such a wonderful milestone. But then it occurred to me the other day. I won't say why it occurred to me, but you might understand what I'm about to say.

Karla Mans Giroux (27:10.185)

Yay!

Chris Wark (27:26.03)

I thought, you know, it'd be great to live to 100, but also do I want to get so old that I'm annoying to every person around me? I'm not sure.

Karla Mans Giroux (27:41.017)

Yes, I want to. do. want to be... Actually, I don't want to be annoying. I want to be a spunky old lady. And you got to put the disclaimer on it, Chris. You got to say healthy and sane. We don't want to live to be 100 when we're drooling on ourselves and babbling. So yeah, healthy and sane.

Chris Wark (27:47.702)

I know, I know.

Chris Wark (27:52.738)

Yeah.

Chris Wark (27:59.054)

fit, active, thriving at 100, absolutely. Yeah. But not the old person that everybody's like rolling their eyes at, you know, like, you just die already?

Karla Mans Giroux (28:06.717)

Right.

Yeah, exactly. You need to stay up on technology, you know, make sure you know the latest, make sure you keep young people in your life to help you. I got strategies. I know, right?

Chris Wark (28:14.401)

Yeah.

Chris Wark (28:19.33)

I don't even want to think about what technology is going to look like in, I mean, I'm so I'm 48, right? You know, what's technology going to look like in 52 years? It's, it's frightening to even imagine, but anyway.

Karla Mans Giroux (28:31.273)

It is. It is a little scary to think of. Yeah. Well, I'm to get to 100 before you, so na na na.

Chris Wark (28:37.61)

You're ahead of me. You're a little bit ahead of me and you can tell me how it is when you get there. You can let me know how you feel.

Karla Mans Giroux (28:41.499)

I will, I will. and you're invited to come to my 100th birthday party. I turned 50, 50 was the year

after I got my metastatic diagnosis. And so I threw myself a giant birthday bash. It was kind of like having a little wedding. had music, dancing, know, the photo booth where people could put on silly hats and take photos. We had food, we had, you know, I had a...

Chris Wark (28:47.128)

Okay.

Karla Mans Giroux (29:08.492)

gluten-free, healthy cake, you know, was just really a fun party. And I gave everybody a little gift. It was a tea mug or coffee mug that said, save the date, December 9th, 2065, Carlos Fabulous 100th. So everybody was invited to come back. So you're gonna be young enough to come in December of 2065, wherever I'm having that party.

Chris Wark (29:32.654)

40 years. Okay. Hang on. My, my calendar only goes through next year, but, yeah, that's great. Reminder mug. That's great. Okay. So we talked, we've kind of talked through, you know, and again, we're jumping around, but it's fine. You know, three of the 10 factors are physical. Seven are not physical. They're mental, emotional, and spiritual and also social, right?

Karla Mans Giroux (29:34.471)

Yep, write that on your Just keep it in mind. I'll send you a mug. Everybody that's got the mug is like, keep, I know your birthday. I'm keeping it in mind.

Karla Mans Giroux (30:01.415)

Yeah, so let me finish off the mental. So we talked about empowerment. There's also social support and strong reasons for living. you know, the social, it's not about how many friends do you have. It's about receiving love and support. How good are you at receiving? So many of us are good at giving, but we're always like, no, no, I got this. I'm good. I'm strong enough. I can do this. I'm independent. Right. We have that mentality. It's sort of, you know, baked into the culture. And honestly,

You need to learn to receive love and support and maybe even learn the bigger lesson of asking for love and support, asking people to help you. And it's okay if you only have two people. It doesn't need to be 50 people. Everybody has a different perspective on what's the right number of people to support them or the right amount of support. But

Chris Wark (30:40.203)

Yeah.

Karla Mans Giroux (30:55.929)

Knowing that there is some love and support coming your way is really important. And I always like to encourage people to allow people to support you because you know how good it feels to help. Don't deny other people that good feeling.

Chris Wark (31:11.18)

Yeah, that's, that's great. That's a great point. And it's hard. I mean, it really is hard to ask for help because I think a lot of us, we just don't want to be a burden to anybody. You know, we just don't. Yeah. We don't want to be a burden. We don't, know, everybody's got their own stuff they got to deal with and, know, asking somebody to help you. It's yeah, it's hard. And then there's all, there's that other weird thing of like, now I feel indebted to them because I asked to help me and,

Karla Mans Giroux (31:17.939)

Mm-hmm.

Karla Mans Giroux (31:21.767)

Right, that's what we think. I'm going to be a burden.

Karla Mans Giroux (31:37.287)

Mm-hmm. Mm-hmm.

Chris Wark (31:41.504)

Yeah. And it's, I, just, understand personally, I understand that it, is difficult. It's difficult to ask for help. And I mean, it's so wonderful when people do help you, but I also want to say there's a little bit of a, there's a little bit of a slippery slope there, right? Because in some instances, a patient can,

Ask for and receive a lot of help. And in that receiving of help, they really feel loved more so than they ever have. And that becomes addictive and then they can become too needy. And so part of my message, right? Is I a hundred percent agree. Like you need help and support. You need it.

Karla Mans Giroux (32:16.563)

Mm-hmm.

Karla Mans Giroux (32:23.759)

Yes.

And.

Chris Wark (32:36.996)

but you also need to do things for yourself. Right. And so that's what I'm saying. There's this fine line, slippery slope, whatever you want to call it of you've got to take control of your life and your health. Right. There's some things that you need help with and get, get help, but other things you don't need to be dependent on everybody else to do everything for you. So the way I sum, this is my summary of this is I tell patients, you need to go buy your own groceries. Right.

Karla Mans Giroux (32:39.453)  
Mm-hmm.

Karla Mans Giroux (32:52.84)  
Right.

Karla Mans Giroux (33:04.361)  
Mm.

Chris Wark (33:06.476)  
You need to go to the store, pick out the produce, put it in the cart, take it to the checkout, pay for it, take it home and put it away. Right. Don't expect your spouse to buy your food and make your juices and your smoothies and your, know, just wait on you hand and foot. If you're able, if you're physically able, like that to me is really taking control of your health. It starts with the food.

Karla Mans Giroux (33:27.881)  
Mm-hmm.

Karla Mans Giroux (33:34.791)  
Right. Yep.

Chris Wark (33:36.91)  
So there's other things that can be helpful. And sure, if your spouse wants to help make your juices and help and make some meals for you, it's awesome. That's great. But I've seen patients where they, you know, the spouse is sort of doing all the work for the patient and the patient is like, no, you know, if you, well, if you make it, I'll eat it. Right. If you make the juices, I'll drink them. And I'm like, Hey, wrong attitude. Like that is not the attitude of a winner.

Karla Mans Giroux (33:43.463)  
Absolutely.

Karla Mans Giroux (33:54.313)  
Right, not the right attitude.

Mm-hmm.

Chris Wark (34:04.344)  
That is not a successful radical remission survivor attitude. Right. So, you know, there's, there's a balance there, right.

Karla Mans Giroux (34:04.402)  
Right.

Karla Mans Giroux (34:08.337)

Exactly.

There sure is. And you know, the other part of that slippery slope is if that is the first time you're feeling love and support and you get a little bit addicted to it, you might hang on to, know, like energetically hang on to having a diagnosis because the only way you felt love and support is by having a diagnosis.

Chris Wark (34:33.038)

That's right.

Karla Mans Giroux (34:33.693)

So that's a deeper conversation that I do in coaching with people like, know, what are you getting out of having a diagnosis? And let's make sure it's not something, you know, like that, that you can't let go of. Yeah.

Chris Wark (34:47.842)

That's right. And there are, we, we, think a lot of us have interacted with people that are chronically needy and I'm not talking about cancer patients. They're chronically needy because that's the way that they get attention for themselves. And, and I'm not judging the, people that do this because it's from a place of hurt, right? These are people that really just want love.

Karla Mans Giroux (34:58.931)

Mm-hmm. Mm-hmm.

Karla Mans Giroux (35:16.347)

Right, yeah.

Chris Wark (35:17.036)

Right. They want love and attention and they, know, attention for them feels like love. And, and so they're, chronically needy. and yeah, it cancer patients can get trapped in that, as you said, and, having someone like you having a coach or someone they can really talk to that understands this process, the psychological and emotional process.

Karla Mans Giroux (35:23.219)

Mm-hmm.

Chris Wark (35:44.334)

And it's really important. And one of the questions that I ask patients, know, one of the first questions I ask is like, do you want to live? Do you really want to live? Do you really want to get well? You know, do you really want to get well? Because some patients have a sort of, as you alluded to, they secretly don't want to get well because they don't want to lose the attention.

Karla Mans Giroux (35:51.399)

Hmm.

Karla Mans Giroux (36:11.623)

Right. Yeah. Yeah. I found Lyssa Rankin's book, *Mind Over Medicine*, to be a huge help. And she delves into this topic and how to give up whatever it is that you have come to find is good out of the diagnosis. Like whether or not you no longer have to work at that horrible job you hated because you're on disability.

Chris Wark (36:18.722)

Mm-hmm.

Karla Mans Giroux (36:38.486)

don't stay on disability just to avoid the horrible job. yeah. Yeah. Yep, it is.

Chris Wark (36:42.254)

Right. Great book. Glad you brought it up. *Mind Over Medicine*, Dr. Lysa Rankin. Yeah. Okay.

Karla Mans Giroux (36:49.001)

Yeah, so good. So tell me, you mentioned, you know, do you want to live? And so for the radical emission factors, it's a little bit of that strong reasons for living. What is your reason for living, right? Why do you want to live? What's the why? And when you know your why, it can help make

Chris Wark (37:01.197)

Yes.

Karla Mans Giroux (37:10.471)

The other changes you need to make a little bit easier, right? I'm doing this because I've got this really strong reason. I know why I want to live. So yes, I'm going to do what I have to do with exercise and nutrition and spirituality, all of it. So that's a really good one to dig into and figure out. And some people get really caught up in, don't know what my purpose is. And you got to go really simple. You got to go back down to foundationally.

Chris Wark (37:26.232)

Yeah.

Karla Mans Giroux (37:38.031)

Every single human being on the planet has a purpose and at the base level it is love and kindness. To be loving and kind to others. Start there and then see what else you can find. How do you show your love and your kindness and how do you connect with others? And you don't have to be the Nobel Prize winner or the you know have all the fame and fortune to have

purpose.

Chris Wark (38:06.456)

For me, it was family. You know, it still is. Right. You know, it's like at the end of the day, I want to take care of my wife as her husband. I want to be a great dad for my two daughters. Like everything else could go away. Like those, I know what my priorities are and it's, it's family. And then I have my mom's still alive. So I'm, I'm taking care of her.

Karla Mans Giroux (38:07.817)

Yeah,

Chris Wark (38:35.382)

She's widowed. wife's mother is also widowed last year. And so these are the people that I know I am here to, to love and support and serve more than everybody else, but I have, I have leftovers, right? Like I'm trying to love and support and serve a lot of people out there, you know, as, as you are too, as being a survivor and a patient advocate and a public person. so, but yeah, like really.

Karla Mans Giroux (38:51.177)

Right. Right.

Karla Mans Giroux (39:00.966)

Mm-hmm.

Chris Wark (39:04.877)

the core your core loved ones, to me is like, that's almost everyone has people they love. Right? No. Yeah.

Karla Mans Giroux (39:14.321)

Right. And it doesn't have to be your family of origin, right? It can be the family you chose along the way, the people that are important to you. Yeah.

Chris Wark (39:22.636)

Yep. Yep. So those were my reasons. you know, when I was diagnosed, it was just my wife and my parents that had three people to live for. And then my wife got pregnant. So I was like, I got four people to live for. My in-laws, you know, truth be told, they weren't on the list back then. They are now. Back then it was my wife, mom and dad, you know, it's like, those are the people that are really, really, you know,

Karla Mans Giroux (39:35.209)

When did you add your in-laws in there?

Karla Mans Giroux (39:44.765)

Good. Good.

Yep.

Chris Wark (39:51.34)

wanted to live for and, and the baby on the way. So, but yeah, it's like, be very, very clear. Do you want to live and what do you have to live for or who do you have to live for? And once you've answered those questions for yourself, then, I think it just, yeah, it really solidifies your purpose.

Karla Mans Giroux (39:54.344)

Right.

Karla Mans Giroux (40:12.583)

Yeah, it really does. Now I do want to acknowledge that there are people that don't have children or don't have close family members or estranged from family. There's still reasons to live, right? There are still things that you want to accomplish or do with your life or you want to make a difference. The service work that you do, know, social action. There's all sorts of things that can give your life purpose and meaning. So, yeah.

Chris Wark (40:22.775)

Yeah.

Chris Wark (40:36.29)

Yep. And sometimes you have to find new purpose, right? Yeah. Purpose changes with time.

Karla Mans Giroux (40:39.721)

And our purpose changes, right? My kids are in their mid-20s now, so I'm not so much about being a mom. Yes, I'm always going to be a mom, and I'm always going to want to be in their lives and be part of it and see their milestones. But I don't have as much of that hands-on work to do with little ones that I did when I first got cancer. I am not. I don't have to make anybody's peanut butter and jelly sandwich anymore.

Chris Wark (40:58.892)

Yeah. You're not making peanut butter, peanut butter jelly sandwich.

Yeah. Yeah. So if you don't, you know, if you're listening and you're, you're confused about your purpose, right? Yeah. You may just be like, you know what I need to find, I need to find a new purpose. Right. I need, I need to, and cancer is a big wake up call, right? It's like, okay, what am I doing with my life? Right. What am I, am I just wasting time and just wasting days, just like not accomplishing anything, not serving anyone, not, you know, making any kind of mark on the world. again, it doesn't have to be a

You don't have to be an internet celebrity, right? You don't have to be on social media at all, but it's like, you know, I can, I can make a difference in the world or in my community or my family or whatever. Like, but I need to get out there and do some new things, right? Need to do some new things. I can volunteer at soup kitchens or, you know, homeless shelters or, you know, so many, mean, there's more opportunities. And I went through a phase recently where it was like, I was

Karla Mans Giroux (41:39.612)  
Mm-hmm.

Karla Mans Giroux (41:51.303)  
Yep, exactly.

Karla Mans Giroux (41:58.569)  
Mm-hmm.

Chris Wark (42:05.24)  
feeling really generous and wanted to spend more time doing things. I was like, I'm overwhelmed. I had a hard time picking like where to, where to donate money to, where to focus some time and attention to it's like, my gosh, the need is so huge. Right. It, it's so huge that if you just start looking for opportunities to serve, they're everywhere.

Karla Mans Giroux (42:09.963)  
Karla Mans Giroux (42:18.225)  
It is it is.

Karla Mans Giroux (42:26.589)  
Yep, yeah, find something, start there, right? You can always refine it, change it, add more. Yeah, love it. Yeah.

Chris Wark (42:31.842)  
Yeah. Yep. So talk about the specifics of your, your cancer strategy. Like what did it, what did your daily routine look like?

Karla Mans Giroux (42:43.345)  
Yeah, real quick, can I throw in the two emotional factors?

Chris Wark (42:46.392)  
Please.

Karla Mans Giroux (42:47.109)  
Increasing positive emotions. So finding at least five minutes a day to feel love, laughter, joy, happiness. And then on the other hand, releasing emotions. So whether it's repressed,

suppressed, or the day to day stress and strain of life, you need to figure out how to feel all the emotions and feel them fully, but then release them, not hanging onto them, not stuffing them, not pushing them away. So we need to face our fear, things like that. Yeah.

Chris Wark (43:16.046)

It's huge. And releasing is forgiving. Forgiveness is something I talk about all the time. It's like you are letting go of the pain. You're letting go of the need for justice necessarily or vengeance or whatever. And you're just for me, I was like, God, I'm just forgiving them and I'm giving it to you and they're all yours. Right? You can deal with these people that have hurt me. I'm, just not going to let that pain and anger and resentment fester, right? And consume me.

Karla Mans Giroux (43:18.469)

Exactly. Yep.

Right.

Karla Mans Giroux (43:35.091)

Right.

Chris Wark (43:46.23)

anymore. I'm just letting it go. Right. I just don't, I want to be free from the prison of pain. And the only way to get free is forgive. That's it. Just let you let yourself out of the cage when you forgive. It's like, don't need anyone's permission to do it. You can do it. You can make the choice and you don't even have to feel like it. You can choose to do it even if you don't feel like it and you're feeling strange.

Karla Mans Giroux (43:51.453)

Yeah. Exactly.

Karla Mans Giroux (43:58.813)

Mm-hmm. Mm-hmm. Right.

Karla Mans Giroux (44:08.605)

And you may have to choose it for a number of days in a row, right? Until it's released. And then there are those. There you go. Mm-hmm. Yeah.

Chris Wark (44:13.954)

Yes.

Chris Wark (44:17.624)

That's right. I like to forgiveness is a decision for life, right? It's, like a healthy diet. It only works if you stick with it. So like when the, when the feelings start to creep in, you have be like, no, I'm, I forgive. I'm, I forgave that person. I'm sticking with it. I'm not going to let the resentments creep

in. Like, no, I'm letting it go. It's like, this is not going to take up any more real estate in my mind or in my heart, you know?

Karla Mans Giroux (44:46.739)

Yep.

Chris Wark (44:46.958)

And it's a process. Some, some people are easy to forgive. Some people are hard, but it is a process. And, um, I can tell you, I, I made a decision to forgive every person who had, who's ever hurt me and to continue to forgive people as they hurt me. But the, initial thing was like, he's like, I'm going to forgive every person until there's no one left. You know what I mean? Until there is no one left that I can think of. And I've racked my brains. I've like.

Karla Mans Giroux (45:10.505)

Mm-hmm.

Chris Wark (45:16.398)

I've dredged the lake.

Karla Mans Giroux (45:18.177)

You went back through third grade, sixth grade, all of those people.

Chris Wark (45:20.622)

yeah. All of it. Yeah. The, the, you know, the, the mean kid on the playground, whatever, you know? Yeah. All of it. And it's so freeing and, it's just, it's such an incredible, powerful thing. costs you nothing to do it costs you nothing to forgive. it, and it really gives you, it just gives you back your

Karla Mans Giroux (45:25.401)

Mm-hmm. Mm-hmm. Yeah.

Karla Mans Giroux (45:38.6)

Yep.

Chris Wark (45:48.332)

the power over your emotions and your thoughts because you know, it's easy to lose that and think someone else ruined my life. Someone else messed me up. Right. And you become a victim and victimhood is so deadly because victimhood makes you, and this ties into the radical admission concept being empowered, right? Victims are not empowered, right? Victims are disempowered.

Karla Mans Giroux (45:50.717)

Mm-hmm.

Chris Wark (46:17.878)

It's you become helpless and hopeless when you see yourself as a victim of someone else's bad behavior. Right. And there, there is a, an alternate or let's just say polarized way to look at that situation, which is they hurt me. Right. I'm not going to pretend like that didn't happen. They hurt me, but I'm not going to let that dictate how I live my life. Right.

Karla Mans Giroux (46:45.501)

Right, it's your choice.

Chris Wark (46:47.042)

I'm not going to let that have any power over me anymore. It's not, it's a part of my story, but it's not part of my identity.

Karla Mans Giroux (46:54.823)

like that. for sure. And, you know, we need to be conscious and make those choices, choosing to forgive for our own good. Yeah. Yeah. Yep.

Chris Wark (47:04.974)

That's it. It's for your own good. Absolutely. I love that.

Karla Mans Giroux (47:09.703)

Yeah. So my strategy initially, you know, I dove into the diet stuff, but also with the cancer coach, I really dug into the detoxification sort of stuff and really cleaning up my lifestyle and all of that. But some of the deep work that I needed to do, I mentioned I went back to my therapist and what I realized, I don't know at what point, but you know, working with her for months and I still go back and see her periodically, you know, take a break. And then I'm like, wait, I need you again.

I think everybody on the planet should have a therapist, but especially if get a diagnosis. But she helped me to realize, or maybe I came to finally realize that I was seeking validation outside myself. I was not loving myself and believing that I was enough. And so I really did some work on figuring out how do I love myself? How do I...

you know, stop seeking validation. I don't need the A plus, the gold star, the, whatever, you know, from bosses or, you know, project teams or awards, you know, winning in the, in the workplace. I needed to realize that Karla soaking wet out of the shower, no makeup, no hair, no jewelry, no clothing, right? Is perfect as she is perfect and complete and whole and lovable. And,

That's a lesson I continue to just work on and check in on and make sure. there are times when I go back to seeking validation in some way or another and reminding myself that I'm good enough just the way I am. And that was a big lesson.

Chris Wark (48:51.874)

That's great. I had a similar revelation, which was, you know, when you're sort of in the throes of sickness and fear, you know, you really don't care about anything else than getting well, right? The old adage that, you know, the healthy person cares about everything and the sick person only cares about one thing. And for me, I found it easy, you know,

I think it's harder for a healthy person to take this advice. But for me, when I was sick, it was very easy for me to just be like, I don't need anything from anybody. You know, I just want to get well. That's all I, that's all I need. I don't need anybody to like me or tell me I'm good looking or well dressed or successful. Like I don't care.

You know, I don't need any of that. None of that is going to help me. It's like, I just need to, I just need to get well and I need to be, content. You know, and I learned cancer taught me how to be content in a very difficult season of life. Right. And to count my blessings and to just thank God for the good things that I had.

Karla Mans Giroux (49:48.627)

Yeah, exactly.

Karla Mans Giroux (50:00.637)

Yep.

Chris Wark (50:16.686)

In spite of the difficult circumstance, right? Just to be thankful and grateful for my wife and for my family and that I had, you know, home and enough money to buy groceries and just the really simple things that we take for granted. And so, you know, I think accepting myself and I did, I certainly had a lot of insecurities and

And regrets and you know, just all the stuff, right? Just stuff that's swirling in your mind. And envy and jealousies and competitiveness and like all this stuff. And, but yeah, I found, maybe it isn't always the case, but I found that it was when I was sick, it was so easy to let those things go. You know, was the big wake up call. Like none of that matters at all. Like it doesn't matter at all.

Karla Mans Giroux (50:48.413)

Yes, yes, we as humans have lots of swirling going on.

Chris Wark (51:12.296)

And why am I even wasting any time or energy caring about so many things? And then when you get well, you start to care about those things again. You start to get sucked back into it. So it's a lifelong process.

Karla Mans Giroux (51:22.217)

And you have to be really careful. Yes, you have to remain conscious, conscious so that you can see I'm starting to get back on that hamster wheel or that that conveyor belt of life, right? That just sweeps you along into all the madness and silliness. And so remaining awake and conscious of what you truly want is so important. But that is the gift of a diagnosis because

Chris Wark (51:35.501)

Yeah.

Chris Wark (51:47.895)

Yeah, I.

Karla Mans Giroux (51:51.579)

So many people, know, the cancer diagnosis itself isn't the gift, but what comes out of it can be the learning, the things that you realize about yourself.

Chris Wark (52:03.404)

Yeah, there are so many blessings that come through adversity. know, the, the adversity is not the blessing, but the blessings are coming. It's the, you know, it's the silver lining, right? Of a dark cloud. Like I didn't make that up. Like that's, that's a, that's very, very old. It's ancient wisdom, right? There is, if you're looking for the silver lining, like you'll find it. If you're not, if you just focus on the dark cloud,

Karla Mans Giroux (52:14.067)

Yeah, exactly.

Chris Wark (52:31.192)

Then that puts you in sort of a state of defeat and despair and, hopelessness and helplessness. if, but if you just will stop and say, you know what? Something good is going to come out of this. Right. Something good is coming as a result of this. And man, I'm telling you, it shifts your perspective and it's like the antennas go up. Right. And you become very sensitized to, good things.

as they come along.

Karla Mans Giroux (53:00.937)

That's Yep. Yeah. When you're grateful, you find more to be grateful for. The gratitude starts to flow a lot more. And that's the whole thing with increasing your positive emotions. What you focus on is what you're going to get more of. So focus on the positive. Doesn't mean you can't have negative thoughts, but you are human after all. Try to find the things to be grateful for.

Chris Wark (53:20.887)

Yeah.

Yep. And I, I just practice shifting, you know, when I, when I do negative thoughts creep in, I've gotten pretty good at quickly identifying them, getting out of that state, negative state, right. And shifting back into a positive state. And, but you know, a lot of us, it's very easy to get into a negative emotional state and then just be in it.

Karla Mans Giroux (53:51.433)

Stay there, right? Yep.

Chris Wark (53:52.002)

You know, just stay there and just be like irritable or angry or in a funk and just stew in it, you know? And so I'm guilty of that. I'm still guilty of that. It still happens to me rarely, but it does happen. But, most of the time I'm able to kind of snap myself out of it pretty quick and like, you know what? This is not worth being upset over. Like, forget it. It's this is, you know. Yeah, for sure.

Karla Mans Giroux (54:15.293)

Right. Yeah, good to know you're human, Chris.

Mm-hmm.

Chris Wark (54:21.122)

For sure. And so I just have to remind myself, you know, my, my hack, my gratitude hack is, I can just kind of stop in the moment of frustration or whatever and go, know, right now there's somebody dying in the hospital that would love to trade places with you. You know, they'd love to trade places with you and have your problems. And it's like, yeah, okay. Right. Like this is so insignificant. It's not right. This is not worth.

stealing my joy and anger and being upset and all this kind of stuff. It's just not worth it. know,

Karla Mans Giroux (54:56.957)

Yep, it'll snap you out of it, right?

Chris Wark (55:01.462)

Well, okay. So I do want to talk about we're, we're almost an hour, but can we at least talk about your daily routine? Because I know my audience loves to hear not just the sort of esoteric stuff, but the practical, like a really practical thing. So what did a day in the life, look like for Karla in, in, in your, know, just like I'm in the thick of it. I'm focused on health and healing. What did it, what does your daily routine look like?

Karla Mans Giroux (55:08.462)

shit.

Karla Mans Giroux (55:14.098)

Mm-hmm.

Karla Mans Giroux (55:30.631)

Yeah, in those first three months when I was really in the thick of it and had taken time off work, my day, I will admit, was probably a little bit too much searching and striving for answers, the researching, the talking to people, the looking at, you know, all the things and reading the books. But

It was all about learning how to make meals. So number one priority was always, am going to feed myself today? And I was super restrictive in the beginning and really only ate vegetables, not even grains and legumes. And so when you're used to the standard American diet and now you're like, I'm only going to eat vegetables, it's a big shift. So learning how to shop and cook and prepare food and

how to have things on hand like, okay, I got appointments, I'm gonna be at the hospital today and there's not gonna be good food there, so what do I need to do? And that did take up quite a bit of time and mental processing, but getting the healthy food made and I started to learn to do some batching and make some chia seed pudding, have some things on hand like that. And it was also about,

Alright, I've got these supplements to take. I've got to, you know.

the process of clearing out the products. So I used the environmental working groups app to scan all my health and beauty products and look at what their rating was. And if it was in the red, I threw it away and went and bought something new. If it was a neutral yellow, I was like, all right, I'll use this up and then replace that. So there was time doing that. But also at some point along the way, I don't think it was in the first three months, but I did buy a rebounder.

Karla Mans Giroux (57:15.613)

based on Chris work and the rebounding.

Chris Wark (57:20.206)

Did you see my, my yeah, my rebounder video from like 2010? Yeah. It's still, still out there. I've never, I've never updated it. It's like 15 years old.

Karla Mans Giroux (57:22.981)

I did your little portable one. Yep.

Karla Mans Giroux (57:30.217)

okay. I don't know that I bought that one but I found one and it's something that I did and then didn't and now do again. So it's kind of worked its way back into into my routine. Exercise is probably the thing I struggle with the most because I don't really like to sweat and I've got to have time like scheduled and I've got to know exactly what I'm going to do in order to do it and

get it done and so I still work to make sure I get that in. But in those early days

Chris Wark (57:33.443)

Yeah.

Karla Mans Giroux (58:00.165)

I was probably more focused on the food than anything. The herbs and supplements came through the registered nurse who was my cancer coach, really helping me to figure out what my body needed. Unfortunately, there wasn't any testing. There was just assessment of detailed health history and here's what the diagnosis is. And now I work with an integrative doctor who does the blood test and we know exactly what I need and why I need it.

Chris Wark (58:27.234)

And what test is that? Is it spectrocell or a similar?

Karla Mans Giroux (58:30.607)

No, it is a proprietary test at the Block Center in the Chicago area. So they run a terrain panel. They want to look at what's going on nutritionally. once I got an A plus on my diet, then they start, OK, we got to tweak the supplementation to see how we can get everything in the optimal zone. Yep.

Chris Wark (58:35.138)

Got it. But it's like a micronutrient profile test. Yeah.

Chris Wark (58:51.756)

Yeah. Yeah. Like looking at your vitamin D status or zinc, you know, different, you know, just, just the vitamins, the minerals stuff that you, know, need to optimize.

Karla Mans Giroux (59:03.335)

Right. Yep. And then looking at the inflammation to make sure we're bringing that down and keeping the glycemic levels low, you know, all that good stuff. yeah, and it really was another big thing was managing my stress. I had the big corporate job. I did a lot of international travel prior to the diagnosis and then not afterwards. And really looking at how could I manage that better? So learning.

Chris Wark (59:10.914)

Yeah.

Karla Mans Giroux (59:30.665)

to practice meditation. And I was not the kind of person that would sit down and sit still and sit quietly. I was on the go, go, go, go all the time filling up my calendar with things. And if there was an empty spot on the calendar, I'm like, okay, I can do that that day. You know, I'll fill it in with something fun or something I got to do. And I took on the mantra that I am going to break

up with busy. So I broke up with busy, I stopped.

booking my calendar full and left white space on it and really learned how to just sit and just be to maybe relax, daydream, meditate, and just listen for what messages were coming from the divine. Yeah.

Chris Wark (01:00:15.64)

Great. Yeah, I love that. What do you have a favorite time of day to meditate?

Karla Mans Giroux (01:00:21.829)

Morning, I love my mornings and now that I call it, you now that I work for myself I own my day The corporate world doesn't own my day anymore. So I get up in the morning whenever I want and I will sit on the couch for an hour hour and a half Reading spiritual lessons meditating You know just relaxing having a cup of green tea, you know, I just really spend my morning

setting the tone for my day, setting the intention for my day to, yeah.

Chris Wark (01:00:55.278)

Right. Yeah, I can't, I mean, I can do it, but meditating in the morning, I'm usually, I feel like I'm a little too sleepy. So it's like, I'm better if I do it later, you know, just past, past morning, mid morning, mid afternoon, like, you know, yeah, if I do it, I found, I found that it's a little better if it's in the morning. I'm just like, I think I might just fall back asleep again, but no, that's great. That's great. Anytime, anytime you do it's good.

Karla Mans Giroux (01:01:04.065)

Karla Mans Giroux (01:01:25.113)

Exactly. Whatever time you do it is the perfect time, you know, and you got to find your own sweet spot. And I try to do 20 minutes a day. And I recently purchased the heart math device to look at coherence. And so I'm doing 10 minutes of just quiet meditation and then 10 minutes of coherent meditation, which is also quiet, but kind of paying attention, trying to see what getting into coherence takes.

Chris Wark (01:01:27.758)

Mm-hmm.

Chris Wark (01:01:31.266)

Yep.

Chris Wark (01:01:54.87)

Yeah, yep. have the device as well and I've used it some and then kind of got out of the habit and now you've just reminded me like, yeah, I should get that thing out again. That's a great little... It's the ear clip, right? Or is it the... Yeah.

Karla Mans Giroux (01:02:02.558)

Yeah.

You should and the app, the app is amazing. Yeah. Yeah. It's a little thing that clips on your ear and measures your heart rate variability and then, you know, your coherence. But the app that goes with it on your phone has great lessons and you get the whole book there and you know, all the information and yeah.

Chris Wark (01:02:15.267)

Mm-hmm.

Chris Wark (01:02:26.796)

I had a, I had a meditation, we're getting on a meditation tangent, but I had, I had this meditation headband that I, I used for a while and, until the company made a change and then they wanted me to start paying for access to their app or something. I was like, okay. Yeah, something happened. But anyway, I used it for, I don't know, I feel like a couple of years, but it was actually, you know, I enjoyed it because it would give you this feedback.

Karla Mans Giroux (01:02:32.297)

Mmm.

Karla Mans Giroux (01:02:43.529)

mistakes.

Chris Wark (01:02:55.086)

It was just like a headband and it had a couple of sensors, and it would give you neural feedback on, you know, your meditative state, throughout five minutes or 20 minutes, however long you did it. And whether you were, your brain was active or it was calm. So you can kind of see that. And then it would also, it had different, sounds like you could listen to the jungle or the ocean or whatever.

Karla Mans Giroux (01:03:08.969)

Mm-hmm.

Chris Wark (01:03:23.458)

but it would give you feedback. so as your brain would become more active, like the jungle sounds would get louder. So, yeah, so it gave you this real time feedback, which maybe it would mess some people up, but for me, it was like, okay. And then it would, I would start to hear the sounds get louder and it didn't make me like panic, but they're yeah, I need to like just focus back on my breath and just calm down again. Like, and so they kind of gamified it in a way.

Karla Mans Giroux (01:03:45.193)

Bring it back down. Yeah.

Karla Mans Giroux (01:03:52.107)

Mm-hmm.

Chris Wark (01:03:53.107)

and some people actually hold that, hold on one second.

Karla Mans Giroux (01:03:57.211)

He's going to go get a device or something.

Chris Wark (01:04:00.94)

Yeah, here's okay. It was right here. The device, if anyone's interested, I did enjoy it, but again, they've changed their terms. So don't consider this a full endorsement, but it's called Muse. This is the case for it. It was the Muse device and I really did enjoy using it for a while and I'll even demonstrate on camera, but this is, this is it. All right. You put it on like this and then yeah. So, and then it hasn't, there's an app or whatever. And I actually keep the heart math device.

Karla Mans Giroux (01:04:12.105)

okay.

Karla Mans Giroux (01:04:21.353)

this thing. OK. Nice.

Chris Wark (01:04:30.56)

In the case with the muse. Yeah. So I got a few years ago. It's been, yeah, it's been some years, but I kind of got on a kick with like the meditation devices and tracking and seeing, seeing that if I could quantify the benefits. And, so that was anyway, total rabbit trail.

Karla Mans Giroux (01:04:31.185)

Right there with it. There you go. You got all your devices.

Karla Mans Giroux (01:04:46.151)

Yeah, and some people love the data, right? They want the device to make them, you know, do the measurements to see the data, right? And I'm not necessarily one of those people, but the HeartMath device is kind of interesting and just really curious about it.

Chris Wark (01:05:01.004)

Yeah. Well, I think, and you know, I think for, for me, I was the skeptic, right? was skeptical. was like, you know, I don't know, is this really doing anything? And, and then I started reading some books on, you know, studies, meditation studies, scientific studies, you know, and I was like, wow, okay. There is actually some like legit science like behind this. And then, then I kind of learned about these devices and I was like, let me try these out and,

Karla Mans Giroux (01:05:05.245)  
Mm.

Karla Mans Giroux (01:05:23.742)  
Yeah.

Chris Wark (01:05:30.07)  
And yeah, for me, was like, once I was seeing the real measured benefit, it was like, okay, I'm convinced now. Right. I'm convinced. I got it. Yeah, I got it. I don't need the devices anymore. Right. But, but yeah, it's some people may never need them, but for me, was like, wow. No, this is, this is real. Like there's, there are real physiological benefits to just sitting calmly and quietly and paying attention to your breath.

Karla Mans Giroux (01:05:38.299)  
Okay, you can believe it, you'll keep doing it, right? Yeah.

Chris Wark (01:05:58.764)  
And then, just sort of, you know, clearing your mind. Now there are people that are critical of meditation, spiritually critical. And they're like, you don't want to clear your mind. You want to, you know, pray. You can do both. You can do both. You can sit quietly and be still, and you can also actively pray. are two different things.

Karla Mans Giroux (01:06:09.423)  
Mm-hmm. Mm-hmm. I like to say that...

They really are. And I feel like when you're praying, you're speaking to God. And when you're quiet, you're listening. Right. So.

Chris Wark (01:06:22.486)  
Mm-hmm. Yeah.

Karla Mans Giroux (01:06:25.373)  
Yeah, everybody's got to choose what works for them though. And one thing to say too, just about the devices, like we could spend a lot of money trying to heal ourselves, but we can also heal ourselves without spending a lot of money. Like each one of these radical remission factors, you could just spend tons of money digging in with the specialist or the devices or whatever it might be. But on the other hand, at the foundational level,

Chris Wark (01:06:26.966)  
You can do that.

Chris Wark (01:06:37.377)  
Right.

Karla Mans Giroux (01:06:52.561)

You can do it all for free other than herbs and supplements, right? Yeah.

Chris Wark (01:06:54.168)

That's right. Absolutely. Absolutely. You can, you can buy a couple hundred dollar, you know, device, or you can just do it. You can just sit down for five minutes or 10 or 20 minutes quietly and just do it and not spend any money. So for the nerdy, you know, quantified self people, right? If you want to see the feedback and, and all that, Hey, it's available. You want it. Some people that might help them.

Karla Mans Giroux (01:07:02.365)

Yeah, sit and meditate.

Karla Mans Giroux (01:07:18.493)

Yeah, there you go.

Chris Wark (01:07:23.96)

you know, keep going, keep doing it, you know, to get the, the points and the levels and the, you know, all that kind of stuff that you get in some of these apps. anyway, well, Karla, this has been so fun. I'm, I love your story. I love what you're doing. I just am so pleased that we had a chance to do this interview and, where can people connect with you?

Karla Mans Giroux (01:07:29.905)

Mm-hmm.

Karla Mans Giroux (01:07:46.099)

Yeah, thanks. my goodness. Yes, please connect with [radicalremission.com](http://radicalremission.com). And if I may, if people go to the [radicalremission.com](http://radicalremission.com) website, there's a free download, Kickstart Your Healing with 20 radical remission tips that they can download once they subscribe to the newsletter.

On the website is the find a coach directory and I'm listed in that directory people can find me and all the other certified Rad Corps mission coaches there if they want to work together one-on-one or they can also look at find an event and find workshops and group coaching and different things we do and we recently started a thrivers community so there are monthly events they can find those as well and

I want to put out a plug for anybody that is a radical remission survivor. I know you've talked to a lot of them, but we've got the podcast, Stories That Heal. So we're always looking for survivors that we can interview and share on our podcast. So there's a share your story form there as well. the criteria is, so to be a radical remission survivor, you're three years of stable or no evidence of disease with a late stage diagnosis.

Chris Wark (01:08:50.146)

That's great. And what's the criteria?

Karla Mans Giroux (01:09:01.961)

25 % or less chance of five-year survival, or you've taken a completely alternative approach.

Yeah. And then if people want to reach out to me directly, Karla at [radicalremission.com](http://radicalremission.com).

Chris Wark (01:09:08.536)

Got it.

Chris Wark (01:09:17.302)

Love it. Okay. Thank you, Karla. It's been great. Great to talk to you. keep up the good work and folks will post links below to, connect with Karla, some of the books we mentioned, and other stuff that's come up in the, our conversation. If you're watching on YouTube, there'll be a link below this. If you're listening on Spotify or, Apple, there's a link in the show notes to link to get to the show notes from there. So, yeah.

Karla Mans Giroux (01:09:20.488)

Yeah.

Karla Mans Giroux (01:09:25.319)

You too, Chris. Yes.

Chris Wark (01:09:46.294)

Again, hope you all have a great day. God bless you all. Again, thank you so much, Karla. And please share this interview with people that you care about, especially cancer patients or especially, especially breast cancer patients. Because as I said at the very beginning, the world needs to know that cancer can be healed. That it does not have to be a death sentence. And what Karla's doing and what I'm doing is we're just

trying to pull people out of the pit of despair, right? Of that pit of hopelessness and give them that spark of hope that can, can, you know, really be fanned into a bonfire, right? Of action, right? Of radical life-changing action. And, and so anyway, that's what we're here to do. Thanks for listening, everybody. I'll see you on the next one.