

Hey everybody. Today I'm interviewing another holistic cancer survivor. It's Murray Cluley and his wife, Max. He was diagnosed with stage four kidney cancer in 2012. He had surgery, had the kidney removed, but the cancer metastasized to his lungs, liver, and abdomen.

Murray Cluley (00:13.398)

Yes.

Christopher Wark (00:39.84)

And he was able to heal it holistically through diet and lifestyle changes. And I love these stories. Obviously, I love them because it is also a similar story to my own. And I think it's important to share these stories because every time you hear a story of someone who is healed against the odds, your belief increases, your faith increases, your hope increases. And that's what I'm here to do.

Murray Cluley (01:06.645)

Thank you.

Christopher Wark (01:08.268)

I'm here to help you, not only just to give you hope, which sometimes false hope is a thing too, but to give you real hope and help you understand that healing is possible and that people have healed all types and stages of cancer. And these are normal people with no special abilities and no offense. I'm also a person of no special abilities. So anyway, Murray and Mags, great to see you. Welcome.

Murray Cluley (01:34.679)

Thank for having us. Thank you.

Christopher Wark (01:36.822)

and tell everybody where you're from.

Murray Cluley (01:40.152)

We're from Scotland originally and we met in Scotland. We've moved around the place. We've moved, I'm an aircraft engineer, so I've lived down mainly airports, Heathrow and all that. And we had the chance and opportunity to leave a cold, wet Scotland where I worked to get a job in the Middle East back in 2004. Jumped to the chance. And now in Somerset in England.

Christopher Wark (02:07.384)

Now you're in Somerset. What part of the Middle East are you in?

Yeah. Yeah. I've never been. I've heard it's pretty amazing place.

Murray Cluley (02:15.352)

Yeah, was. Yeah, fantastic lifestyle. Good salary, obviously, which helped in that. So it was a

privileged lifestyle. It was great. Yeah.

Christopher Wark (02:22.446)

That's awesome. So let's talk about your cancer story.

Murray Cluley (02:26.443)

Yeah, so this is it. So living in the Middle East, been living there for eight years with Mags and two kids. We had a fantastic lifestyle, beach, beach lifestyle, friends and all that. And then one day I was leaving my work and I went to the toilet, went to the bathroom and I passed blood in my urine. So obviously a little bit concerned about it. Told Mags on the way back.

back home that what had happened in that and she said, okay, we'll keep her on it and see what happens. Went to the gym that evening, came back and I had cramps, terrible like pain in my abdomen to the extent where I was vomiting. So I said to Mag, you need to take me to the hospital. We need to get this looked at. So within like probably three or four hours after going there, doing blood tests, urine tests, I mean, even the urine test was obviously, it was all bloody red. it didn't look good in that.

The doctor comes in a couple of hours afterwards with a sombre face and tells us the bad news that it looks like it's kidney cancer if I had a significant tumor on my left kidney. So it was a shock to say the least.

Christopher Wark (03:42.22)

Yeah, how old were you?

Murray Cluley (03:46.891)

43... 43... 43 Too young anyway. 43, we'll say 43.

Christopher Wark (03:50.604)

Yeah, yeah. Still pretty young for kidney cancer.

And so what was recommended? What was the treatment recommended to you?

Murray Cluley (04:01.815)

So we also went home on that bombshell. I don't think they kept me in overnight. they did. They kept you in overnight. Did they? Okay. Kept you in overnight. then I saw urologist the next day and he basically recommended that we have the kidney removed. said the tumor's too large to operate and just to remove the tumor. So he recommended having the kidney removed.

At that point, they also mentioned about some finding some spots on my lungs. But at that stage, they said the priority is let's just get the kidney removed and worry about that later on. He said it might, I think they tried to layer a few years, they tried to sort of say it might just be, it might be nothing, it might be dust. Dust. Yeah. So we had enough to think about anyway. But

they said, but they didn't have any kidney specialists there that could take a kidney out. So they said either go to Germany or go back to the UK.

So we thought, okay, right. It just came as such a shock. You're on that train, aren't you? You're like, okay, we need to have the kidney out. That's what we need to do.

Christopher Wark (05:06.218)

really surprising that they didn't have someone that could do the surgery in Dubai.

Murray Cluley (05:10.593)

Yeah, they said that, yeah. I mean, this was a few years ago. It's changed now. mean, there's so many hospitals there and fantastic healthcare. So it wasn't a surprise really, but we kind of felt secure going back to the UK to have it done as well, you know? Yeah.

Christopher Wark (05:22.284)

Yeah. And were you able to have it done quickly or was there, know there's, there've been some, some really, it's, it's really difficult in some parts of the UK for people to get access to immediate care to, mean, they wait months for, for doctor's appointments and scans and surgeries. What was your

Murray Cluley (05:38.508)

Yeah. Yeah. luckily I had a good medical cover with the company that worked for. So that was all taken care of by the medical people in Dubai and the insurance people. So they set it all up. They set everything up basically within, you know, within a couple of weeks. Yeah, I think it was about three weeks or something total to have the kidney out. Yeah. But the main, one of the main issues was that I subsequently met a colleague

that I worked alongside who'd mentioned that he'd cured himself of stomach cancer, bowel cancer, with change of lifestyle and seeing with stress and a healthy food diet and that. I had this thing, should I believe him? Should I go with what he says? He basically recommended not having the surgery. Could you say this was on the way to the airport to go to the UK for the surgery? And he's like, please come and see me. And we went to see him and then he's like...

Christopher Wark (06:31.79)

wow.

Murray Cluley (06:36.289)

You don't have to have the kidney out, so we're going, okay, right, You just give us that complete different train of thought which got us thinking.

Christopher Wark (06:45.974)

Yeah. And what was, did he tell you specifics at that time, what he did to heal his stomach cancer?

Murray Cluley (06:51.893)

He was a Malaysian and he met somebody in Malaysia who basically told him about healthy eating, plant-based diet. He was also taking some supplements as well at the time. He even went to see us later on, he showed us his folder, his PET scan folder, showing the tumors. His had gone secondary to his lungs as well. Tumors were there and on the PET scan all lit up. And then he showed us...

a subsequent scan showing that they're all gone. And I think the doctors there in Malaysia said, well, it's because he had chemotherapy, the radiation or whatever it was that managed to cure it. So they would never admit that it was to do with his diet and all that. So he was a good find. He planted a seed of for me.

Christopher Wark (07:39.158)

Yeah, and did he have chemotherapy and radiation or not?

Murray Cluley (07:42.892)

Yeah, yeah, he did. I think what happened was he had stomach cancer and then he had, they'd given him two months to live. So then they said you must have chemo and radiation. So he had the chemo and radiation, went back two months later, it had gone. And then he went back for a subsequent scan and it had all come back again in his lungs. So then they said, okay, we need to give you chemo again, but we'll do it through a drain in your chest. And he was like, no, absolutely not.

So that's when he started to do the lifestyle change and he's still cancer free now and that was 2012, 2011 must have been.

Christopher Wark (08:18.446)

That's incredible. love that. Yeah. And, we, you know, I've interviewed a lot of people that have had that experience and I know you're also sort of one of them in a way, but that, you conventional treatment worked at first and then it, there was a recurrence and, and then they were able to heal with a radical change of diet and lifestyle. And so, so anyway, so, okay, you had that seed planted, but you went ahead and, and, you know, went back to the UK, had the surgery and then what?

Murray Cluley (08:47.499)

Yeah, well, we thought we'd take a double pronged approach. know, we've got two kidneys, luckily, so I thought, well, I can still live happily on one kidney, so why don't we go ahead and get the kidney removed and then come back and hammer down on the diet. Juicing and diet. this is exactly what we did. Came back before Christmas, bought myself a Green Power juicer. Was juicing furiously. I think on Christmas, probably, maybe at...

a little bit too much turkey, more the, I said, it'll have a little bit, you know, just to sort of, as a

treat, but mainly stuck to the diet. But I think I still felt a bit worried deep inside. I had this concern in the back of my head about the future, about my health, about where it was going, about leaving my wife and kids and that, about, you know, it was obviously a terrible diagnosis. So that wasn't very good from the doctors and that. They basically...

they recommended palliative chemotherapy. So in a way that was a good thing because it made me make the decision that I didn't want to spend the last few months, years of my life feeling like crap. So I declined the chemotherapy that the doctor, the oncologist, the urologist in the UK was offering me. And I had the benefit of saying to him, I want to go back to Dubai and speak to my oncologist in Dubai to get a second opinion.

So that gave me that breathing space to be able to do that, which I'm thankful for now, you know? And I think that's obviously, I think if I taken the chemotherapy, then things might have turned out different, you

Christopher Wark (10:27.758)

That's a really important point I want to highlight is that if you're in a situation where you're feeling pressure to, to, to have surgery or do chemo or do radiation or do some kind of therapy or treatment that you're not comfortable with, you can buy yourself time by at, by telling your doctor, listen, I appreciate it. I'd like to get a second opinion. Right. And then, then they just, they will back off, right? They, they, okay. Yeah. You know, get a second opinion. Get a third opinion.

Murray Cluley (10:48.983)

Yes. Yeah.

Murray Cluley (10:55.031)

Well, we played one off against the other. We played one off against the other. So like in Dubai, we said, oh, well, we're going to speak to the oncologist in the UK. In the UK, we said, we'll speak to the oncologist in Dubai. So then we just thought, right, think you knew you weren't going to do the chemo anyway. Plus, you know, I do a lot of spiritual stuff as well. And one thing that my friend and I saw, because she does the same things as me.

Christopher Wark (10:58.082)

Mm-hmm.

Murray Cluley (11:21.867)

We saw a big black cross when we thought, right, should Murray do chemo? And there was a big black cross going, mm-mm, he should not be doing chemo. And I thought, well, I need to trust. I need to trust what I saw. So I said to Murray, you can't do the chemo. You can't do it. It's not going to end well for you. So we had to trust that as well. Plus, the other thing is, I'm sorry.

Christopher Wark (11:38.968)

Well, I think it's really helpful that the two of you were in agreement.

Murray Cluley (11:43.416)

Yeah, definitely. I think the thing is as well, when you're an expat living in a different country, you don't have your family, so don't have family pressures of it. But you've got friends who are like your family, but there was no pressure from any friends to say, well, there was one friend who said, you're going to have the chemo, because you'll have the chemo, you'll be fine. And I'm sitting going, no, I know you're not going to be fine if you have the chemo. It just didn't sit right. It just didn't feel right. I thought this is not going to end well.

So, but there was no pressure from people otherwise.

Christopher Wark (12:16.066)

That's good. There are a lot of well-meaning people who will tell you, need to get chemo who have really don't have any idea what they're talking about. They've never had chemo. They're not doctors. They just say it because they think that's what you're supposed to do. And they've just been programmed to believe that and are not really critical thinkers or independent thinkers. And again, they mean well, but I was told the same thing. yeah. You have to do chemo. You got to do chemo. Right.

Murray Cluley (12:24.779)

Yeah, exactly.

Christopher Wark (12:45.966)

And, um, I'm also thankful that I, you know, um, was led down a different path as you were. you, you instinctively, well, one, a couple of things. One is interesting that they, you know, they, told you palliative and so palliative chemo for anybody listening, that is not curative, right? There's two types. There's curative, which means they have a, there's a, there's a high likelihood of you being cured.

Murray Cluley (13:05.217)

Yes.

Christopher Wark (13:16.142)

Okay. That's curative. mean this could cure you. Doesn't mean it's guaranteed to cure you, but it could. Like for example, testicular cancer, the chemo given is curative. Very high percentage of patients are cured. Childhood leukemia, same thing. Uh, even lymphomas, pretty high cure rate. 10 year survivals, 90 % for a lot of those types of cancers. But for many other cancers like yours and mine, solid tumor cancers, uh, chemo is typically not curative.

especially if it's advanced stage cancer and, it just, it'll buy you some time. It'll shrink a tumor. It'll kind of slow it down for a little bit, but then typically cancer stem cells after being treated with chemotherapy or radiation become more aggressive. And so at some point in time, it really starts to spread rapidly. And again, I know you understand this, but there may be some people

listening that, you know, this is first time they're hearing anything about this.

And so, you know, it's chemo is a paradox, right? It's a paradox because yes, it does shrink tumors. Yes, it does kill cancer cells, but it also destroys your immune system, which you need to fight cancer and it makes cancer more aggressive. So it's what I call a short-term solution to a long-term problem, but it's, it's you instinctively, obviously they were, they told you it's palliative. That means it's not likely to cure you.

Murray Cluley (14:33.015)

Yeah, of course.

Christopher Wark (14:42.988)

So that was a blessing that you were told that because you know, lot of doctors, it just reminds me, and I'm not trying to, you know, dominate this conversation, but I just got to say one more thing. And then I want to get back to your story is that, there was a study and I talk about this in my book. There was a study where they surveyed late stage cancer patients and they asked them if they were getting palliative or curative chemotherapy. And most of them, it was like three fourths of them.

said they were getting curative chemotherapy and they were wrong. They were getting palliative and they were wrong because their doctor did not tell them. Right? They were not told by their doctor that this treatment is palliative, not curative. So the patients believed there was a likelihood, there was a chance they'd be cured and there wasn't. then these same researchers went and interviewed

Murray Cluley (15:18.406)

wow. Okay.

Murray Cluley (15:24.473)

See, okay. Yeah. Wow.

Murray Cluley (15:36.542)

Yeah.

Christopher Wark (15:41.486)

oncologists about this. And the most common answer as to why do your patients think they're getting curative treatments when they're not. And the most common answer was that the doctors were uncomfortable with that conversation. But let me just say this, that was their sort of official answer, right? That was their excuse.

Murray Cluley (15:59.584)

Yeah, yeah. Well that's brilliant. Let's just go sorry.

Murray Cluley (16:08.065)

Bugs, yeah.

Christopher Wark (16:10.306)

But the reality is we know if a doctor tells you it's palliative, not curative, you're going to be less likely to say yes to treatment. And in the U S it's different in the UK, but in the U S oncologists make a significant amount of income off of the profit from chemotherapy drugs. And so they have a profit motive, right? Let's build in. So there's a bit of a perverse incentive there. Anyway, that's a rabbit trail, but it all ties into your

Murray Cluley (16:27.671)

Hmm.

Murray Cluley (16:32.362)

sense yeah

Christopher Wark (16:38.732)

your story about you being told that was a blessing, that it's palliative and so you had these reservations and you bought yourself some time. So then what?

Murray Cluley (16:45.559)

Yeah. So I had a couple of months off, two or three months off after the surgery, after having the kidney removed. Went back to Dubai, obviously. Head wasn't in the right place. Very fortunate to work with a large, culturally dynamic culture workforce where I was working. So worked with some Sri Lankan guys who were Buddhists and they said to me, Mr. Murray, you need to come to Sri Lanka.

and you need to come and go on a meditation course. So they practiced Vipassana meditation and I thought, right, this is a good opportunity. It sounds good. I knew I had to get my head in the right place. And again, that was the thing that set me on the healing path. So I went to Sri Lanka. They took care of everything. Also, I had to arrange my own flights. They met me there. They drove me to the temple where the meditation was, the meditation center.

And I basically did 10 days of strict, hardcore meditation, morning, noon and night. No talking that trite or discouraged basically anyway. And so you had sessions in the hall all the time and then they would ask you, when you go back to your room, what do you do? And I say, well, I just lie and rest and said, no, you need to meditate. So even when you're resting, they tell you to meditate. So it was pretty hardcore and it was very,

Christopher Wark (17:53.678)

Was it silent? No talking?

Murray Cluley (18:13.463)

steep learning curve because that's when you learn about your mind and we call it the monkey in Attic, your monkey mind, they're trying to calm it and trying to, you think, why can't I just close my mind down? Why can't I think of nothing? And the pain, obviously, trying to sit in the closest position upright and that, your legs become numb. So it was some discipline and I think after a few, four days, you get into it and it's starting to become easier.

and then you just learn to focus on your breath and clear the mind and it just brings you into the know.

Christopher Wark (18:48.94)

Yeah, I, I've, I've certainly used meditation, to, to calm myself down to, you know, find peace in the middle of anxiety. And, I think a lot of people hearing it, maybe not a lot, but some I want to point out or just explain that meditation doesn't have to be a spiritual practice.

It's, it's also just a physical practice. Like running is a physical practice and meditation is a physical practice of sitting quietly and just focusing on your breath and you know, paying attention to your thoughts. And when your mind starts to wander, you just direct your thoughts back to your breath. You're just, you're just paying attention to your breath and it really does calm your nervous system down.

Murray Cluley (19:44.855)

Exactly.

Christopher Wark (19:46.086)

And improves immune function. And there's all these wonderful cascade of benefits that's been studied for meditation. So anybody listening, you don't have to go to a temple to do it. You don't, it doesn't have to be anything religious about it. is simply can be a physical exercise and it's, not just physical, it's mental and physical, right? But anyway, so, okay. So that sounds like that was a good experience.

Murray Cluley (20:09.985)

Yeah, yeah, just came back home in a good frame of mind to continue the diet and the meditation. I went back to work at that point as well, probably more on light duties than that, so that wasn't so bad. And then I think what happens is with the combination of the meditation and the food diet, it helps you clear your mind, it helps clearing the mind. And I think, I'm firm believer you are what you eat, and it's all about cell regeneration, and if you put your mind in the right place.

I believe that you have a good night's sleep. That's when the body repairs itself. There was also a situation though where I loved my food, being Scottish, know, like nice, unhealthy, fatty diet. Anything deep fried, basically. Deep fried, basically, yeah. So as I stuck to the food diet and the meditation, I felt fine. And I said to myself,

Christopher Wark (20:50.007)

I guess.

Murray Cluley (21:04.695)

I feel fine, I feel perfect, there's nothing wrong with me. This is psychosomatic. I don't need to be that strict with it. As long as I keep doing my meditation, I don't have to be that strict with my food, with my diet. So you tend to get back into your old habits and start to eat things you probably shouldn't eat, back to bit of sugar. So I was obviously on plant-based, no sugar, no dairy. The biggest advice was stay away from animal protein, which I did. But then, hmm.

Christopher Wark (21:29.614)

And let me ask you before you get ahead, where did that advice come from? Did that come from your friend or did you find some other books and literature and information online? where

Murray Cluley (21:39.234)

Same guy, the same guy that had the Malaysian guy, he said he'd heard that you basically want to stay, especially for kidney cancer, stay away from animal protein. So I cut that out basically, yeah. So, like I say, plant-based, plant-based basically. And then as you feel better, would relapse and, sorry? Yes, yeah, I had a green power juicer, I was juicing every day regularly. You had about, I'd say about six, seven juices a day?

Christopher Wark (21:55.18)

Yep. And were you juicing? Were you juicing at all? Were you juicing at all or were you just eating like whole plants or?

Murray Cluley (22:08.905)

Yeah. A green juice and then a carrot juice. As many as possible. But again, as you felt better, I probably did less and less a little bit, know. So that's why it basically took me six years, I think, to on this journey up and down before going into remission because I didn't stick to the diet. Yeah. Yes, I know. Exactly. Yeah. I think it was, as Morrie said, basically, his head was in the right, his head was getting in the right place.

Christopher Wark (22:13.133)

Yeah.

Christopher Wark (22:27.606)

Really? Six years? That's a long road.

Murray Cluley (22:39.275)

But he was just getting a bit lazy and a bit, well, it's my birthday, I can have a beer or, it's Christmas. And then it just slips, doesn't it? And then before you know it, you're on that slope down. But then 2017 was a big wake-up call. Yeah, yeah. the scans, again, you have the usual scans, scans-ity thing and that. So I was moving away from six monthly scans to maybe yearly

scans and it was all stabilizing.

which was another positive sign, but it was still there.

Christopher Wark (23:12.435)

What were you saying? What was there at that time? There were.

Murray Cluley (23:15.383)

or there was still some spots, some nodules that were calling it in my lungs. Yeah. So it was throughout his lungs. then the worrying one, they said from the start was the hilar lymph node. So they said it was 37 millimeters. And they said, what would happen if you don't have palliative chemo, it's just going to keep growing and growing. And then eventually it'll just cut off your airway and then you won't be breathing. that for me, that worry wasn't so much concerned about that one. For me, that was a concerning one because that's the one they kept talking about and they kept pushing.

this is the one you need to have the chemo, this is the one you're like, okay. So yeah, all spots through his lungs and that one. And then 2017. 2017 was when a friend was made aware of your program and she pointed us to square one. And so we jumped at the chance. You obviously offered free of charge at some point. So we jumped at the chance of doing it and it just sort of reinforced everything that we knew that I should be doing and should be sticking to.

I made it at that point where we were going on holiday to New Zealand and I thought, right, I need to stick to this diet. I can go on holiday and afford to deviate from the diet, I need to stick to it. So I lost a lot of weight. I went down to like a low of 60. No, you went to 58, 58 kilos. Before my holiday was probably at 65 kilograms and I lost a lot of weight, basically, and stuck to it. But yeah, so 2017 was when my friend had said, look, this guy, Chris Walk, it keeps popping up on my Facebook, you should look at this.

So we looked at you and it was very much like, this guy is cement in everything that you should have been doing. And a bit more and was like, okay, that's it. There's no, you can't deviate I'm not gonna get rid of this cancer until we stick at it. I think just previous, just previous to that, sorry Chris, just previous to that was before she had just found you, you were taken to the hospital because they'd found it in your abdomen at that point.

Christopher Wark (24:56.514)

That's amazing. Yeah.

Go ahead, go ahead.

Murray Cluley (25:12.087)

Tumours in your abdomen which was touching his bowel. So by that point it was in quite a few places. And then when you came along and we saw you we were like, okay, there is no second

chance here. You need to stick to this regardless. I just juiced for a whole week. Just nothing but juicing for a whole week basically and then the pain went away gradually. Yeah. Yeah.

Christopher Wark (25:35.214)

I was going to say it's amazing the timing of that because 2017 was when I first put the program out there and I'd been, you know, sort of a public cancer survivor for seven years. But yeah, when I finally put the program together and put it out there for the world to consume, yeah, it was 2017 and you were already primed for it because you already had a base, had a foundation and learned things, were on the journey.

So it's amazing to me and it just really delightful that it reached you at that perfect time.

Murray Cluley (26:10.977)

Yeah, yes, definitely. Divine timing for sure, divine timing.

Christopher Wark (26:17.4)

So, okay. So you jumped on, just hardcore, you know, square one program, plant-based diet, lots of raw food and juicing and, and exercise. And what were the, some of the things that, in your opinion that, that you did or that you added to your routine that made a big difference or, or were there things that you were like, okay, I've, this is another level for me that I need to do.

Murray Cluley (26:26.411)

Yeah.

Murray Cluley (26:45.759)

I well, I've written a book on our journey for the whole thing, and we've put it down to five main steps that Murray did from the start. From the start and then kind of progressed a bit more. The first one being the food and the juicing. The second one was being the meditation. Herbal supplements, spiritual connection. My friend and I would do lots of sessions with Murray for energy healing and rest, exercise, stress free.

and obviously the fastings in there as well.

Christopher Wark (27:18.562)

talk about the herbs.

Murray Cluley (27:21.367)

Well, I spoke to, there was a guy, a homeopath in Scotland at the time, and he had a newspaper column and he was quite famous, and I thought, right, I'm going to contact this guy, see what he can give Murray for kidney cancer. And they had recommended, that clinic recommended, I think called IP6. You've heard of it.

Christopher Wark (27:43.02)

Yeah, that's an ocetal, yeah, an ocetal hexaphosphate, which by the way, folks, this is a phytic acid, phytates, which have been demonized by a lot of these keto, paleo and keto and carnivore people. They've, they've demonized phytic acid as being something that's bad for you. And that's why according to them, you should never eat beans or grains.

Murray Cluley (27:46.709)

Yeah, because nobody

Christopher Wark (28:07.15)

And yet phytic acid, if you Google phytic acid and cancer or IP6 and cancer, you'll find, oh, wow, there are these studies that show this is an anti-cancer compound in these foods. So anyway, that's great. So IP6 was recommended to you.

Murray Cluley (28:21.655)

IP6, because we had never really heard of it until then. So IP6 was there. Boswellia, Moringa powder, Amla, Vitamin C. I mean, there's quite a lot to take. You might remember if you did that Chris, but there's a lot of tablets. The IP6 was 16 tablets a day. And then you've got everything else on top. Wow, there's a lot. What else was there? Things like teas, like dandelion root, green teas.

Christopher Wark (28:40.082)

that's a big dose.

Murray Cluley (28:51.873)

other herbs. Chlorella you mentioned. Chlorella, I think that was the main bulk of it. things like my Sri Lankan friend suggested turmeric. Turmeric was a good thing to have.

Christopher Wark (29:06.158)

Yeah, those are all really good things. They all have some unique anti-cancer effects. Most of those are very well studied. can Google any of the things you just mentioned, Boswellia and cancer, turmeric and cancer, and find lots of studies on this. I'm not going to say that these are going to cure cancer alone, right? That just taking turmeric will cure your cancer. But when you are flooding your body with nutrients,

Murray Cluley (29:31.703)

Exactly.

Christopher Wark (29:36.514)

And, in a variety of anti-cancer compounds, they're hitting different targets and you're supporting your body in ways you never have before. You know, most people they're not consuming. They're not taking Moringa or spirulina or, like you said, Boswellia or which is frankincense, et cetera. And so when you introduce those natural compounds into your body, one of two things happens. One, you get a benefit. Right. Or two, you don't.

But the risk of harm is approaching zero. It's, you know, you can never say nothing could ever harm you, but when we're talking about natural supplements and herbs, the risk of harm is extremely low. and so your, your approach and my approach, obviously very similar. And I guess my approach influenced your approach at some point, right? But it was just my attitude was I just, I'm going to take, you know, everything that I can find and afford. I'll take it.

Murray Cluley (30:27.169)

Yeah.

Christopher Wark (30:35.022)

If there's no risk of harm, I'll take it. And I'm talking about supplements, right? And herbs and things. If there's no risk of harm, why not? Let me just, you know, if I can afford it, if I can afford to take, you know, 10 different supplements at once, right? Or 15 or 20, I'll take them all, but don't put your faith in supplements. Yeah, folks, right? your, you've got to get the diet right. You got to forgive. You got to remove stress from your life.

Murray Cluley (30:51.553)

Yeah,

Christopher Wark (31:02.542)

You need to exercise like do those. Those are the big things. And if you get those things in place in your daily routine and you want to add supplements on top, great. Do it.

Murray Cluley (31:14.953)

That's what we say at our retreat as well, because we get clients coming to the retreat, we said if you can do everything, if you can't afford the supplements, then that's the thing that, if you can't afford it, you can't afford it, but you have to do everything else. You have to do the diet, you have to do the juicing, you have to meditate, you have to do the spiritual connection, which is getting in touch with emotions and forgiveness and all that inside stuff.

Christopher Wark (31:42.796)

getting a good night's sleep every night.

Murray Cluley (31:45.409)

Yeah.

Christopher Wark (31:46.83)

Yeah. And that's, that's, that's fantastic. Okay. So, but you said it was a six year process from when, from 2017 up until 2023, is it, am I doing the math right?

Murray Cluley (31:59.158)

No, from 2012, from 2012 to 2017. So Murray was diagnosed 2012 and then hit the diet then,

but then waned until 2017. And then it was discovered that it had spread to his abdomen. And we discovered you as well, you cemented all the facts basically, plus all the other supplements and stuff as well. And then from then, so Murray stuck to this hardcore diet. And then 2018, about a year later, we thought, right, we'll have a big...

holiday in New Zealand, but Murray was on this very strict plant-based diet with not a lot of calories. But Murray being Murray decided, you know what, I feel great, so I'm going to go skiing and I'm going to walk up a glacier and I'm going to go mountain biking. Exactly what you do. In New Zealand, it's all outdoor pursuits, so I skiing with my son, we were mountain biking, walking and that. I didn't feel that I was overdoing it, but because I've only got the one kidney, it's the way it processes the breakdown of the...

I can't explain it medically, but basically they reckoned it turned into some form of rhabdomyolysis. And on the way back from this holiday, I just felt very rough. I slept the whole way back on the flight. I got back home and thought, I'll just get a good night's sleep and I'll feel fine. But then I started to get jaundice. My eyes were jaundicing. My skin was jaundicing, yellow eyes. Went to see the doctor. She said, I don't like what I'm seeing here. You better get into the hospital.

and they were doing my bloods and that and they said that my bloods were not good at all and I was developing septicemia. So literally from there, within a couple of days of getting back off the flight, he was in intensive care. Septic shock, multiple organ failure. So again, I was thinking, God, you know, what's going on? And at the time they couldn't tell us what it was. They said, it's not the cancer.

But doctor took me to the side and he said, look, the cancer looks worse. I was like, OK, but I don't know what I'm dealing with here, so I don't know what this is. And he said, OK, we can't give him any more oxygen. Do you want him on life support if it comes to it? And I thought, yes, because the laws at Dubai at that time, they don't believe in switching off life support.

Murray Cluley (34:21.399)

But I wasn't concerned myself with that. I was thinking, okay, if you need to give up, just give them everything you've got and we'll deal with anything later on. Thankfully it didn't come to that. But his health was rapidly going down. I don't think I was aware of how bad I was. I mean, they had me on oxygen. My breathing was probably struggled a little bit, struggling, but I never thought at any point that I was going to leave the planet, you know? And then just after five, six days.

in ICU things started to turn around. I was actually sick at one point and I was throwing up like black vomit. was like blood and black vomit which didn't look too good. Mags and her pal were doing some spiritual sessions in the room at that point with me. Yeah, we were doing energy sessions with them. So it's like a reiki session where we would tune into the essence of Murray as it were and see if we could help him in any way. And that was on day five of intensive care.

And from day five after that session, that is when he started to get a bit better. Because before that, his lungs were collapsing, his only kidney that he had was closing down, his liver was giving up as well. So his life was hanging the balance and it was horrific to watch. However, after day five, he started to get better. And then of course, the oncologist and everything, they all came around as well and the oncologist had said,

As you're getting better, please come back for another scan to see where the cancer is. I suspecting the worst. You're like, OK, right. And then so we went from that to near death to three weeks later, Murray had a scan to say, oh, I don't know what you're doing, but everything's gone apart from three spots in your lung. So all the cancer in the abdomen had gone, everything in his lungs had gone apart from the three tiny spots, and the HILA lymph node had all disappeared.

so we can believe it, our own interiors basically. thought, what the heck? again, divine intervention, I know. Absolutely. Wasn't going to complain, wasn't going to argue about it, so it was a turning point as well, think, yeah. And I think at that point we knew, that was it, we're on the road to recovery. Yeah, that was it.

Christopher Wark (36:34.348)

It's interesting to think about too, whether or not that the rhabdo and, that just intense sort of near death experience and trauma, physical trauma really triggered a healing response in your body.

Murray Cluley (36:46.551)

Yeah, exactly. You know, we do wonder if he had to go through that to get rid of the cancer in the end or not. I don't think we'll ever know. I don't know.

Christopher Wark (36:56.502)

Right. It's one of those mysteries. That's really interesting to me, first of all, because I'm familiar with Rabdo. started CrossFit back in 2010 or 11, and that was something that would happen to really hardcore CrossFit athletes. If they over-trained, they would get Rabdo. But I didn't realize that you'd be more susceptible to get it if you only had one kidney, but it does make sense. Why? Because when you're

When you over train, you, you you tear your muscles, you break your muscles down and all that, that, you know, sort of, you know, the proteins and the matter that's broken down from the muscles does have to run through the kidneys to be filtered and processed. And, so it makes sense that it could get overloaded if you only had one kidney. So there's a for anybody out there with one kidney, take it easy on the, don't over train.

Murray Cluley (37:36.769)

Yes.

Murray Cluley (37:42.654)

Yeah, yeah.

Murray Cluley (37:50.027)

Yeah, exactly. Yeah, I definitely don't over train these days.

Christopher Wark (37:54.358)

And so what year was that that all that happened?

Murray Cluley (37:57.036)

That was 2018. So from that point on, knew that this was the start of the end. And I'd done 15 years working in the company. So basically, our kids were sort of leaving. The daughter had left as she'd gone back to university in the UK. The son was getting to the stage where he was going to go back to the UK. And we thought, you know what, we've done our 15 years here. It's time for us to go back to the UK. But we did say, while Murray was

Christopher Wark (37:59.0)

Yeah.

Murray Cluley (38:26.699)

was a few years before, you know when you've got cancer, you start bargaining with God, don't you? Okay, if we can just, if we do this, then can we have that? And you start bargaining, don't you? And so we said, we said, right, when, we didn't say if, when Murray gets better from cancer, when he gets better from cancer, we will help other people do the same thing. We'll open a retreat, we'll move from Dubai and.

Part of Murray's energy healing sessions that I did with him, there was boxes that came up that you had to open the box and you had to look at what was inside of it, like deal with emotions that you hadn't dealt with. there was, there's four boxes and the last box was, it had to leave work because of the stress of the work was part of the trigger of the cancer. So when I said that to him, he was like, oh, I don't want to leave Dubai. Cause it was great, right? We were having a great time. And the kids were having a great time.

But I was like, well, I'm telling you, I need to believe what I'm seeing. The other side is saying, there's box four, you have to leave work. And we did say we'd help other people. So 2018, when he had the three spots left, and now clear, we said we would leave. We said we would open a retreat. So we need to do it. That was my bargaining chip. I said, you get better. We're leaving. We're going to open a retreat. And that's what we've done.

Christopher Wark (39:52.248)

So tell me about that. Where is it and how does it, where does it look like?

Murray Cluley (39:55.576)

We bought a place with three acres just outside Glastonbury, quite rural. So we've got a couple of cabins on the land. We've got a paddock area, we've got an orchard. We do the organic fruits and vegetables as much as we can. So people come to us generally for a couple of days for a weekend and we go through everything that Murray

did to heal himself. So we'll talk about diet, we supply the food, we supply the accommodation, Murray takes meditations, I'll do an energy session with them, we talk about supplements. And basically the five steps that will go through the whole thing with them, so that they're on a path of, okay, there's an alternative to healing.

Christopher Wark (40:48.75)

That's great. What's it called?

Murray Cluley (40:51.253)

Well, we've got it as a kicking the terminal out of cancer or kick, sorry, kick the terminal out of cancer is what we've got it as. It's on our website. Our website is [kicktheterminaloutofcancer.co.uk](http://kicktheterminaloutofcancer.co.uk) and everything's on there. The cabins are on there.

Christopher Wark (41:04.846)

Okay, we'll link to it. Yeah, we'll link to it in the show notes. And then you also wrote a book, right?

Murray Cluley (41:10.357)

Yeah, I wrote a book on the journey because I thought, how do you get it out to as many people as possible to help? And I thought, surely the book. And again, the message I kept getting was, you need to write a book, you need to write a book. So I thought, right, OK, I'll write a book. I thought, I've never written a book, right? Who am I to write a book? I don't know where to start. So we did that 2020, and then it was published 2023, end of 2023.

Just to get it out there, just to give people, as I say, an alternative and just to detail everything that we've talked about here, everything that Murray did, the diet that he had, the retreat that we do. Again, we don't preach to people. We just want to tell them our story, my guy, what happened. Yeah, we're definitely not here to preach.

Christopher Wark (41:57.999)

I think it's terrific. Yeah, I'm glad you did it. I mean, I'd never written a book either. When I wrote my first book, it was like, and so I think every person who has done something remarkable like surviving terminal cancer, healing terminal cancer should write a book. It doesn't matter if you've never written a book before. You can do it because your book will reach people that my book won't. It will. And so the more

Murray Cluley (42:03.127)

That's

Christopher Wark (42:28.054)

The more books out there, the more testimonials and interviews that we can put out there into the world to give people hope. Like I said, at the beginning of this interview, hope and encouragement and faith, the belief that healing is possible, the better. And so I think it's terrific. I'll make sure and link to your book in the show notes below the video. And, and of course your retreat center too. So people can find you and connect with you if, especially, you know, kidney cancer.

Murray Cluley (42:42.805)

Yeah, definitely.

Murray Cluley (42:48.227)

Thank you.

Christopher Wark (42:56.13)

But the principles that I know that you're sharing, the principles that I teach, they're not cancer specific. These are just foundational, time-tested principles of health and healing. And you can incorporate them into your life. These are things that any person can do if you're willing to change and you believe that healing is possible. These are things you can do to help yourself.

Murray Cluley (42:56.396)

Yeah.

Christopher Wark (43:24.994)

You know, one of my big messages, I have a lot of messages, I feel like I have a lot of, you know, lot of horns I'm blowing, you know, but one of them is that you're not a victim of disease. And most people believe that they're victims of disease. So this is one of our fights, right? Is to overcome this false belief that is so pervasive, which is that

Murray Cluley (43:40.876)

Yeah.

Christopher Wark (43:53.002)

You are a powerless victim of disease. Nothing you did contributed to your disease and nothing you do will help. Right. The only, your only hope is a medication or a procedure from the medical establishment and no, you don't need to change your life. Right. Did you just keep living your life exactly as you were? You don't need to change jobs. Don't need to eat healthier. You don't need to exercise. Right. You don't need to pray or meditate or, know,

You don't, no, no, no, you don't need to do any of those things. Right. Just show up for your next appointment, right? Your next doctor or treatment or whatever. And that is false. Right. It's, it's

an absolute deception. And by the way, I'm not saying don't go to the doctor. I'm not saying don't do treatments. What I'm saying is there's so much you can do to help yourself heal in between doctors visits. Right. And that's what.

Murray Cluley (44:31.243)

Yeah. You better work on it.

Murray Cluley (44:44.329)

Absolutely.

Christopher Wark (44:48.342)

I'm glad. I'm so glad you have a retreat center. It's amazing. I mean, that's fantastic that you're doing that and, that you have a book out because again, we're just trying to help people understand like you're not powerless. You can, you really can't help yourself if you're willing to change your daily routine and it's not complicated. It's very simple.

Murray Cluley (44:51.009)

Yes. Yes,

Murray Cluley (45:02.156)

Yeah.

think that's it. If you start believing what the doctor tells you sometimes, you ain't going to live very long because they said to Murray, okay, we'll give the first scan he had after the operation in London, it was very much, okay, we'll give you palliative chemo. And I said, oh, so we're talking about cure. Oh, no, no, no, we're not talking about cure, and I'm says the doctor. I'm like, oh, all right, okay. So you start to think, okay, this is not good. But if you...

We had to go into the doctors, I had to prep myself up and kind of coach Murray in some ways when we went to the doctors, say, okay, we don't have to do everything that he says you have to do. Because when we're in Dubai, the oncologist, every time you went for a scan, the oncologist say, okay, have you thought about doing the chemo now? Because we've got this new advancement in this chemo drug, and this is the best one for chemo, for kidney cancer. And I was like, God, here we go again.

So they still plug it, plug it, plug it, and they're still on the same train. And if you, I suppose if you're not strong enough, it's so easy you could go, okay, you know what, let's do it. Let's do it. So we just had to say, we're going in there and we ain't gonna take it. We're going in with the message of, we want the result, but we don't want to do the chemo, so we have to come on, right.

Christopher Wark (46:16.078)

It's hard to say no.

Christopher Wark (46:26.06)

Yeah, it's hard to say no. It's really hard to say no. It's hard to say no when there's a lot of pressure, right? And it's hard to say no when there's no pressure, right? It's still hard to say no. Even if you're not being pressured, if your doctor is just suggesting it, it's hard, you know, and, is a very nice person, right? It's still hard to say no because of the fear. Like what if, you know, what if I, what if I, what if I die? If I, if I don't do this, I'm going to die, you know?

Murray Cluley (46:28.033)

Yeah.

Murray Cluley (46:38.785)

Yeah.

Christopher Wark (46:55.412)

And, and so it does take, you know, you've got to get your wits about you. You it's really important not to be rushed into treatment. say this over and again to ask questions. mean, again, you just, you just gave such a great example. It's like, you, you asked this clarifying question when he said palliative and you said, mean like a cure. And he said, no, it's like, mean, just that little, that little, clarifying question opened up.

Murray Cluley (47:02.901)

Yeah.

Christopher Wark (47:22.444)

you know, the conversation and really like kind of laid the truth out there for you. mean, if you hadn't said that, you might've just thought, well, okay, he's going to, you know, this might cure him, right? Just might've just gone along with it because you just, assumed that, and this is the big mistake. Again, I talk about this in my, in my first book, but, the language that doctors use, many, in many cases sounds really good.

Murray Cluley (47:26.123)

Yeah. Exactly. Yeah.

Murray Cluley (47:33.279)

Exactly.

Yep. Yeah.

Christopher Wark (47:50.636)

Right. When they say we've got this brand new treatment that's the best, right. For your type of cancer or it's highly effective for your type of cancer. And yeah, it's new and it's, very effective. Well, when you hear very effective, think, well, that means cure, right? Effective means cure,

doesn't it? No, it does not. Effective means tumor shrinkage, right? Does not mean cure.

Murray Cluley (47:55.073)

Yeah. Yeah.

Murray Cluley (48:02.731)

This new drug, this new drug is what we got.

Murray Cluley (48:12.065)

Yeah.

Yeah.

Christopher Wark (48:20.974)

And, but again, you hear this all the time in oncology offices that they use words like beneficial and effective and, obviously, anything new. It's funny. I was talking about this with my team just the other day. there's a, there's a, logical fallacy and it's called novelty bias.

And, novelty bias is basically our inclination to prefer anything that's new. Right. We sort of assume that if it's new, it must be better. Right. I mean, I'm guilty of it. We're all guilty of it. And so it's like, what's the newest thing I want to do the newest thing. Right. I want to have the newest thing. It's like, I want the newest iPhone or whatever, but even with, know,

Murray Cluley (49:01.569)

Yeah.

Murray Cluley (49:08.722)

Yeah.

Christopher Wark (49:14.35)

with health fads, what's the newest health fad? What's the newest dietary fad? What's the newest supplement fad? What's the newest, you know, chemo drug? It's, it's the same. we have the same sort of inclination to prefer something new rather than looking at what's old, right? And what time test it. So we're biased against anything old. Oh, that's old. That's, that's old. But yeah, but it still works. Yeah. It's old and it's still around for a reason. People are still doing this because it's time tested. So.

Murray Cluley (49:30.293)

Yeah, yeah.

Murray Cluley (49:37.281)

Yep. Yep.

Christopher Wark (49:42.902)

Anyway, that's, that's a sidebar, but it's so common. And once you kind of understand that you can actually catch yourself. Am I, am I feeling like this bias toward this? Cause it's new without any evidence, right? There's no evidence that's better or good. I'm just drawn to it because it's newer and maybe I shouldn't.

Murray Cluley (49:56.097)

Yeah.

Murray Cluley (50:03.595)

Yeah. No, exactly. Yeah, yeah. Plus, when the oncologist is giving you this news, you have to remember that he doesn't know you. He doesn't know what kind of person you are, what you're capable of. So you have to remember that, you that you have the inherent ability to heal inside if you get everything together in the right place, the head and the mind and the diet in the right place. And you can't do it. So you don't have to listen to somebody that's sitting there in the white lab coat, you know.

It's choice, can make that choice yourself. The oncologist in Dubai, when we first started going to him after Murray had his kidney out, and we said, okay, I said, right, we're going to sort the cancer, we're going to cure the cancer, we're going to do it with diet and lifestyle, and he just completely blanked me, and he was just writing these notes, thinking I was an absolute crazy. He was just like, yeah, yeah, whatever. But then when we went in there in 2018, and he skipped in the room, he's like, oh!

What were you actually doing then to get rid of all the cancer? What did you do? And I thought you were not interested in any of the years before. And suddenly, because it's not there, he was writing these notes going, well, it may have contributed then. But previously, he said, if you do no chemo whatsoever, your chance of survival is extremely low. I mean, was something like... Five years with chemo. Yeah. I think it was zero to five percent if you don't take chemo. That was your percentage of survival.

And if you have the chemo, you weren't going to live that long anyway. that's... Yeah.

Christopher Wark (51:36.622)

And that's scary. Those are scary percentages.

Murray Cluley (51:41.068)

Yeah, it is scary but then, you know, as I think we've both said, it was a blessing to be terminal because then you start to live. And we've always said, we, you have to be comfortable and come to terms with death before you can start living. Because the clients that we see, the clients that we see, they're so scared of dying and I think a lot of people are, majority of people are probably scared of dying.

when that day comes because they're I've got too much to do, I don't want to die. You know what? We're all going to die. You have to be comfortable with it, you have to come to terms with it because then you can start actually living your life without the fear.

Christopher Wark (52:25.518)

That's right. That's good. Very, very good perspective. You know, I think there's two things that I think about. One is some people have a fear of death. Others don't, but then others, have a fear of the impact that it'll have on their loved ones. That's, that's a little harder to overcome, right? You can overcome your own fear of death, but then just knowing the impact of loss.

Uh, on your, on your spouse, on your children, you know, I mean, that is very hard, right? It's very hard and you can, you can get your will in order. obviously please do people, if you don't have a will, we're dealing with a family situation right now where someone died and didn't leave a will and it's a mess. It's a real big mess. So a public service announcement, get a will, get yourself a will and even better, a trust. If you want to protect your assets. But anyway,

Murray Cluley (53:16.939)

Yeah, yeah.

Christopher Wark (53:21.518)

sidebar. But the point is, yeah, you can do all those things and they're very important to do, still losing a loved one is still such a terrible thing.

Murray Cluley (53:31.96)

Yeah, well was a big weight in my mind, worrying about what would happen to Mags and the kids and it got to a stage where thought, well I can't afford to keep on worrying about it, I have to park it, I basically have to start to be selfish and start looking after myself and getting myself to full health before I can start looking after Mags and the kids. Which we both said was you need to sort you out. I suppose for us it was slightly unique, we were in Dubai so the world there is

Christopher Wark (53:39.086)

Yeah.

Murray Cluley (54:01.205)

more geared towards men. So Murray had to do a will. Well, we decided to do a will because Sharia law was dictating that my children, if Murray died in Dubai, that my children were going to his father and brother. So it was a bit worrying to think I'm going to be stuck in a situation in a house that doesn't belong to me and the children are not going to belong to me. it was a bit of a, okay, it was just something else. I had to get my head around.

Christopher Wark (54:14.67)

Mm.

Christopher Wark (54:31.458)

Yeah, that's a whole nother layer of complication with Sharia law. Yeah, that's, that's crazy. I didn't realize that that, that would happen. You would, and you would just be left. You would be left out. Yeah. Well, I, I am so, so excited for you. I'm just so glad that you're alive and thriving, that you're doing well, that you're not, your focus is now on helping others survive and thrive and.

Murray Cluley (54:31.927)

Yeah.

Murray Cluley (54:40.649)

Yeah, so it cost a lot of It cost a lot of money, but we did it.

Christopher Wark (54:58.986)

And giving them hope and encouragement and practical like tools, practical information, a strategy, path to follow. And, and then having a retreat center where they can come and just sort of get a, you know, reset and reboot, you know, and then go back home and implement. yeah, I think that's just great. I'm just so happy. I'm so happy to be a part of your story too.

Murray Cluley (55:26.679)

Oh, thank you. I mean, we, well, I had put this out to the universe years ago that I was, we were going to have an interview with you at some point. I was like, putting it out there. Cause we'd read your book. You were instrumental in 2017 when we'd saw that Facebook page and we were like, okay, there's something about this guy. We need to look at this guy. We need to implement some things from him. It's cementing everything you're doing. And so I was like, we're going to speak to this guy. We're going to speak to him. And you know,

Dreams come true. This is it, yeah. And it's all but... Big soup.

Christopher Wark (55:58.798)

Well, that's so sweet. And, I just love it so much. I love it so much. I, I'm just so, again, whether or not I was a part of your story, I just get excited to share any story of survival. You know what I mean? It's like, it makes me so happy to share someone's story who has healed against the odds. And, and it's just cool that we were able to connect today and that again, I love.

I would say I love the fact that I'm a part of your story, but I'd love your story even if I wasn't, because it's awesome. Yeah.

Murray Cluley (56:35.959)

And it's all about spreading the word, isn't it really? And I think we all know that there's a big stigma connected with cancer and it's almost like we have to get away from that. It's almost like we need to call it something different to make people realize there's other options there, you know, that they can heal themselves. So let's carry on.

Christopher Wark (56:50.498)

Yeah. It takes time, time and effort and you have to be diligent, right? You have to be dedicated and you know, healing doesn't happen overnight. takes time and there typically is not a quick fix miracle cure magic bullet, right? But there are, you know, there is a path that people have followed, right? That people have taken, excuse me, there's a path that people have taken to heal and that path is available to you.

Murray Cluley (57:15.168)

Absolutely.

Murray Cluley (57:21.099)

Yep. Yep.

Christopher Wark (57:21.11)

right? It's available to you. And I'm glad you're, shining a light on it as am I. And yeah, this has just been a great interview. I'm so excited to share it. So is there any, do you have any closing thoughts or any words of encouragement or advice that you'd like to share? I what I often ask survivors is, know, what do you tell someone if they come to you and they're first diagnosed and they're like, what should I do?

Murray Cluley (57:32.265)

thank you. Thanks, Rohan.

Christopher Wark (57:49.038)

What's the first thing that comes out of your mouth in terms of like, okay, what's the first thing this person needs to understand? What is that?

Murray Cluley (57:55.96)

For me it's probably tell them to try not to worry. I know they're probably thinking they're in a bad, but I think when you get diagnosed with cancer, it's an indication that you've lost balance in your life, that you need to bring that balance back. And you won't do that if you're in a mentally stressed position. So you have to try and relax and try not to worry. It's easier said than done, but that's one of most important things. And then the food and the plant-based diet and the juicing and that, that helps, that foundation helps you get to the right place.

I would say don't give up hope. Don't ever give up hope until you draw that last breath because I think that's what most of our clients say to us. You've given me some hope. You've given me some hope that there is an alternative that I don't have to go down mainstream or I could do mainstream with your help as well. And I'm like, absolutely. You have to do, we never preach to people and say, you must do what we do.

Everybody has a choice to do what they think is right for their body and as Murray said the

doctor doesn't know you so you have to listen to your body and you know you start somewhere and if you start small and then just ramp it up Great if you want to start big and go big go for it, yeah, you just have to start somewhere

Christopher Wark (59:17.87)

That's good advice, right? It's if you're just willing to take the first step, right? Get the ball rolling, you know, and you will learn as you go, but you just got to start. All right. You can't learn it all overnight. You can't get it all figured out in a day or even in a week. But if you just decide I'm doing this, right? That's what I did too. It's like, I read a book about raw foods and healing and juicing. And I was like, I'm doing this. I'm okay.

Where do I, who sells juicers? Right. Where can I get organic produce? know, just step by step, right? Day by day. I'm like reading and learning and like, these supplements might be good. Okay. I should take, maybe I'll take this and maybe I'll take that. I can add that to my routine. And, you know, it's just like bit by bit as you're committed to learn and grow and change, you'll figure it out. Right. You will figure it out. And I love what you said.

Murray Cluley (59:49.825)

Yep.

Murray Cluley (01:00:03.276)

Yeah.

Murray Cluley (01:00:13.569)

Yeah.

Christopher Wark (01:00:16.45)

You got to set the worries and the fears aside. Don't, don't give up hope, right? You have to fight hopelessness. And the way that we help fight hopelessness is by sharing your interview, right? This is the fight. Like when you see people survive, it gives you hope. And, and so, yeah, I just, I just want to just second everything you said is just so valuable and it may sound superficial. Some of the things that we've said, but

Murray Cluley (01:00:26.635)

Yeah, exactly.

Christopher Wark (01:00:45.47)

They're not, these are deeply profound, simple, simple, but deeply profound things that really do make a huge difference in your quality of life and having joy in your life, having purpose, and then taking control of your life. And like you said, Murray, getting your life back into balance. I think that's a really big takeaway. And, and I'll just say,

Murray Cluley (01:00:58.743)

Yeah.

Murray Cluley (01:01:07.969)

Yeah. Yeah.

Christopher Wark (01:01:16.558)

If you are willing to admit that maybe this is my fault, right? Right. Maybe I have contributed to my situation. I think it's very healthy to just say, you know what? Maybe this is my fault. don't, you don't have to beat yourself up or whatever, right? But just saying, Hey, you know, this may be my fault. And, and if so, this is the logical right steps. This may be my fault. And if this is my fault, then that means I need to really take a

Murray Cluley (01:01:21.95)

Mm-hmm.

Murray Cluley (01:01:33.321)

You

Christopher Wark (01:01:45.336)

hard look at my life, really think about what's out of balance, as you said, and what need, what can I change for the better? What's wrong in my life that needs to be made right? You know, and so you just start, it starts you down a path of, creative problem solving, right? Instead of just being in, in the, even, not even on a path, just being stuck in a pit.

Murray Cluley (01:02:07.137)

Absolutely.

Christopher Wark (01:02:14.272)

of victimhood, right? It's like you start to climb out of the pit when you start to like really think about how can I help myself? It's like you're, that's when you start climbing out and

Murray Cluley (01:02:15.787)

Yeah, absolutely.

Murray Cluley (01:02:24.311)

I think this is it. A lot of clients we see, they're looking to blame someone else for what's happened to them. When one of the first sessions I did with Murray, energy sessions I did with Murray, it was very much, you've created this, but you can also undo it all. It was very much they were telling me, you created this disease by the stress that you were under by your diet.

by our poor relationship at the time. You know, the whole myriad that caused it. But you can also undo all that. And you know, we do honestly, and I know people say it and some people don't believe it, but we do genuinely think it was a blessing. The cancer was a blessing. It made us

change who we were to become the best version of who we are now.

Christopher Wark (01:03:18.956)

I hear that over. mean, I hear it over and over. Cancer is a gift. Cancer is a blessing. And because we learn things from adversity that you cannot learn otherwise. And your life is often enriched through not in the middle of adversity, but through the adversity, right? Sometimes in the midst of it. Yeah. Also. But the perspective that you get on how precious life is and how

And much you cherish your loved ones and your family and, you know, that sort of refining fire that burns off the impurities in your life, you know, in the middle of the adversity, it's, they're all very good things. And you look back and go, man, I, I don't want that to happen again, but I'm, I'm glad it happened. My life is better now. And this is a, I'll close with this because this is something, there's a

Murray Cluley (01:04:11.094)

Yeah.

Christopher Wark (01:04:14.848)

I wrote a little bit about this in beat cancer daily, but this idea that, I think it's really important to, to believe, to start to imagine and believe that your life after cancer will be better than it was before. Because when a person is diagnosed, feels like your life's over. It's hard to imagine your life being better. think your best life was before the diagnosis, right?

Hey, we were living our best life and now it's just the worst ever. Right. But if you start to entertain this idea and start to believe that, know what Chris said, and Mags and Murray agreed with him that, that your life after cancer can and will be better than your life before the diagnosis. Like you start to just be wonderful things happen. And it's true for me. know it's true for you.

Murray Cluley (01:04:56.695)

Yeah, absolutely.

Murray Cluley (01:05:04.151)

Absolutely.

Murray Cluley (01:05:09.195)

Yeah, absolutely. I would never have thought we would have been here, you know, all these years ago. I would never have thought this was our path in life, but it just feels so right. It just feels so right to be here and to be doing what we do.

Christopher Wark (01:05:24.184)

I love it. Well, Mags and Murray, Murray and Mags. I think you're terrific. I'm so glad we did this and I will make sure and link to you. The book is called Kicking the Terminal Out of Cancer and the website is kick the terminal out of cancer.co.uk. Did I get it right? I didn't even, I didn't even

have it written down. That was strictly from memory.

Murray Cluley (01:05:42.124)

Yeah.

Murray Cluley (01:05:49.495)

Yes.

Murray Cluley (01:05:53.437)

see? Well done, yeah, good. That's it, yeah.

Christopher Wark (01:05:55.17)

Yeah. Yep. And there's the book. Yep. Holding it up. Great. Okay. We'll link to it. Well, thanks everybody. Thanks for watching. Thanks for listening. Please share this interview with people that you care about, people diagnosed with cancer, especially kidney cancer, but any type. Because again, what we talked about, these are universal principles of health and healing. And so people that have healed lung cancer or colon cancer or kidney cancer or leukemia or lymphomas, all the people I've interviewed and there's

Murray Cluley (01:05:59.192)

Yeah, that's a good question.

Christopher Wark (01:06:23.136)

A ton of them on we're getting close to a hundred now on Chris beat cancer.com on the podcast and YouTube and all that. they all did basically the same things. And so you will see the common threads. If you just start listening to these interviews, just start paying attention to the survivors, learn from long-term survivors. If I can leave you with just yet another nugget is pay attention and learn from the long-term survivors. Don't listen to people that haven't healed cancer, right? And people that are.

Maybe newbies that just, you know, just got cancer free six months ago or a year ago. Don't listen to those people. Right. Listen to the long-term survivors. A lot of them out there. And so anyway, thanks for sharing in advance folks, but help us reach more people, help, help us encourage more people by sharing this video or this post or this podcast with, with people in your life that, could benefit from it.

All right, well, have a great day.

Murray Cluley (01:07:19.388)

You too, great talking to you. Thanks so much Chris. Thank you. Bye.

Christopher Wark (01:07:21.314)

Bye, everybody.

