

Chris Wark (00:16.782)

Well, hey everyone today I'm interviewing Rick Hill. He's an author and 50 year cancer survivor who overcame stage three embryonal cell carcinoma without chemo or radiation. Rick was diagnosed in 1974 by the Mayo Clinic at 23 years old and given little hope to live. But Rick chose treatment at Oasis of Hope Hospital in Tijuana.

where he followed a treatment program that was centered around laetrile B17, nutrition and detoxification. And 50 years later, he's still living. And he is continuing to share his remarkable story of beating cancer naturally. And he works with Richardson Nutritional Center, which is a distributor of apricot seeds and laetrile. And some of you know,

Rick Hill (00:55.488)

different.

Rick Hill (01:13.407)

Right.

Chris Wark (01:15.918)

John, I've interviewed him. So anyway, I am excited, Rick, to connect with you and share your story. just think it's awesome that, you know, you're, you're, I mean, 50 years, 50 years later, I mean, that's, that's one of my goals. I just hit the 20 year mark. I'm at actually 21 years, cancer survivor. So I've got a long way to go to get to 50, but we were diagnosed, you know, about the same age. I was 24.

Rick Hill (01:42.398)

Yeah, that's actually when I was diagnosed at 24.

Chris Wark (01:44.974)

I mean, I'm sorry, I don't know why I said 26. But still, right? Young guy.

Rick Hill (01:52.91)

That's right, way too young to have to go through that.

Chris Wark (01:54.968)

So yeah, talk about your type of cancer. That's a pretty rare one, right?

Rick Hill (02:00.586)

Yeah, it started out as testicular, which is not that rare for a young man. I was at the Mayo Clinic after having been around with the local doctors. Finally, when I was living in New Ole, Minnesota at the time. So he said, look, Rochester is about a three hour drive. Let me just send you over there. And I was in there maybe a day and they said, we need to do some exploratory surgery.

And I didn't know.

I'm not a doctor. I would have done anything they asked. And I said, yes, doctor. So the next day, eight and a half hours of surgery, 16 inch scar. And when I came to on morphine, that didn't help. They said, well, here's the deal. You have cancer in your lymphatic system and it is widespread. We operated on the tops of your feet.

with a lymphangiogram and we operated on your neck up here. And they said, in two months, every organ group of your body is going to be shutting down because you will have cancer there. And so we've got some chemo, we're gonna start that in a few days, but call your family in. It's time for you to prepare should you not make it.

And, you know, I was 24 years old. thought, and I worked for God. I was a parochial day school principal. And, you know, and I thought, golly, that ought to count for something. I wasn't a designer on the Titanic or anything, but it was that bad. And here's where I see unmistakable footprints.

Chris Wark (03:36.43)

Okay.

Rick Hill (03:56.892)

of the Lord. And that is that that afternoon, Chris, I got a 13 cent stamp letter from a John Birch Society guy. That's like MAGA on steroids. Okay, you know about it. And he also was a Baptist pastor. And so I opened the letter and thinking, what's John Ballantine want with me? And he said, basically this, said, Rick, if you want to live.

you're going to need to leave the Mayo Clinic. And I read that letter and I knew, I had his phone number, I called him up and said, John, it's Rick Hill, yeah. Where do you think I would go? I'm at the Mayo Clinic and I've got good insurance. And he said, well, how are you doing? I said, well, not good.

He said, Rick, you've got to go somewhere where they understand the immune system. If that's brought back online, you stand a chance. And I said, I was kind of snarky, you I said, well, where do you think I ought to leave the Mayo Clinic and go, John? And he said, are you sitting down? When someone asks you if you're sitting down, it's never a good idea to get the answer.

And I said, yes, I am sitting down, John. said, you fly to San Diego. And I said, you know, who doesn't like San Diego? But then he said, yeah, then you're going to take a bus to Tijuana. And, and I said, my family's been, came in to say goodbye. And I don't know if I can get up and say to them, I'm leaving Mayo and I'm going to TJ. You know, that's for chicklets and.

Margaritas. And he said, well, Rick, there are clinics around the world actually that understand the immune system. God designed our immune system to protect us always. It isn't until we

muck it up with either bad thinking or bad diet or, know, I'm talking to the choir here. And he said, they understand that. let me, look, I'm not going to argue with

Rick Hill (06:18.9)

Let me give you a couple of phone numbers and the doctor's phone number and you check it out. Okay. I said, I appreciate the letter. Thank you. Hung up, called the patients. Of course he gave me glowing, you know, report patients. And then I called Dr. Contreras. Then not a famous doctor, then a quack according to the American Medical Association and most of Tijuana.

And I got him on the phone. said, Dr. Contreras, my name's Rick Gill. did that, that, Here's, here's what I've got. listened. He said, okay, I'm familiar. And, and you are pretty sick. How much do you weigh? I said about 120 pounds and drifting fast. And he said, how do you feel? I said, well, you know, I got a scar big enough to crawl out of.

And I'm not feeling good. They've got me on pain medicated. He's pain, what? Yeah, I told him. And he said, all right, I'm just gonna make this quick. He said, look, if you come down here for treatment, are you willing to do what we ask you? Because what we have here, Rick, is participatory medicine. Meaning, if you don't help me, if you don't fully participate in what we're doing.

you're not going to get well. They'll blame me, family members, maybe you. And we have wasted that money and that time. So I'll ask you again, are you willing to do what we ask you to do? I said, well, Dr. Conferres, on the outside, yes. But I mean, you might ask me to hang by my toenails, you know, till dawn. I said, I don't know you. He said, okay. And of course you don't, but I'm a medical doctor.

I worked in Boston Children's Hospital in oncology for quite a while. In other words, I don't have a shade tree operation and I'm hoping to learn a few things. No, we're getting really good at this particular kind of medicine. I'd like you to come. And at that time, the First Baptist Church of New Home said, if he goes, we'll help pay for it. These were not rich people.

Rick Hill (08:39.69)

They had to dig deep to get that kind of money. So I had that thing. And so I met, I said to Dr. Condera's, right, let me call the chemotherapist at Mayo because, you know, they're working with me and I've been here over a month. So I called him up and I told him what I was thinking. And he said, I said, what do think I should do? You know, you've read my test results. You know what's going on.

And he sat back in his chair and he looked at me and he said, you know, Rick, it is warm in Tijuana this time of year. And I said, message delivered. All right. Thank you very much. In other words, they're not going to help you. We're not going to help you. You might as well lay on the beach, you know, do what you want to do. And I went then back to my family and we had dinner and then I said,

said to the family at dinner, said, I'm thinking about leaving the Mayo Clinic and going to Tijuana, Mexico. I looked up and my whole family was going.

And my older brother, Sam, Sam Hill, it was an expression years ago. He said, Ricky, we always knew you were stupid. We just didn't know how bad it was. If you leave the Mayo Clinic, I will never speak to you again. And I said, well, Sam, at this point, that's pretty hollow. If I don't leave the Mayo Clinic, you'll probably never get to speak to me again. And I went around and they all nodded. got to my dad. says, ditto.

So, but then here's someone second road sign, someone who stood in the gap. My father-in-law stands up, not even a member of the Hill family. And he says, I like it. I'll take him down there and I'll help pay for

Rick Hill (10:40.052)

I said, deal. I mean, come on. The chemotherapy therapist told me I was dead duck. And I said, thank you, Les. And I looked around the table and they were all looking at their shoes. They didn't want to help pay for it. They didn't want to, no. So they said, well, what is this treatment? I says, well, they take apricots. They have these little kernels that look like almonds.

but then they're very bitter, but they grind those up and they get an oil out of them and they inject that in my veins. And he said, wait a minute, wait a minute, you're going to Tijuana to have apricots put in your veins. Is this what we're hearing? And I said, well, yeah, but there's a theory behind it, Dr. Beard and Dr. Krebs, but at this point I'm just not sure.

And they said, well, if you want to go to Tijuana and have apricots shoved all over you, we'll pray for you. That was it. I left two days later. I got down there and Chris, it was a rabbit going through the rabbit hole. I grew up a Detroit greaser. I wasn't a tree hugger. Far as I know, there wasn't even a health food store in my area in the seventies. I went to one in San Diego. Golly, you know.

Ravi Shankar music playing in the background. One guy gets a bunch of stuff out of a barrel and goes, wow, I can feel it.

I gotta get out of here. Now, some of your viewers will hear me and go, I think I know what he's saying. They may not blend. They may not be, you know, tree huggers. And I say, it doesn't matter. And the second thing was,

Rick Hill (12:41.108)

I hear people say it, especially when I got back, is about alternative methods like you did and I did. Unless you believe, unless you're 100 % sure that this is the way to walk in it, unless, unless,

Do you really think, anybody listening to me, that I was more confident in putting apricot stuff in my veins in Tijuana, Mexico, than I would be at the Mayo Clinic?

So why did I go? Well, because one doctor was honest with me because my father-in-law said he'd help me and my church got behind me. And I said, even though I don't understand it, even though I'm going to take that first step and I'm going to do what they ask and I'm going to see how this, my wife got on the airplane with me, can't do that anymore, but we were both crying and

I said to her, sweetie, I think it's a one-way ticket. I don't think I'm coming back.

That's how I felt. But after I was there a while and I saw what they were doing and I read a little bit about why they were doing it, I said, this probably is going to work out. So what kind of initial questions have you got? What have I left out?

Chris Wark (14:07.98)

Well, I, you know, I love what you just said. I think that was a really interesting point about, sounded to me like you were making a point about belief and we know belief is important, but, it's people say when people say, know, you must believe that it's going to work. That's sort of implying that it's only the placebo effect will cure you. Right. And, and we know it's more than that. mean, the placebo is powerful, right? But

Rick Hill (14:30.474)

Yeah, I know.

Chris Wark (14:37.464)

you know, it sounds like when you went down there, we, we had the same initial belief system, which was, certainly weren't convinced, right? You weren't convinced you were going to get well. I wasn't convinced I was going to get well. I was hopeful, right? I had some hopes and as I started down the process, my hope increased.

Rick Hill (15:05.673)

That's it.

Chris Wark (15:06.574)

And my beliefs increased, right? My faith increased as I began to change my life and trust the Lord to lead me. I saw, you know, I was reading and researching and learning more about nutrition versus cancer and other discovering other people who had healed. Right. Did you have that, that same progression of thought where your, your faith and hope increased just as you took those next steps?

Rick Hill (15:32.946)

identical. And I was only there three weeks. I'd been in, in, at the Mayo Clinic longer. And, and

there were other aspects that I really had to pray about. Like the nurse came in like the third day and said, all right, we're gonna start your detox, Mitale. I said detox. Okay. What is detox? And she was carrying a, like a hose with us, you know, thing on the end of it. And, and she said, well,

Have you ever changed the water in your radiator of your car? And I said, yeah, yeah. How'd you do it? I said, what do mean? I took the top and bottom off and put the garden hose in there. When it ran clear, I capped them up and laid rubber out of the parking lot. Why? She says, well, that's exactly what we're going to do. And I said, where does the hose go? And it wasn't what I was hoping. Here's a Detroit greaser.

And this woman standing there with a hose and a jar of Vaseline. I mean, I thought, what, what was I thinking? You know, and then the food, you know, they served organic food, vegetables or fruit. Take your pick. And things like avocado. I'd never eaten an avocado before I got there. Green squishy thing looked more like a diaper. I just, I would look down on my plate and I'd look around, you know, are people eating this or they're going to hide it?

And you know, like you, I took baby steps toward it. And, and, and I felt by the third week, Chris, two things. One, I began to actually enjoy some of it because of what I had read and knew. And secondly, Leotro B17, I think you've seen bottles like that has a natural painkiller in

And I remember I'd gotten off of powerful Mayo Clinic painkillers, Kinresey pink elephants. And by the third week, I was walking straight up instead of hunched over like a 90 year old man. And I was feeling energetic a little bit and my energy was coming back. So there was evidence that I had taken the right path.

Rick Hill (17:59.604)

But boy, things like, fasting, I began doing a couple days fast with watermelon juice, which I like still today, but it's alkaline and it's full of important nutrients. And then after the fast, I would do a colonic because you know, everything goes to sleep during a, a fast. But those are things that were totally foreign to me. And

It became so common that I was walking through my living room on day with a hot water bottle and syringe to do a colonic. My daughter, who was about 12 or 13 at the time, looked up, saw me and said, not feeling well today, dad? In other words, it was okay. It was common. And when I was a little kid, I mean, little, like, like four or five years old that I would remember if we got a bad flu, my grandmother raised in Sand Mountain, Alabama.

would get a turkey baster to her version of a colonic, which means two things. We lied about how we were feeling always. How you doing, Rick? Great. The temperature of 104. Yeah, I was just out running and it's hot out. What do mean? And then secondly,

I didn't eat much turkey gravy at Thanksgiving. I knew what grandma did with those pasters. And no thank you, I got plenty to eat here. Thanks, thanks grandma. But little things like that

that happened that I learned along the way and thank God you and I came out of this thing on the right side of history. And now that Bobby Kennedy is around.

there may be a chance for us to speak openly. At the last convention that I did, I actually had this in our booth.

Rick Hill (20:01.984)

You know, those are vials of the B-17. Had I done that even two years ago, they'd have had me in the squad car. And when I left Tijuana, Chris, I had to smuggle B-17 in my underwear because they were checking at the border. I didn't get out of the car, but they were checking. And do I look like a smuggler? I look like the guy lives next door you barbecue with once in a while.

Chris Wark (20:23.831)

Wow.

Rick Hill (20:32.468)

We shouldn't have to do that stuff. We should have freedom of choice. And that's what I hope Bobby does. I don't care if he never believes that what I did actually works. I just want him to say if there's some evidence, if there's studies, and you want it, you should have the chance to do it. What do you think?

Chris Wark (20:55.318)

I absolutely agree. I'd love to know what your, how long you stayed at Oasis of hope and what the daily routine looked like. You mentioned that it was an organic diet, guess, predominantly fruits and vegetables, any animal protein at all, or was it no. Okay. Not at that time, which, you know, now I think they do serve animal protein, which, a little bit. Yeah.

Rick Hill (21:16.062)

back then.

a about four ounces organic.

Chris Wark (21:24.66)

which I have mixed feelings about. anyway, Ernesto Contreras was running the hospital then, right?

Rick Hill (21:32.468)

That is correct. That's Francisco's father. And I knew them. I knew them quite well. And I've become fast friends with Francisco and Gaston Tassada who runs the hospital. Yeah. So the routine was basically up early. We didn't have food served to us back then. This was really, this was really the beginning of the movement.

Chris Wark (21:35.5)

That's right. And Frank, please go now,

Rick Hill (22:02.504)

and a hundred of us were gathered in this little room. See that painting behind me on the wall, the Good Samaritan, you you've seen that picture before. That was hanging on the wall at Oasis, 20, 30 feet long. And I could not sit in a chair. I was so in pain. And so my grandfather, my father-in-law, grabbed the rug from the front door, shook it out a little, put it under the painting.

And I laid down on it every day for 21 days. And when they called my name, I got up, went in the room. They gave me a little alcohol in the, in the arm, three to six grams, which legislators will tell you that'll kill anyone. Three to six grams every day. And then they gave me enzymes. You've seen those of course, but the enzymes are actually Chris.

more important in my opinion. I'm not a doctor, but from my reading with John Beard, Dr. John Beard said, what happens is those enzymes, in fact, I've got written on the cover of it, 10 and two. Why? 10 o'clock in the morning, I take two. Two o'clock in the afternoon, I take two. They're not to digest my food. They're to remove the protein coding that cancer cells develop.

to not be killed.

And he found that out because pregnant women, by the way, my doctor at the Mayo Clinic walked in the room, thought he was being clever. And he said, you want the good news or the bad news? I said, no, good news. He says, you're pregnant.

Rick Hill (23:52.658)

And woke wasn't even a thing then. I said, I don't think I'm pregnant. He said, you are. He said, at least you have in your urine, a hormone called HCG, human chorionic gonadotropin. That's what pregnant women get. And the purpose of that is to make their whole system fire up and release stem cells and move you into gestation growing.

but they are like cancer cells, they're called trophoblast cells, and they need to be put down because if it just wildly grew after that, it would have killed you and it would have killed your mom. But what happens in the second month is your her pancreas began producing what's called chymotrypsin. This you already know.

And that went out and removed that coating. So when your immune system marches by, it goes, Hey, there they are. Let's get them. And from that day forward, I was protected until I reached the twenties. And because of my lousy diet and my way of thinking, I suppressed that situation and, and didn't take any digest, any of these enzymes.

and the cancer in my body grew like a weed again. So I take these at 10 and two every day. And

then finally, I only took three products. I mean, let's not make it complex. B15, which Muhammad Ali would use before match because it makes the use of oxygen in your system effective. That's all they, and they would give me all that stuff and then I'd leave a little room.

We drive back across the border to stay in San Ysidro and I sleep 14 to 16 hours. And then the next day we get up, drive back to the clinic, rinse and repeat. Not very exciting. I didn't do any sightseeing, didn't go down to Revolution Street. do anything. The ocean was two blocks away and I only went there one time. And that was the day I waded into the ocean up to my ankles and said,

Rick Hill (26:17.098)

to the Lord, if you choose to get me out of this, I want to learn how to tell people about hope for this life and the next. But especially what I learned to save my life. And that was the only time I went to the ocean and I was two blocks away for three weeks. And that pretty much 21 days and they said, goodbye, Stay on the diet, don't eat bad food.

Stay on these tablets and pray. And we think you're going to do just fine. Because my biomarkers were all headed in the right direction.

Chris Wark (26:58.296)

So you had significant improvement in three weeks. You weren't cured, right? But, but things were, you were feeling better. you talk about how your symptoms had improved?

Rick Hill (27:07.604)

Well, we mentioned pain. Most of my pain was actually from that crazy surgery. I mean, I had a scar big enough to crawl out of. It was crazy. It was like an autopsy. And so I had to deal with that. And whatever pain there was from cancer cells, cancer in my organs, I couldn't differentiate the two. But weak, holy smokes. If I tried to sit in a chair, I would just...

I couldn't do it. so other than walking into that little room and letting them put that little bit of stuff into me, I slept most of the time. But by the time I got home, I would go back to the Christian day school that I was at the principal of, and they would let me do half days. And then in a couple of months, I would do a full day.

And then the senior pastor resigned and they made me the senior pastor. And I was really not up to the job. You know, a lot of pressure. But I stayed there a couple of years and then I went on to seminary in Grand Rapids, Michigan. And that pretty much writes a chapter. I wrote like you did. It didn't do as well as yours, but I wrote a little book called Too Young to Die back in the 70s.

We sold about a hundred thousand of them, so it wasn't a flop. But yeah, it was okay. But this is not scholarly, you know. This is scholarly. World without cancer. That'll answer all the bugaboos. This is a storybook. How to get from here to here. And I tell the health food suit story and I do

the, you know. So, because one thing, I want people

Chris Wark (28:37.614)

That's great.

Chris Wark (28:46.508)

Mm-hmm.

Rick Hill (29:04.052)

to know they don't have to be Superman or Superwoman, and to know that this could provide hope if they treat it like participatory medicine. It will fail if they don't, in my opinion. And I've seen that pattern and you've seen it. They hit remission either with ivermectin, phen-ben-blue, know, mean, of a wide variety of low-dose chemo, and they hit.

remission, pop the champagne, have the party. And then in about the third month, they get bored. Is it fruit salad or vegetable salad today? Goody goody. And my friends invited me to a pizza thing or a barbecue with hot dogs. And I'm getting a little tired of this and people are starting to think I'm a tree hugger and they quit.

And then you know, and I know, because we've seen it, we've been around long enough now, four months, six months, eight months later, the cancer comes back like a lion and tears them in pieces and they're gone. And the rubber meets the road when they get home. That's because if they open the refrigerator door, the day they got home, they looked in there and said, there's nothing in here I can eat.

If I'm honest, same thing with the cupboards and, and if they, if they commit to a year, two years, I did it for five years without cheating. I mean, I don't remember cheating because again, people had stood up for me and I wanted to get so clean that I squeaked when I walked. didn't want residual disease to hang around and I got completely well. Thank God.

And, you know, then I went on from there. Pardon me.

Chris Wark (31:03.054)

How long did that process take? How long did that process take?

Rick Hill (31:08.34)

Well, to be honest with you, it was a full year, and this is what people don't want to hear, but it was a full year before I really got my feet back under me. I mean, to get that sick and to get down to 120 pounds, I weigh 160 now, I'm not a big guy, but 120, 40 pounds less than now? I mean, my arm was the same circumference at my wrist and up here. I look like a...

Chris Wark (31:18.221)

Mm-hmm.

Rick Hill (31:37.556)

Train mantis.

Chris Wark (31:38.808)

I got down in the one thirties, the low one thirties. So six, two.

Rick Hill (31:41.28)

Well, how tall are you? Well, there you go. You were actually skinnier than me. I was five foot nine and 120. Um, but I did it for five years. did it even, and I went to Ann Wigmore for a month, did the watermelon thing, learned how to juice, learned all the crazy, uh, you know, um, wheat, wheatgrass. grew my own wheatgrass.

Chris Wark (31:46.605)

Yeah.

Chris Wark (32:06.049)

Animus.

Chris Wark (32:09.656)

Mm-hmm.

Rick Hill (32:10.332)

and hated every shot, but we grounded in the basement. But yeah, after the five year period, said, I believe I'm well.

Chris Wark (32:23.788)

Within a year, you were symptom free, no pain or anything you felt like.

Rick Hill (32:28.116)

Yeah, year, year and a half. that was a lot of surgery and, there was actually more than that surgery. I'm just not going to go into it, but, so it's a process, but boy, I mean, if you learn how to prepare organic food and the different recipes you can do and the, and the deliciousness of a big fruit salad with juicing.

And if you'll just try it, you may find that you like most of it. And on Sundays, I would usually make beans, organic pinto beans and cornbread, you know, with organics, because my mother was raised in Alabama. The only thing I didn't do was fry chicken. But once a week we would do something a little special.

little four ounce something. And I would feel a little bit more like my old self in, in how it tasted. But then back Monday morning, man, I was on the, I was on the program.

Chris Wark (33:42.882)

You were committed to it. And that's, that's a big part of this process is just being committed to, to stay the course, to stick with the stick with the plan and, healing takes time and healing happens at home. This is something that you alluded to earlier. And then I say all the time and, you can have a great experience at a clinic, and that you can really get a jumpstart. can, they can bring you back from death's door.

Rick Hill (33:54.688)

Yes.

Chris Wark (34:09.23)

but most people are not cured in three weeks, but they can get a jumpstart. And then, then you gotta go home and you gotta continue, right? You have to stay hardcore and continue that process. And that is where, unfortunately, some people drop off, you know, they go for three weeks and it's wonderful. Then they go home and they just really struggle with, with making good choices with exercising and with eating healthy and, organizing their life.

Rick Hill (34:14.186)

Yes.

Chris Wark (34:36.622)

and removing all the stress from their life, And forgiving the people that have hurt them. You it's like, you got to do that stuff too. It's so important and it's all good for you. It all benefits you.

Rick Hill (34:48.498)

Anytime anybody talks about Chris beat cancer, they talk about what you said about forgiveness. That's what comes through. And that's what people don't want to do. And you're right. If you're bitter and resentful, that depresses the immune system. Apparently doctors will tell you that. And you probably had things in your history that needed forgiving.

what people did to you. I get it.

Chris Wark (35:22.666)

Absolutely. And I'd rather be known for that message than for juicing or giant salads or, you know, anything else that I talk about, which the other things I think are really important, but forgiveness is really the most important thing that I, that I talk about. And, it's the one thing that I think, it's not talked about enough in the natural health space, although it's, starting to get some traction.

Rick Hill (35:40.992)

that people are hearing it.

Chris Wark (35:52.226)

Which is good. I mean, I hear people talking about forgiveness that aren't even believers talking about how powerful forgiveness is. like, great. That's great. But yeah, it's just, and it's the, and it's the one thing that a lot of people, it's almost like it's the last thing they do. You know, it's they procrastinate more. They'll drink juice. They'll do coffee enemas. They may even drink their own urine. Right. But they

Rick Hill (36:13.088)

Hang on by your toe, yeah.

Rick Hill (36:20.584)

I've met some people that do, yeah.

Chris Wark (36:22.274)

They will procrastinate on forgiveness, for as long as possible until really, until maybe the pressure just gets, gets to be too much, or they just are not getting the results that they are hoping for. And they just realized, okay, you know, I, I need to make sure I, I don't neglect this thing that seems to be important and looming and I keep, you know, avoiding it. And, yeah, it's true. I just made a decision to forgive every person who's ever heard me. Right.

every person who's ever hurt me until there's no one left. Right? That's it. It's like, yeah, I mean, you know, everybody's got a list, right? And you can't do it in one sitting. You know, it's just multiple days and moments where things come up and you just realize, you know what, that person, that person

Rick Hill (36:59.04)

That's a long line depending on how you grew up

Chris Wark (37:18.018)

really did hurt my feelings or they neglected me or they betrayed my trust or broke my heart or abused me verbally or physically or whatever. okay, need, there's another one I need to forgive. Let's get after it. So yeah, it's a process. And if you're committed to do it, right? If you decide I'm going to forgive every person who's ever heard me, right? I'm going to do it. And then one by one, those names will come to mind.

You know, if you, you dedicate time just in prayer, if you just go, okay, it's forgiven with time, I got, you know, I'm just going to take the next five minutes or 10 minutes and I'm just going to pray and I'm just going to just say, Lord, who, who do I need to forgive today? And just, you know, let the memories bubble up and forgive these people. it, forgiveness heals your heart. You know, that's the beautiful thing about it. It really does heal your heart. It's a burden.

Rick Hill (37:52.064)

Who's next?

Chris Wark (38:15.468)

that is lifted off of you when you just let go of the pain and resentment and the bitterness, the anger, and just give it to the Lord and say, you know what, they're all yours. I forgive them.

Rick Hill (38:26.238)

And the beauty is your gift has been 20 years. And unless I'm wrong, you felt good for most of those 20. Sometimes I have people come up to me after me and they'll say, you you're pious. You act like if we ever eat at McDonald's, we're not even going to heaven. And I say, well, I don't believe that. In fact, you might get there quicker.

Chris Wark (38:34.222)

It's been great.

Chris Wark (38:52.214)

Right. I've had ups and downs, but you the Lord has preserved my life for today. Right. He's preserved my life and your life for another day. And, I'm just so thankful and blessed to be alive and to be able to say I'm cancer free and to, have a family and friends that love me and to have a mission and a ministry and be able to make some impact in the world with what I'm doing. I mean, that's just, it's, it's awesome.

Rick Hill (39:18.771)

you are. You are. How is it you and I have never been speaking at the same convention?

Chris Wark (39:24.878)

Yeah, it is. It's surprising. You know, when they told me about you, like, I even know who that is. How do not know who this is? Right? Because I'm, you know, obsessed with interviewing long-term cancer survivors. Right? So yeah, it is surprising that I find you or hear about you years earlier, you know, but

Rick Hill (39:29.088)

Who's he? Yeah?

Rick Hill (39:42.002)

And John Richardson, he didn't know who I was. I met his son in a parking lot at one of Frank Cusnow's conventions, answer control. I was on that program.

Chris Wark (39:51.724)

Yes. Cancer control. Last time I was there was over 10 years ago at a cancer control meeting. No, over 10 years ago. was like, yeah, it was, it's been a long time because they always did it on Labor Day weekend. And we always had, we always had family plans on Labor Day weekend. And it was like, you know, I'd love to go, but like, this is a pretty important, like family weekend. So anyway, yeah, I, I

Rick Hill (39:57.376)
Was it 2019? Oh, okay.

Rick Hill (40:05.15)
Yes,

Rick Hill (40:16.308)

Yeah, I met his son in a parking lot. had a shirt on that said, Leotritte Works. And I said, hey, kid, I like your t-shirt. And he turned around and said, thanks. I said, what's your last name? He said, Richardson.

Is your grandpa, because I did the math, is your grandpa John Richardson doctor? And he said, yeah, but he's, he's dead now. And I said, no, I know he died. He's, I said, I was around all those people at the time and I'm old enough to be his friend. And he said, well, you know, my dad's in the building and we're doing a booth. His name is John Richardson. Later on, come over and let's.

you guys should meet. And we met and we talked, but we never talked again until about six months ago. And John called me out of the clear blue, got my number from somebody and said, what are you doing? I said, no, nothing important. I was kind of discouraged. just didn't have, I wasn't on that mountain fighting still. And he said, why don't you drive to, Scottsdale and let's go out to eat.

And so since I met John, I've done 36 podcasts and spoken several times and, back in the game, feeling real good about it. Yeah, enjoying it. But imagine that never catching up with you or John or funny.

Chris Wark (41:51.214)

Well, I think God's timing is perfect. So apparently this was the time, right? This is the time in the day for us to connect and share your story with my audience. I think it's terrific. Here's a couple other specific questions that I was thinking of earlier. When they sent you home, did they send you home and did you continue taking leotrol capsules or did you eat apricot kernels?

And you said you only took a couple of things, right? You took the B17 and pancreatic enzymes and laetile. Was it laetile capsules that you took? Yeah.

Rick Hill (42:26.11)

Yes, it was. In fact, it was this 500 milligram tablet that I took. did about two of those twice a day. Not a lot. And I didn't know about the kernels. I mean, that wasn't popular then. And I took the enzymes.

Chris Wark (42:31.426)
How many?

Chris Wark (42:36.15)
OK, so that's not a huge boat.

Yeah.

Chris Wark (42:45.046)
And was that enzyme dose the same, a low dose like that back then too? High dose.

Rick Hill (42:48.676)
No, it was at the clinic. was actually just between us and your audience is going to see this, but it was actually a retention enema. They were that hyped on getting those digestive enzymes, chymotrypsin into my body because I was loaded with cancer and it was, you know, they give me the enema and they she'd say, hold 20 minutes.

Chris Wark (43:01.164)
Yes.

Chris Wark (43:18.306)
Yeah, so it's a 20 minute enzyme enema.

Rick Hill (43:18.368)
And of course I'd sit in the corner like this, know, holding. And that was very important. And then they gave me the diet sheets and all that, but not very complex. Today, Richardson Nutritional Center is selling the same things I took all these years, like 50 years later. Yeah.

Chris Wark (43:30.467)
Yeah.

Chris Wark (43:39.31)
It's amazing. Well, John Beard, you mentioned John Beard and he was a pioneer in enzyme therapy and enzyme research and he influenced so many people. And one of them was William Donald Kelly, the dentist who treated and cured a number of patients. And then, he was a mentor to Dr. Nicholas Gonzalez and Dr. Linda Isaacs who ran their alternative clinic in New York doing enzyme therapy.

and then, uh, and juicing and, and they had a little bit of different approach where they were sort of, uh, doing different diets based on cancer type, but the enzyme therapy was a huge part of their protocol and it was high dose. I mean, it was about 90 capsules a day. It was like 30, 33 times a day on an empty stomach, right? Which was kind of the equivalent of, know, doing an enema would be a pretty high dose as well. and that's still, um, Dr. Gonzalez passed away, um, a few years ago.

There's some mystery around that, anyway, yeah, that, you know, enzymes are really powerful and really fascinating that they have this ability, the right types of enzymes, as you said, the proteolytic enzymes, pancreatic enzymes have an ability and you know, it's, does it work this well for all cancers? I don't know, but they just, they do have an ability to break down this sort of, this sheath.

Rick Hill (44:50.516)

That's right.

Chris Wark (45:04.685)

around a cancer cell and expose it to the immune system. And the big issue is like that you're the reason cancer continues to flourish in your body is because your body doesn't recognize it as a problem.

Rick Hill (45:14.954)

That's the cloak. It's like the cloaking things on the starships. They float by and they don't see anything wrong.

Chris Wark (45:21.646)

That's right. Your immune cells, they bump into... Yeah, I was going to say when your immune cells bump into cancer cells, if they recognize a cancer cell, they will either kill it or depending on the type of immune cell, they'll either kill it, they'll attack it and kill it, or they will tag it to be killed by another immune cell. Right? So the T cells and the natural killer cells are the killers, right? But then there are other immune cells like B cells and...

Rick Hill (45:42.592)

There you go.

Chris Wark (45:51.454)

that will identify rogue cells and pathogens and things so that the killers can find them and kill them. But anyway, yeah, if your body doesn't recognize cancer, then it's going to continue to grow and spread. so that's just for anybody listening, that's the general theory behind high dose enzymes. so

Rick Hill (46:10.634)

Yeah. And I heard William Donald, William Donald Kelly speak one night. I was on a program with him, although I didn't know him that time. And he had two bodyguards with him. Went up on stage with him. That the resistance our big pharma was making was that aggressive that he didn't want to disappear without a trace. And he went up on stage and said, you know, I had to hire these two guys because.

Chris Wark (46:19.427)

Wow.

Rick Hill (46:38.836)

There's a group that doesn't want me to say what I'm about to say. And I thought, should I be ironed out?

Chris Wark (46:46.286)

Yeah. He has such a fascinating story too. I mean, he was persecuted heavily, heavily and, uh, and, actually became quite paranoid and, sort of didn't end, you know, his, his life didn't end very well because I think it really got to him. I mean, the persecution and the stress and, and, uh, and his reputation being smeared and all this kind of stuff. think really, really, he took it really hard. Um,

Rick Hill (47:12.928)

Well, Royal Rife drank himself to death.

Chris Wark (47:13.358)

And it's sort of a tragic, he has sort of a tragic end, but he helps so many people along the way and had a wonderful sort of season of, you know, what's the impact in the world.

Rick Hill (47:30.336)

Yeah, we stand on the shoulders of tall men and women that have gone before us. Royal Reif had his license removed from him after curing 14 pancreatic cancer patients. And, uh, you know, it took his license away and he died drinking in a alcohol bar. I mean, come on. And, uh, you know, Tesla, I don't mean the car. I mean, the inventor and,

Chris Wark (47:58.528)

Nikolai Tesla, yeah.

Rick Hill (48:00.02)

They raided his office and the same thing and John Richardson, guns drawn when they came into his medical practice, arrested John and his nurse, put them in jail and then took away his license. Imagine what John Jr went through, you know, his daddy.

Chris Wark (48:16.632)

Yep, poxy was.

Chris Wark (48:20.908)

Yeah. And Charlie. Hoxie was, was run out of the U S he had a number of clinics, cancer clinics. Dr. Max Gerson also run out of the U S they both ended up practicing in Mexico for, for decades. And, the Gerson clinic is still there. And the Hoxie clinic is still there. You know, even though Gerson and Hoxie are long gone, their, legacy lives on and are run by

Rick Hill (48:32.81)

Yep. Yes, he was.

Chris Wark (48:50.39)

some, you know, very, wonderful, caring people. And, yeah, it's, it's, you know, as much as a persecution, we're in a great time now because. then, you know, persecution was a lot easier. And what I, what I mean by that is.

Rick Hill (49:07.967)

It was what?

Chris Wark (49:13.582)

It was easier to persecute someone and no one knew about it. You know what I mean? The media was so tightly controlled that you could persecute them. The AMA could release these derogatory statements or articles, publish it in all the papers, ruin a person's reputation, and no one would hear the other side of the story. Now with the internet,

Rick Hill (49:17.856)

We have the internet now.

Chris Wark (49:38.862)

It's also easy to persecute people online, right? Any person can get on the line and trash talk you, right? But you can defend yourself, you can provide proof and evidence, and it's so much easier to fight back and defend yourself now than it was back then. it's also, know, people find you and come to your defense. So it's also a lot easier to build a sort of like an army of supporters that can...

Rick Hill (49:44.672)

Yeah.

Rick Hill (50:05.972)

Yeah, that's right. Look how well you've done. The people, wow, that's a big mailing list, you know?

Chris Wark (50:08.182)

Yeah. Yeah. And I certainly have that. I certainly have a, you know, a wonderful, just army of like enthusiastic patients and survivors and thrivers and health conscious people that, you know, that we, love and encourage and support each other. And, and I'm so thankful for their support and their prayers. Cause I've certainly been, I mean, I'm, I'm attacked and criticized all the time. mean, you know, it's like, that's just.

Rick Hill (50:16.724)

Just army.

Chris Wark (50:35.746)

When you're in the public eye and you're sharing information that you're passionate about, and some of it obviously is controversial, right? It's certainly not mainstream, but I'm encouraged because you know, the tide is turning. I mean, we're seeing a shift in the public understanding about health and disease, about nutrition and exercise and stress and how they can promote health and healing or

in the sort of flip side is the lack of nutrition and lack of exercise and lots of stress promotes disease. there's been so much attention and I'm thankful for the current administration in that how much attention is being put on the toxic additives in our food supply, sprayed on food, additives, preservatives,

Rick Hill (51:30.378)

Yeah.

Chris Wark (51:33.846)

artificial flavors, colors, you know, corn syrup, like dyes, all this stuff. Like it's so great. And we've never had this in my lifetime. We've never had people in such high positions of authority to influence positive change that are really passionate about these things. Like it's been your lifetime too. mean, it's just been cronyism for a hundred years. It's been

Rick Hill (51:52.434)

and courageous. They say it.

Chris Wark (52:01.324)

Big, big business, big pharma, big food, cronyism, running the government agencies and just passing regulations that help the food producers and the drug companies make more money. You know, that's all it's been. It's like, there's no one in there pushing back and saying, no, no, wait a second. We need to put the consumer first. We need to put the health of Americans first. Like, we're not going let you get away with all this stuff anymore. Like, so I'm really, I'm really encouraged by that. And I think there's a young

a new generation of doctors that are coming online that are very conscientious about eating organic, right? Eating organic food, eating a predominantly plant-based diet, exercising, they're educating themselves about these things. It's not like they're learning this in med school, still not learning in med school, but they're learning outside of their medical education. so I really am optimistic that things are

are improving and the internet's the main reason.

Rick Hill (53:04.202)

Yeah. Yep. It really is. mean, I see things like when we were at Expo West, is that the name of the big one? And yeah. And we had a booth, big, big booth, and an attorney came around the

corner and saw John. He didn't know me. He knew John. And he said, as I live and breathe, there's John Richardson. And they shook hands and he looked down and saw these vials sitting out in the open.

Chris Wark (53:13.231)

yeah, yeah.

Rick Hill (53:34.154)

And he went like this. said, are you nuts? And John says, kind of, but why? And he said, well, yeah, you can get arrested having these out. And John said, it's a food supplement and that's how we sell it. That's not illegal. The things were said and things were linked years ago that gave the big pharma a handle to come get us. Today we're a lot smarter. You know, I always, I tell people what I did.

I never tell them what to do, never. And I've been telling this story for 50 years, but now it's so much easier because this is recognized. In fact, we've even got an apricot oil that goes on your face and takes some of the stuff out, but we're gonna put it up into one that you could use for cooking. And to get this V17 thing just back,

in mainstream as a choice. If you don't want it, no problem. But if you do want it, it could be at your local grocery store. Your own natural doctor could say, well, I'd like you to take some enzymes every day. don't, Doc, I don't need that. Yeah, you do. So we are on the

Chris Wark (54:55.63)

Well, I'm a big medical freedom. Yeah. I'm just going to say I was going to, I'm a big medical freedom advocate and you know, what you're talking about right now is medical freedom, right? A patient or a person's freedom to choose treatments and therapies that they want, right? If they want to try it, if they want to choose it, they should have the freedom to do that.

We shouldn't be so afraid that, someone's going to take something that doesn't help them and they're going to waste their money. Well, that's what freedom is, isn't it? Freedom is the ability to choose and try something and see if it helps you, right? Rather than it being restricted from you. And I think the big lie is that, well, we're restricting these things because they won't help anyone, right? They're restricted because they don't help anybody. And the reality is, is they're restricted because

They, they are competitors, right? Natural compounds, nutrition and natural compounds, natural therapies and alternative therapies are direct competition to conventional therapies. And, you know, you can't patent a natural compound. can't make a of money off it. You can make a little money, right? You can make some money off a supplement, but you can't make billions like you can off a drug.

Rick Hill (55:55.569)

That's right.

Rick Hill (56:19.572)

Nope.

Chris Wark (56:21.164)

And that's the difference, right? You could make a great living off a supplement. If you develop something and sold it, you could certainly make a lot of money, but it's not pharmaceutical billions money. so, yeah, and it never will be. and so, yeah, I mean, I think just understanding that basic, the basic inner workings of a capitalist, society, which I'm a fan of capitalism.

Rick Hill (56:32.756)

Never gonna be.

Chris Wark (56:50.976)

It has a lot of benefits, the flaws are, you know, companies can get very big and monopolize. and especially once they get embedded into government agencies and they can really. Yeah. Crony, Crony capitalism. That's exactly what we're talking about. Yeah. And so anyway, it's exciting to see things hopefully shifting, shifting away from Crony capitalism. And, and I'm just glad you're out there sharing your story.

Rick Hill (57:02.869)

capitalism which we don't

Chris Wark (57:20.06)

you know, 50 years is so remarkable. Congratulations. It's like, what, what a milestone, what an achievement. And, I want to make sure people know where to connect with you, how to connect with you, where to get your book, you know, how to keep up with you. So let her rip.

Rick Hill (57:20.074)

Thank God for Chris Pete cancer.

Rick Hill (57:34.314)

Sure.

Rick Hill (57:39.05)

Yeah, you can get my book, Too Young to Die, as well as the three products that I talked about here today. They call it a bundle, prevention bundle, if you don't have active cancer or some other disease, at rncstore.com, like Rick, Nancy, Charlie, rncstore.com. And unless I'm mistaken, you have taken some extra effort to...

at the bottom of their order form, if they'll put Chris W, they'll save an extra 10%. Yeah, and that's not to you. That's they get the discount. So that's more than fair. And you're more than

being open minded and all that. I'll be

Chris Wark (58:14.158)

That's great.

Chris Wark (58:25.846)

It's wonderful. There's a lot of companies that have been so generous with my audience and giving coupon codes to my subscribers. And it's just wonderful. appreciate that. And RNC, by the way, is Richardson Nutritional Center, not Republican National Convention. Just in case anybody's like, RNC, what is this? Yeah, no, it's not that. But yeah, rncstore.com. And they also sell Apricot Kernels. Obviously they sell the supplements that...

Rick Hill (58:33.022)

Okay.

Rick Hill (58:41.6)

If you do look R and Z up, you'll get the Republican. That is funny.

Chris Wark (58:55.65)

That you take for prevention and, and so, yeah, folks, can go check that stuff out.

Rick Hill (59:01.696)

If they want to send me an email, it's just rick at rncstore.com and I will in time answer their email, but I will only tell them what I did. I'm never going to tell somebody what they should do. That's practicing medicine and I don't have a license to do that, but I'm sure glad you're out there, man. I'll be dead and gone and you'll still be doing this, but as long as clear voice.

Chris Wark (59:18.136)

That's right.

Chris Wark (59:26.53)

By the time I get to 50 years, you might be in heaven at that point.

Rick Hill (59:32.532)

Yep, I'll be, yeah. So.

Chris Wark (59:34.254)

So I've got 30 years, 30 years from now. old are you, Okay. Well, if you make it to 104, 103, then, Hey, then, then you might see my, you might see me celebrate my 50 year cancer anniversary.

Rick Hill (59:37.312)

I'm 74. Yeah.

Rick Hill (59:45.298)

I'll celebrate that.

I'll track you down, we'll go out to eat and eat something raw and talk about how good it's been and have people taking pictures and saying, look at this guy, look at this guy. They didn't take all those chemicals. Yeah.

Chris Wark (01:00:00.632)

Yeah. Well, cheers. We'll cheer some juice. We'll trade wheat rash shots.

Rick Hill (01:00:07.137)

I just hate those. I shouldn't, but I do. Yeah.

Chris Wark (01:00:09.72)

I'll drink you under the table. Well, that's awesome. Okay. Folks again, rncstore.com. If you want to learn more about, you know, or if you want to order and try the supplements that Rick, that Rick talked about, Leotrol and B17 and, and enzymes or apricot kernels, you can get them there and then you can connect with Rick as well. And yeah, please share this interview with people you care about. You know, it's like, I say this at the end of every interview, but you know, the reason I do these interviews.

It's not to sell supplements. Okay. It's not to sell books. It's to continue to show you that people have healed cancer, all types, all stages against the odds. People have done it. They will continue to do it. My story is encouraging. Rick's story is encouraging, but we're not the only two, right? There are so many out there. And again, I haven't counted

Rick Hill (01:01:05.044)

Nope. Nope.

Chris Wark (01:01:10.164)

lately, but I've done around a hundred, cancer survivor interviews that if you go to Chris beat cancer.com, and type in the search bar, type in breast cancer or type in lymphoma or try it in colon cancer or lung cancer, then you will find the survivor interviews. They'll just come up and you can, you can sort by the cancer type. but every interview you listen to, and I would just say, don't even just listen to the types of cancer you have. Listen to every interview you can.

Rick Hill (01:01:15.381)

Wow.

Chris Wark (01:01:39.778)

I mean, listen to one every day. If you have cancer, just keep listening to these interviews with people who've healed because they're all, they're all full of wisdom, right? Wisdom, the wisdom

that only comes through adversity, that only comes through experience. And, and you'll be encouraged your hope and your faith and your knowledge will increase like Rick and I talked about at the beginning. And that, that is really critical to get through this process, right? Cause in the beginning you don't know anything.

And you're full of fear and doubt and it's, it's discouraging and, and depressing and despair is real. Right. It's heavy. I've been there, man. And it's, and, and, so I do everything that I do to, help try to pull you out of that state of discouragement and despair and hopelessness and, and help you understand that healing is possible. So that's what this is about.

Rick Hill (01:02:40.33)

Thank God for Chris work. Let's keep going.

Chris Wark (01:02:44.002)

Well, Rick, thank you. I appreciate you so much. And this is really fun. Again, thanks for watching folks. Share this with people you care about. Send them to ChrisBeatCancer.com. Send them to the RNC store. Right? There's so much information and hope out there for someone that's looking. It's just like, once you take that step out of the boat, right? It's like, it's scary. Right? It's like you're walking on the water. But once you step out of the boat, it's like, that's when miracles happen. Like when you step out in faith, just...

Rick Hill (01:02:47.701)

Yeah.

Rick Hill (01:02:56.416)

out there.

Rick Hill (01:03:05.79)

Yeah, right.

Chris Wark (01:03:11.662)

Take that first step out into the unknown, trust God to lead you. And I'm just telling you, it's like, you will experience such a rich and vibrant and exciting season of life when you're trusting God in the middle of the storm. It's awesome. He's faithful.

Rick Hill (01:03:29.12)

you

Chris Wark (01:03:31.702)

All right. Bye everybody.

Rick Hill (01:03:33.844)

Thank you, Chris.

