

Chris Wark (00:01.698)

Okay. I've got your bio pulled up here and I'm going to read it and we'll jump in.

Hey everybody. So today I'm interviewing Carl Mason. Carl is a long-term holistic cancer survivor. He was diagnosed in 1993 at 24 years old with stage four large cell lymphoma. And he had rapid onset of symptoms. His health declined quickly.

And he was, you know, just rushed into conventional treatment was given a chemo, the chemo known as red devil. Some of you've heard of that. And, um, for, for two years, he went through chemo treatments and, it caused a lot of damage to his body, uh, hip damage, lung damage. Uh, that's why he's on oxygen now because, know, uh, let me do the quick math, you know, 30 ish years later, 32 years later.

Carl Mason (00:43.49)

Yes.

Chris Wark (01:03.44)

He still has damage to his lungs from chemo and the chemotherapy treatments did not heal his cancer. He left conventional cancer treatment, walked away from it and went radically holistic. And within seven months he was cancer free. And so now Carl is 58 and he's living his best life on the Pacific coast of Mexico. And Carl, it's great to connect. I'm excited for you to be able to share your story with my audience. How's it going?

Carl Mason (01:31.936)

It's going great and I'm super excited to be here. To be truthful, I waited a long time to have this opportunity. And I'm just really incredibly honored to be with you today and to share my story and share the message.

Chris Wark (01:47.218)

Well, this is a perfect time to share it. don't know what took us so long because you're a, you're a long-term survivor. would have interviewed you 10 years ago if, if we had connected, know, so, uh, I think it's really fantastic. Did I do the math right? 32 years. Is that, is that right?

Carl Mason (01:53.41)

Hahaha

Carl Mason (01:56.962)

Yeah.

Carl Mason (02:00.245)

Yes, it was shocking, isn't it? mean, time, but 32 years ago, and you know, the interesting thing was I was surrounded with medical. I was married in medical. was, my clients were medical. My best friends were medical. Everything around me was medical. And I had never in my life heard

of anybody with cancer. I didn't know anybody, hadn't heard of anybody, didn't have a clue what cancer actually was and meant. And I just suddenly started getting sick and...

They tested me for everything under the sun, couldn't figure it out. And until one day I went to my best friend's house, which happened to be a doctor. His name was David and I said, David, I'm dying. I don't think I have more than a couple of weeks. We've got to figure something out. He gave me a big hug and when he gave me a hug, he said, I got to get you to the hospital. And I thought they'd give me a pill. They'd figure it out, give me a pill, send me home and all would work itself out.

But by the end of the day, I was full throttle into the system and I didn't know what was going on and I certainly didn't know what was coming.

Chris Wark (03:06.95)

Yeah. you're so stage four lymphoma. what were your initial symptoms?

Carl Mason (03:09.815)

Thanks, Juan.

My initial symptoms, I was a landscape designer at the time. So I was very, very active and I was already lean and muscular strong, but I started just shedding weight like water. I just couldn't, I couldn't gain, I couldn't hold or gain weight. I had a restaurant at the time that was famous for cheesecakes. I got to the point that I was eating cheesecake all day long in the hopes of gaining some weight and I couldn't, I couldn't buy, I was too tall for...

Chris Wark (03:36.444)

Wow.

Carl Mason (03:41.515)

the youth department clothes. I was wearing two pairs of pants just to keep one pair up. And it was crazy. The night sweats were drenching, three changes of sheets, bedding and clothes every night, fainting in the shower, weak, frail, just could not function. Couldn't sleep, couldn't stay awake. It was just, it was really an intense, a very, very intense time. But the thing that

sticks out at me the most was just that extreme, that feeling that I was dying. I could just feel death grabbing a hold of me. It was so real to me. And I would say that very often, I'm dying, I'm dying. I can feel like I'm dying and nobody could figure anything out. And at my age, people weren't thinking cancer. I think today they'd probably figure it out a little faster, but in 1993, just wasn't.

It just wasn't in the picture.

Chris Wark (04:45.884)

So you were going to the doctor and they were, just.

Carl Mason (04:49.292)

They were testing me for everything. They tested me for mono, kinds of viruses and various things. And obviously nothing was the answer. And I was just fading, fading, fading so rapidly. From the time that I noticed the weight loss and couldn't figure that out to the time that I was at my friend's house was less than six months. It was very, very rapid.

Chris Wark (05:16.103)

Got it.

Carl Mason (05:19.476)

I figured out eventually why that was. As a landscape designer, I was constantly spraying lawns and replacing them with gardens and various things. And so I carried a backpack of, I don't know if I'm able to say it or not, but I carried a backpack of Roundup on my back all day long. And so I was highly exposed to that. Plus a childhood full of unresolved trauma, the combination was taking me out.

Chris Wark (05:35.452)

Say it.

Chris Wark (05:50.086)

Well, and you know, it's been, I was going to say well established. It's been established that Roundup is causing cancer, specifically lymphomas. And there have been multiple lawsuits. I mean, there are so many lawsuits that Bayer can't even keep up with the lawsuits now. I mean, there are so many cancer Roundup related lawsuits. it's, it's a giant debacle.

Carl Mason (06:00.105)

Right. Yes.

Carl Mason (06:09.748)

Right.

Carl Mason (06:20.614)

It is. And it's shocking to me that it's still in use.

Chris Wark (06:21.372)

for lack of a better word. mean, it's crazy.

Yeah, it really is. should be glyphosate, which is the active ingredient Roundup that is linked to cancer. Yeah, it should be banned. It is banned in other countries. It should be banned worldwide. Bayer, it was originally owned and developed by Monsanto and then Bayer bought Monsanto. So now Bayer owns Roundup. But they've got so much money and they lobby

politicians and

Carl Mason (06:42.278)

It should be.

Carl Mason (06:49.972)

That's right.

Chris Wark (06:55.942)

government agencies and all this kind of stuff. And, you know, they've been able to, keep spraying this incredibly toxic weed killer on the food that we eat. And, know, you were the unsuspecting, you know, landscape guy using it every day. It does kill weeds. It works really well. Sure does.

Carl Mason (07:13.264)

It does. I was famous for my work. I was the top dog of the city that I was in. I was famous for my work and I was doing it enthusiastically and boldly and confidently not having a clue what I was actually doing to myself. And I didn't figure that out for a while. I certainly didn't figure out the day of diagnosis, but eventually I figured it out. mean, it took a while to put the pieces together, but...

Chris Wark (07:33.616)

Right.

Carl Mason (07:41.364)

getting, being hurled into the, into chemo and radiation. And I remember when they put the port in, I've got a scar here. I had two ports, I've got a scar on both sides. And I can remember how angry I was. I told the doctor, I said, why don't you just tattoo cancer on my forehead so the whole world knows? And I just, I locked myself in the bathroom. I screamed, I cried, I chewed God out a little bit.

and had a full-on tantrum that afternoon. But then I was totally lost. I had no clue.

I had no clue. The only thing I had known was medical. I had thought I lived a healthy lifestyle. I was active. I ate fresh food from the gardens that I grew and all this stuff. And so my perception was that I lived a healthy lifestyle, but boy, did I have a lot to learn and figure out.

Chris Wark (08:47.826)

as did I, and I was also an angry young man, you know, post diagnosis, right? It feels cancer feels very unfair, especially when you're diagnosed at a young age. And, you know, I think in some ways, you know, I don't know specifically what caused my cancer, right? It could be, there's a number of, cancer causers in my life that were in my life at that time. And it must feel, it give you some sense of,

Carl Mason (08:52.253)

Carl Mason (08:57.286)

It does.

Chris Wark (09:18.544)

Maybe closure is the wrong word, but I feel like it's nice to connect the dots, you know, when you can say, okay, now I understand, right? It wasn't your fault. you know, maybe, maybe there might've been some stuff in your life that wasn't helpful, but when you're exposed to highly toxic chemical agents, right? That, you know, and no one is warned about the risks.

Carl Mason (09:32.777)

All

Carl Mason (09:40.339)

Bye.

Chris Wark (09:44.924)

then yeah, it's like, okay, I don't need to beat myself up about this. It's like, I understand. I was exposed to this stuff. I didn't realize it was hurting me. And so you went into chemo and that was two years. It was pretty brutal, I imagine.

Carl Mason (09:57.105)

It was brutal, was multiple rounds of Red Devil. I remember the day that they started me on him. At the time, I don't know exactly how they do it now, but at the time they put this shoulder strap bag on me full of this reddish orange gunk. And I had to move out of the room from my partner. I remember them telling me that if this bag punctures and you get it on his skin, it'll burn a hole all the way to your bone.

So I was relegated to sleeping alone and separated from my partner and my spouse and really isolated. I turned orange. Everything about me turned orange. Eyes, skin, I just turned orange. I was the original orange man, but it was just like, just was, it was terrifying to me to go through that. I was on treatment 21 days out of every 30.

including high dose. I had 70 milligrams of prentice on a day for 21 days. My body was miraculous though. I can recall very clearly that in that seven day window, by the fifth and sixth day, I felt like an absolute champion. I just was on fire, engaged with my business. Every time the eighth day rolled around and I had to go back, was like,

Chris Wark (10:57.906)

Hmm.

Carl Mason (11:27.389)

team of wild horses had to drag me there. And it didn't take 30 minutes until I was at the bottom. I mean, the bottom. And I spent 21 days at the bottom. I would be up in the middle of the night. They told me to eat whatever I wanted. Originally, weight gain was very important to them. And so they really pressured me for weight gain. So when I got home, I was literally fed, literally fed sugar and butter.

Everything was drenched in sugar and butter to gain weight. I developed this insane sugar addiction, drinking soda, eating cake and donuts in the middle of the night, because I couldn't sleep. I blew up like a balloon, got the whole moon face, the whole bit going on. I was just miserable. It was a horrible time. Sick in and out of the hospital. That first year I spent every holiday celebration in the hospital, missed every single one.

pneumonia, all kinds of things. And on one of my off weeks, I felt really good. We used to antique a lot. So I decided to go on an antiques trip. I barely got home alive. I was so beaten down. I had no clue, nobody ever shared with me the risk for heart, lungs. I certainly, I think,

subconsciously I knew that it was a possibility, but nobody monitored from me for that. The narrative was, we're just going to keep you alive for three to five years. That's the best we can do. 24 year old guy, three to five year life expectancy. They weren't thinking about my life at 58 and 68 and 78. There was no care or concern about that. There was no monitoring or anything. I just showed up, took what I was given. I did scan up on top of scan.

It just was a crazy ride.

Chris Wark (13:28.306)

It's interesting to me that they weren't optimistic that they could cure you, that they were just really treating you in a palliative way.

Carl Mason (13:32.922)

No.

Carl Mason (13:37.764)

They, from the very beginning, it was a death sentence. From the very beginning. Nobody that I was aware of held any real hope. Which became quite fascinating when I finally did get the upper hand holistically.

Chris Wark (13:55.794)

Well, and how did you make that transition? mean, at what point did you say, I mean, obviously the chemotherapy had some benefit, right? I'm sure it's shrunk tumors, you know, it is miserable as you were, right? There was some benefit to it and, but it didn't cure you. So like, what was your status when you, I guess around two years into it, when you decided like enough is enough, I'm not doing this anymore. mean, how did that all play out?

Carl Mason (14:04.197)

Well, yeah.

Carl Mason (14:12.186)

Yeah.

Carl Mason (14:26.023)

Well, chemo was kind of a backhanded benefit in a way. It kind of had a backhanded benefit. It debulked tumors and various things, but I wouldn't be off of it 30 days before it all kicked back up again. And it was angrier and it was worse. I had three recurrences during that period. And then back and then...

Chris Wark (14:51.26)

So you got into complete remission and then it's back and then remission and then it's back and then remission. Yeah, got it.

Carl Mason (14:56.211)

and back. Yeah, and it was just, I got to the point I was almost scared to get off the stuff that I knew was killing me. Because I...

Chris Wark (15:05.249)

Yeah. Well, hold that thought, hold that thought because one of the, know, there's a conversation I had many years ago with a cancer patient and she, knew her locally and she knew about my story and periodically she would reach out and message me and she was, had breast cancer, was going through chemo and she would, at one point she said something to me that I'd never heard anyone say before. Again, this was many years ago, but she said, I know

I know you're right. know, know everything that you say makes so much sense, but I'm just so scared to stop chemo.

Carl Mason (15:43.046)

It was a terrifying thought because after the first recurrence, I knew that I was set up. I just knew that it was coming back. And then you could feel it almost instantly. You had a couple weeks or a month of that joy and that freedom, and you felt like a million bucks, but you could just slowly see the fade. And it wasn't so slow.

it became very rapid, very aggressive. And the third recurrence, to come back to your question, the third recurrence was the most brutal of all. I remember the day very well when it became very clear. It was my birthday. Everybody was out of town. There was no big celebration. I just took myself casually out to lunch. And in the middle of the lunch, I just doubled over.

with extreme pain, just doubled over, vomiting uncontrollably, almost passing out. And I thought, here we go. And I nearly had car accidents, I'd have convulsions in the middle of driving. It got

bad really, really fast. It was a matter of a week or so till I was pretty well disabled. And I went for exams and tests and things again and the doctor said, girl,

It's in every single organ of your body. There's nothing untouched by this, this time. And the best we can do, we'll do chemo again, but really in all honesty, the best we can do is attempt to keep you comfortable. At that point, I was in so much pain, they gave me enough pain medications to sedate an elephant and I was still in pain. Even a sip of water.

I would go into one of those abdominal convulsions and things. It was the worst of the nightmares. the point came, my birthday is May, the point came around about July. Yeah, it would have been July. And the doctor said, nothing we can do. We think you have about four weeks. And you need to, I'm gonna get emotional. You need to go home and prepare to die.

Carl Mason (18:06.392)

get your affairs in order and prepare to die. And I'm thinking to myself, I guess at the time I was 26 years old, I'm thinking, how can this be possible? How is this my life? I survived 20 years of home abuse. I got out of that, I built myself a life and a career. I built myself a name and a reputation and I was making something of myself. How can...

How can God do this to me? How can this be possible? There's got to be something else. And I had a very strong conviction in my spirit that there actually was something else. And I started to latch onto that. And I decided some way, somehow, I'm gonna find it. Back then there was no such thing as Facebook and Facebook groups and cancer groups and...

all the online stuff and things. So information was hard to come by. You had to know somebody that knew somebody and you know, is that kind of a path that I took? But I had to have a key revelation turning point before any of that could begin. And part of my go home, get ready to die strategy was to make a list of things that I wanted to do before I died.

And one of those things led to my big, my really big story. I wanted, I was in Brickenridge, Colorado and we saw moose all the time. had a love affair with moose and that attraction that I didn't understand at all, but I always saw them in an environment that wasn't fully natural. Like walking down a ski slope or something. I wanted to actually hang out with the moose. So I drove myself and a friend to Rocky Mountain National Park.

And the doctor said, you'll die. One mosquito bite, one scratch, you're gone. I said, what does it matter? I'm dead in a couple of weeks anyway. What does it matter? So I went, I hiked and I hiked and I hiked and I hiked. I couldn't find a moose. I hiked for nearly 12 hours, traipsing through the forest looking for a moose. And very sadly, sun was setting. I was getting ready to drive out of the park and go home.

Carl Mason (20:32.868)

And I was sitting in the car, I heard a velcan block the road. They were crossing the bed down

and you couldn't get through them. People were out of their cars roaming around. I was sitting in the car saying, God, why can't you just give me this? Why? Why can't you just give me this? This one thing. And I heard a woman about that moment say, I see a moose. I got out of that.

car with such enthusiasm and so much energy. It rose up within me and I shot through the trees and down the ravine and I ended up on the banks of the headwaters of the Colorado River and I landed in the middle of three bull moose. And I stood there, tears streaming down my face. One laid down on one side of me and one laid down on the other side of me and the other one stood in front of me. The whole crowd gathered behind me.

Park Rangers and everybody, nobody chastised me. I was bawling like a baby. A friend was filming it. Unfortunately, the film was stolen, so I don't have it anymore, but a friend was filming it. And I heard a voice as real as your voice in my ear today say, you can choose, girl. You can choose life, you can choose death. And I knew when I heard those words that whatever choice I made was okay.

and that the provision was made for that to happen. And I thought to myself in a split second, thought, I'm 26 years old, I want life. And I chose life. I drove into that park that day, preparing to die. I drove out of that park knowing that I was gonna live, not having a clue how that was going to happen, but just this deep abiding knowing and nothing from that day forward.

nothing could shake me. And if anybody dared to try to shake me from that, I removed them from my life, including my oncologist, everybody. I cut everybody loose. And I just trusted God and I didn't have any idea what it was gonna take or what it was gonna be or where it was gonna come from. No idea at all.

Carl Mason (23:00.49)
I just went in pure faith.

Chris Wark (23:04.178)
That story's amazing. Man, I was getting choked up as you were telling it. still a little... Yeah. I wow. That is... I just love that so much. You just had that miracle moment.

Carl Mason (23:09.474)
I can't tell it without crying.

Carl Mason (23:20.234)
I had a miracle moment and I had many miracles that followed. For me, I settled into this, something that I teach a lot now, this knowing versus belief. I no longer believed that I could heal. I knew that I was healed. I just knew it. Nothing physically provided evidence of that, but I just knew it. And I was in this simple, calm, relaxed trust that the provision would show up.

And it was very interesting how it showed up. It didn't show up the way that people even today

pursue it. Interesting enough, the last piece of the puzzle, the very last piece of the puzzle of provision was nutrition. That was the very last piece that showed up. And there was so much that happened. was all, was just one miracle moment after another.

all led by just this deep abiding knowing because in my mind and in my spirit, God said so. And it was just that simple to me.

Chris Wark (24:30.076)

So specifically, obviously I want to talk about the nutrition part of it and then about the, you know, the spiritual and emotional side of healing too. How did you find out about Michio Kushi and the macro biotic diet?

Carl Mason (24:34.677)

Right.

Carl Mason (24:39.937)

Thank you.

Carl Mason (24:47.394)

It's a very fascinating story in that I decided with the decision and with the knowing that I was healed, I just launched back into life. I started rebuilding my business. I got very aggressive in building my business. I had transitioned at that point. Landscaping in Breckenridge, Colorado is not like landscaping in Dallas, Texas. You barely have two months. You've got 15 days a year of frost-free nights.

I didn't feel I could build a career on that. And Breckenridge had called my heart. So was in Breckenridge. So through my landscape career, I had developed a design career. I worked for all these wealthy housewives of these, you know, big players. And they would say, Carl, we're remodeling the bedroom. My husband and I disagree and blah, blah, blah. And I need your help. I can't figure it out. And you're so good with color and texture and...

So I had started being invited into the home from the yard to help out with those projects. So I had shifted into a home design and remodeling career in Breckenridge and then become well known for that. But I had taken a pause from it. I launched back into that and I took one of my clients to lunch one day and I thought his wife was gonna join us and I asked about her. And he said, well, she's at home. She spends a lot of time cooking.

and she's busy cooking today. I said, well, I just started asking questions. So he told me her cancer story and how she had healed holistically from cancer and how well she was doing. And he looks me in the eye and I then he didn't know my story. I then told him my story. And he looks me in the eye and he said, Carl, we're going to cut this meeting short today. And I thought, well, I blew it. Kind of a thought flashed into my mind. And he said,

you're gonna go home and pack. I'm messaging my wife now and she's buying the tickets and we're sending you to the Institute. All expenses paid, we're gonna send you and you're gonna beat this. And so I couldn't get home fast enough, I couldn't get packed fast enough, I couldn't get on the plane fast enough. And I landed in this rinky dink hippie style village in the middle of the, in the middle of the.

Carl Mason (27:11.155)

Massachusetts, what are they, the Berkshires. And I thought, wow, this is weird. And immediately my mind said, this is provision Carl, embrace it. I gobbled everything up. I bought every book, I bought everything they suggested and recommended. I just gobbled it all up. I ate things that disgusted me. I ate things I'd never known before and couldn't identify and didn't understand. I just flat out went for it.

Chris Wark (27:37.81)

You

Carl Mason (27:41.202)

and I did it and I came home so excited, so revved up. was, my discipline was fierce, absolutely fierce and no excuses whatsoever. I adopted the attitude. If I don't like it, it takes three seconds to get it down. can, what's three seconds? Get it down, do it, keep going. And then I got the confirmation that I was actually cancer free. The whole.

Chris Wark (28:09.4)

And how long did that take?

Carl Mason (28:10.9)

The whole process took about seven months. The process started, I feel like a lot of people, feel like I see this in my own business. I feel like people go about it sort of backwards. But I was the one that did it backwards really in terms of the norm. For me, the first level was getting away from all the toxins obviously. But then the other issue, I don't know what that is.

Chris Wark (28:37.4)

a Carl.

Yeah, we just lost your video.

Carl Mason (28:44.233)

I don't know why.

Chris Wark (28:46.034)

Okay, well, it's back. Okay, so just, yeah, just back up to what you were to start with what that what you were just talking about.

Carl Mason (28:49.299)

Okay, sorry about that.

Carl Mason (28:57.023)

Where was I?

Chris Wark (29:00.262)

Well, let's see, you had said it took seven months to become cancer free. And then you were talking about something about in your business or maybe how you coach people or, you're saying people do it backwards.

Carl Mason (29:10.441)

Yeah, yes, people do it. I feel like people do it backwards. I'm the one that did it backwards. least I was, you know, I did it backwards compared to the norm. For me, the first thing that needed to happen was resolving my childhood. That was the first thing that happened. A lot of reconciliation, a lot of forgiveness, really a deep dive into releasing my childhood past. I'd had a very...

neglectful, abusive, narcissistic-laced childhood. And I was extremely bitter and angry to the point that I couldn't even look my mother in the eyes. The sight of her repulsed me, just being very honest. That was the level of anger I was at, probably defined as rage, really.

So I needed to resolve, I needed to work through and resolve that. That was the very first step. Then it was the revelation about the toxicity and resolving that. Of course, in interior design and remodeling, I wasn't using Roundup glyphosate, but there were other toxic chemicals, paint thinners, all kinds of different things that were still toxic loads. So starting to eliminate that.

And then, and really just working on my mindset and my relationship with God, my spiritual, my spirituality, my faith, my trust, and bringing all of my life into knowing that the provision was made, not just knowing that the provision was made for cancer, but the provision was made for me, for my entire life, moving through that, building my spiritual foundation or strengthening my spiritual foundation. And then,

it moved into the nutrition, never moved into supplements. The only supplements that I took that you could call that most people call a supplement today were Burdock and Astragalus. That was it. And I didn't even take those as a supplement. I ate those as food. I was very blessed. There was a company in California, doesn't exist anymore. It was called Diamond Organics. And they grew those herbs. They grew them.

Carl Mason (31:36.891)

and I had a shipment come every week. And I burdock and astragalus continually in all kinds of meals. That was my supplementation, but it was actually food rather than supplementation. That was really the last piece of the puzzle for me, but it became a very dominant feature for me. As

everything else had been resolved, that became my...

anchor I suppose you could say.

Chris Wark (32:08.23)

Talk about the macrobiotic diet for people that don't really know what it is.

Carl Mason (32:14.302)

It's a pretty, I love macrobotics. I still eat macrobotic. Occasionally I drift away a little bit, but I still adhere to it. It's quite controversial in a lot of people's minds because it's very focused on, how do I put it? It's really Asian based. It has a very strong Asian and Mediterranean.

influence to it. So it it lines up with a Mediterranean diet approach, but it has a lot of Asian influence in it. So a lot of things like miso and kimchi and and rich in fermented foods, high actually high in whole grains, beans, legumes, sea vegetables, seeds, light on fruit, fish over

Fish being limited. I eat fish, I think once a week. eat a palm-sized piece of fish once a week. Low on oils. I think what snagged people up on it is the carbness of it. The carb factor of it, because it is very high. If I remember correctly, and what I'm following currently is about 50 % of the diet is made of grains and beans.

Chris Wark (33:43.654)

Yep. And so there's rice, obviously brown rice.

Carl Mason (33:44.54)

Lots of brown rice, even whole wheat, ancient grains, lots of... Quinoa wasn't so much a feature of it. I'm trying to think of all the different varieties. I don't have many varieties in Mexico compared to what I had then, but I a huge variety of grains, amaranth, teff.

There was a long, long list of them. I thrived on it. I loved it. I, taste-wise, I loved it. There were things that took me a while to get used to. Seaweed was one of those things that was like, really? I didn't get into that very, it was a little bit hard to get into that, but I love it. have.

Chris Wark (34:34.802)

How did you prepare it? You talking about nori, dulse, or kelp, or all of them?

Carl Mason (34:38.592)

All of the above. Kombu, wakame, every dish that I made had seaweed in it somehow. Miso soup with kombu every single day or miso soup with wakame. I cooked kombu and rice and kombu and beans and hijiki salads. That was the one I was trying to remember. Hijiki salads and just any way that I could eat it. And I ate that three times a day. There was no...

Chris Wark (34:42.278)

Mm-hmm.

Chris Wark (34:46.034)

Mm-hmm.

Carl Mason (35:07.206)

There was no differential between breakfast, lunch, and dinner. You there wasn't a different style of eating for each of those meals. It was the same style of eating for all three meals. I didn't eat the same thing all three meals, but the foundation of it was all the same. Loads of vegetables, especially root vegetables. One of the things that they taught was you are what you eat. So I learned about root vegetables being string.

Seasonal eating became a huge factor. So my fruit and vegetable intake, for example, shifted a lot with the seasons. Even my rice consumption shifted with the season. In the summer, ate short grain brown rice. In the winter, ate long grain, or the other way around. I long grain brown rice. so everything moved seasonally. Everything moved around climate.

Breckenridge, Colorado, there's not much to eat there but pine needles and Aspen bark. But so I couldn't exactly fit into that mold, but I just went with sort of the front range of the Western slope kind of availability and lifestyle and I embraced that. So as local as I could get it, as fresh as I could get it, 90 % of my produce and things came directly from Diamond Organics in California. It was...

harvested the day that I picked it. You'd get like a bunch of collard greens, for example, and it was so fresh cut that the stems were still weeping. They overnighted it. I spent fortunes, absolute fortunes on food. I can't imagine what it would do. That was my medicine and I didn't care. I did whatever it took. As I said earlier, when I stepped into this and I came into the knowing,

Chris Wark (36:54.086)

That was your medicine.

Carl Mason (37:06.074)

I agreed to no excuses. I just, said yes, and I agreed to no excuses and I did not make any. I didn't give up eating out either. I got this little nifty little pale thing from Cushi Institute and it had, it was a stackable thing and it had divided compartments. And it was divided in order, in alignment with the proportions, the percentages.

I would stuff that thing full and I'd go to dinner and they'd come around to me placing an order and I'd order something for somebody else and just to place an order and I wouldn't eat it myself and I sat there and proudly ate my food. Everybody, of course, every conversation was about the food and what I was eating and the waiters and everybody were curious. I got no resistance at all. I didn't stop living. I just did my thing and I did it with boldness and confidence. I did it

because I knew.

That was the provision and I was in full embrace of it.

Chris Wark (38:09.138)

That's amazing. I love that. I really love that. And I did similar things. You know, I would either take my meals with me or I would eat before going out. You know, it was like I was, as you were, was committed to stick with the plan and it's so easy to succumb to temptation. I'd say people are at their weakest when they're hungry. And so it's, yeah.

Carl Mason (38:18.168)

Yeah.

Carl Mason (38:23.184)

Totally.

Carl Mason (38:32.622)

People are, food is such a thing. It's like, wow.

Chris Wark (38:37.102)

It's so easy to succumb to temptation when you're hungry. it's like, you know, don't go hungry, right? Don't go to a party hungry, right? Like you're just going to have eating a bunch of cupcakes and stuff. Like, so like eat before you go or bring your food with you. It's like, it's you can do this. Right. And, yeah, I love your commitment because we had the same beat cancer mindset, the same mentality of no excuses. This is the path I'm on. I'm staying, I'm sticking with it and I'm going to figure out a way to make it work.

Carl Mason (38:40.108)

And now.

now.

I

Carl Mason (38:52.666)

That's right.

Chris Wark (39:05.574)

Right. And, and just, just a little bit of advanced planning, right.

Carl Mason (39:09.688)

a little bit of advanced planning. Once I got into the flow of it, it wasn't that hard. I didn't have to spend my whole life in the kitchen. I had a system, I had a rhythm, and I just went through it.

And I still do it today, and I don't find it cumbersome at all. it just became, yeah, was just on autopilot, and it became...

Chris Wark (39:19.633)

Yep.

Chris Wark (39:30.662)

You get into a new routine and you get on autopilot.

Carl Mason (39:37.338)

Very simple and easy to do. I never went hungry. I stayed lean. I gained muscle very quickly. I was able to rebuild my body. When I first started working out, I would do two pound dumbbell curls and I would be practically crippled for a week after doing a two pound dumbbell, but I kept doing it. And next thing I knew, I was curling 35 and 40 pound dumbbells.

and all on that diet. And it's not even, it's not really a diet, it's nutrition strategy. And it served me very, very well. I'm just very blessed by it. It was a huge gift for me. And it's very sad that it doesn't exist. I can't remember when it closed down, but I think it closed in 2018 or somewhere along there.

Chris Wark (40:30.012)

the Akushi Institute specifically.

Chris Wark (40:36.262)

No.

Carl Mason (40:37.185)

I can't remember exactly why and diamond organics vanished as well. I was just very blessed with the resources that I needed. I had a coach from the Cushi Institute that I worked with for about, running through the annals of my mind, about two years. I had a monthly call with my coach. People are shocked. Why would you have a coach for two years if it worked? But it was about creating

securing, making certain that the lifestyle was fully established. And also about navigating the recovery. You don't do Red Devil for that long and you're just suddenly whole again because you stop. It doesn't work that way. The body takes time to heal. And then started all the discoveries that I had heart damage and numb.

The lung damage came way later. The awareness of the lung damage came way later. Because I stopped doing scans or anything like that. I didn't do any further testing. And people ask me today, how do you know? I'm like, well, I just know. And don't you want to get a scan to make sure? I'm like, no, I don't need a scan to make sure. I knew. I just knew. I knew from that day with the most I just knew.

It was easy. really, I say it was easy. On a mental and spiritual level, it was very easy for me. The physical took some time, but it just all lined up and it lined up from a position of faith.

Chris Wark (42:24.134)

Yeah. You know, when you step out in faith into the unknown, that's really when, miracles happen, when you see God moving powerfully in your life is when you step out. Right. And, it's hard. It's like Peter stepping out of the boat to walk on water. mean, that it's, it's scary, man. It's hard and it's scary, but, but then, like I said, then these, just see like, I mean, you had all these miracle moments. did too. It's like, you just see.

Carl Mason (42:36.461)

Right.

Carl Mason (42:39.884)

Right? It's scary. But I...

Chris Wark (42:52.37)

When you're in a position of desperation, right? But also faith, right? Your faith becomes so strong because the stakes are so high, right? It's life or death. And I became so close to the Lord and so dependent on God to carry me through, you know, the season of life that was so, so...

Carl Mason (43:03.457)

Right. It was fierce.

Chris Wark (43:19.1)

terrifying and difficult. And I didn't, I didn't go through the, the, you know, through chemotherapy. So I didn't suffer in that way, but I still suffered, you know, physically and, and, and, and spiritually and mentally and emotionally, right? The fear is a real thing, whether your body feels good or bad, like the fear is palpable when you have cancer. And how did you deal with your fear, daily?

Carl Mason (43:30.36)

Of course.

Carl Mason (43:47.212)

I had a lot of fear going through the treatments. I had constant panic attacks, anxiety, just was unrelenting, nervousness, restlessness, mentally just very distraught going through chemo. Once I stopped that, I had peace. I didn't have fear anymore.

I wasn't even afraid to die anymore. During chemo, I was afraid of dying. I was afraid of how I was gonna die. I was afraid of the suffering. It felt like torment to me. But when I stopped the

chemo, even though I was not healed in the physical, even though I didn't even have answers to how I would be healed in the physical, I had complete peace. And it was like...

Carl Mason (44:43.735)

It was like the river just started to flow again. It was, you know, it had all been dammed up. There was no flow. Everything was stagnant and stale and unsettled. But the moment that I stepped into that knowing faith, peace just washed over me and I just wouldn't let it go. I was in complete peace. I stopped worrying about whether I was going to be cancer free or not. And I just started receiving.

I just became available. I stepped into allowance and I just allowed things to come as they needed to come. And every opportunity that showed up, I stepped into it without any questions asked. I stepped in and for this Dallas boy to show up in this hippie little village full of skinny lasions and things.

you know, in these little hut-like, this hut-like village and things. That was freaky, you know, that was weird. I mean, I was polished, refined Dallas boy, you know. And, um, um, but it flashed across my mind, what have you done? Where have you ended up? But then it's like, nope, nope, embrace it. God did it. Let's go. I was an A-plus student.

Chris Wark (46:07.088)

Well, you were, you were diagnosed 10 years before me. And, and had I known about the Cushi Institute, I probably would have gone to, cause it's like, you know, what it's, it's an adventure, right? and, and, and at that time, I know it was not, that expensive compared to, you know, cancer clinics and a lot of places out there, right? was much more affordable, than some places, but for people that want to learn more about macrobiotics, about

Carl Mason (46:13.246)

okay.

Carl Mason (46:20.64)

Such an adventure.

Carl Mason (46:28.614)

No, it's not. it's...

Chris Wark (46:37.264)

that particular diet. I'm all for it, by the way, folks. So just in case anybody like wants to know my opinion, I think it's terrific. And I know I've met a lot of people, cancer patients who've healed following the macrobiotic approach. And you know, the common threads between what I did and what Carl did is this is a whole food plant based diet. Carl, mine was mostly raw. Carl's was mostly cooked, but it was still whole plant foods. And this is it. This is the foundational.

Carl Mason (46:57.886)

It is, absolutely.

Chris Wark (47:06.406)

The dietary foundation is eating whole plant foods from the earth and cutting out the processed food, fast food, junk food, and excess amounts of animal protein and fat, meat and dairy, all this stuff. So like those principles are in alignment and whether, you know, some people can do great on a diet that's mostly raw food. And some people do better on a diet that's more like macrobiotic, that's more cooked vegetables. Great. That's great. mean, they're both great.

Carl Mason (47:34.314)

Yeah, they are.

Chris Wark (47:35.776)

How do people learn more about this?

Carl Mason (47:38.794)

Well, there's a lot of, there's not a lot of, there's a couple of really great books, The Macrobiotic Approach, The Cancer Prevention Diet. I have both of those that I reference. I teach macrobotics. I don't get many takers, I have to admit, but I teach, I hope so, that would be fantastic. There's so much narrative around food today. There's so many messages about food.

Chris Wark (47:58.118)

You may have for today.

Carl Mason (48:09.039)

and it's a very confusing space. But I teach it. have, I, for my clients, I provide customized protocols for my clients based on their diagnosis and their environment and their conditions. So I'm a resource, Michio Kushi is still a resource via those two books. Those books are dense with information. Everything from

the foods you should eat and the foods you shouldn't eat to things like plasters, poultices, teas, tonics, all kinds of things coming from the earth. One of my biggest things, and I still do it to this day if I have an injury or anything else or muscle tension or anything is a cabbage plaster. And a Mexican friend of mine came over the other day and I had one on.

And he teased me and said that was my salad for the day. I could eat it after I was finished. But, you know, so I wore insaladas for pain relief and various things like that. But it's the books are full of that. My resources are full of it. I just and it's not misaligned to what you and I both do. It's very Mediterranean influence, but it does have a very strong Asian influence.

Chris Wark (49:09.842)

That's right. Two for one.

Carl Mason (49:35.465)

But ancient Asian and ancient Mediterranean, I think the thing that I push really hard is ferments. I am very, very big on fermented foods. I adapted that very nicely and I feel very rewarded by the consumption of fermented foods.

Chris Wark (50:01.042)

sauerkraut, kimchi, pickles, miso.

Carl Mason (50:03.42)

Miso, lots of miso. I love, I absolutely love miso. Natto, natto was something. Are you familiar with natto? I'm sure you are. It's an odd one to get used to, but I love this stuff. I love it. And I love that sticky nuttiness, weirdness. It's good.

Chris Wark (50:11.61)

Yeah, it's kind of hard to get down.

Chris Wark (50:24.228)

It's weird. It's weird. I have not eaten it enough to develop to acquire a taste for it. I as much as I've certainly read about it being wonderful. Yeah, I prefer just to eat cooked soybeans versus the fermented soybeans. But I'll give it Hey, I'll give it another shot after talking to you. It's like, all right, all right. I'll, we'll try it again.

Carl Mason (50:30.93)

taste.

Carl Mason (50:36.125)

Yeah.

Carl Mason (50:39.668)

But every meal that they served, give it a try. Well, every meal I was served at the Cushi Institute had this tiny little bowl of natto, everyone. you ate, yeah, just a spoonful. That's really all you need. And you'd take a little pinch of the natto and you'd get some rice and you eat it that way. And it was, I loved it. So I'm a very big proponent of.

Chris Wark (50:53.788)

So just like it's spoonful, huh?

Carl Mason (51:07.422)

fermented foods, but I get a lot of yucks back, know. Fermented, and fermented versus pickling is, pickles is very different things. They're very different products. Of course, you know, pickles are shelf stabilized, they're pasteurized, they're vinegar based. They're not living, yeah. Right, but.

Chris Wark (51:21.138)

Do you wanna talk about that, the difference?

Chris Wark (51:31.238)

Unless you make your own, I mean, you you can pick your own cucumbers.

Carl Mason (51:36.051)

commercially, they're dead food, they're not living food. So, fermented foods are still living, they're growing, they're alive. And with the concept of you are what you eat, if you wanna be alive, you eat alive food. And I mean, arguably, vegetables aren't technically alive when you eat them, because they've been pulled, so in a sense, they're not alive, but they're as close as we get. And we've gotta get...

Nutritionally, I just think we need to get as close to source as we possibly can. Eliminate all the processes in between what nature provided and what's on your plate.

Chris Wark (52:19.794)

If you think about a cow grazing or any, any ruminant animal, any grazing animal. Yeah. I mean, they're eating, they are eating living food. They are eating the leaves of a plant or grass or whatever like it. It's alive. Right. While they're eating it. So there is, there's even a level beyond raw, which is like, no, it's still actually alive. You want to crawl around? Yeah. But you know, for, for those who garden, right. It's like.

Carl Mason (52:28.797)

They are.

Carl Mason (52:36.605)

That's right.

Carl Mason (52:40.775)

Right. Right. And I do. I did.

Chris Wark (52:48.114)

If you have a garden and you're growing food, mean, yeah, you can pick it fresh and eat it immediately. know, like for, you know, if you're growing, uh, like salad, vegetables, whatever, like, uh, you know, kale and, and cabbage and Swiss chard and different things. Yeah. I mean, you just pick it, throw it in the bowl. I mean, it's that's fresh.

Carl Mason (53:05.118)

That's fresh and that's what I loved about Diamond Organics, even though it wasn't growing in my yard, it grew on the farm until the moment that it needed to be sent to me and it arrived overnight. So it was at the most, typically about 18 hours from harvest. And if it was even that,

and so that was a fantastic way to go. Living in the high elevations of Colorado, that was,

Chris Wark (53:23.334)

Yeah.

Carl Mason (53:34.705)

You know, that was profound for me. To have that, you go to the market and buy something organic, fresh produce at the market in Breckenridge, Colorado, and you your collard greens are just kind of hanging there, and you don't know how long they've been traveling around. And that's what you're kind of stuck with. I was very resourceful. Cushi actually introduced me to Diamond Organics. They had a very big network.

of providers and that was one of them. gosh, I wish something like that was still around. such a powerful tool.

Chris Wark (54:13.98)

Well, and you know, maybe there is maybe some, some of the people watching or listening, could comment, comment below the video or comment on the post. If you, if you are aware of, using, you know, a customer of a, of an organic farm or grower that's, that's doing that kind of, you know, chop it and ship it, you know, like ship it fresh. I, I just have to believe there's some out there. we, don't use one, but I would love to do that.

Carl Mason (54:17.651)

Are you being?

Carl Mason (54:35.197)

Fantastic.

Chris Wark (54:43.142)

you know, for things that I can't grow or, or get locally or whatever. So yeah, that's, that's really cool. Well, Carl, how can people connect with you?

Carl Mason (54:54.363)

Facebook is my number one go-to. I've got the Love Your Cancer Free Life page. It's not a page, it's a group. That's free access. I have a huge library, thousands of articles that I have built into that group through what I call guides. That's a very good resource. Messenger is a direct, Messenger, practically, Messenger is practically my second home.

Don't know why I've adopted Messenger, but Messenger is my go-to.

Chris Wark (55:26.674)

So Carl Mason on Facebook, Love Your Cancer Free Life Facebook group. Yep.

Carl Mason (55:32.187)

correct and I'm not good with emails. I think I have about 35,000 emails sitting there waiting for me so I'm not very good. I'm not very good with that but I'll connect quickly. I think so. I keep unsubscribing but I keep getting subscribed to other things. I don't know how it happened. my gosh.

Chris Wark (55:40.436)

What the fuck?

Chris Wark (55:44.879)

You may need to unsubscribe from some mailing lists.

Chris Wark (55:51.398)

They keep, they come after you. I know it. Some of these, there's some scoundrels out there. You sign up for their list and they'll put you on 10 more.

Carl Mason (55:59.212)

I know, I don't know where they come from. But so I just, I gave up a couple years ago and I don't even bother with it anymore. But Messenger, I'm on it. And I receive hundreds of messages a day typically, but I'm on it. And eager to connect and chat. We're launching a new program called Soul Strong right now, which is a mind and spirit focus for healing.

So the idea behind that is heal mind, spirit, and thereby heal the body. But we've got all the resources for nutrition, supplements, detox, protocols. And we have courses and programs and a one-on-one coaching. Everything is customized to you. I approach coaching from a standpoint of my idea of coaching is not to coach you on how to become cancer-free, but to coach you on living your best life and becoming cancer-free as a result of that.

It's very passionate work for me.

Chris Wark (57:00.626)

That's amazing. I love it. I'm so, so glad you're out there doing your thing, Carl. It's great to be on the same team, encouraging people. your story is just, it's just incredible. And you know, it's, you know, one thing I want to ask you, which is kind of jumping back and, but anyway, is when did you start developing? When did you start needing oxygen? I mean, because you, you were able to go for several decades, I guess.

post chemo without that. And it was that just sort of a recent development.

Carl Mason (57:29.553)

That's a bit of a recent development. I had a cold, just kind of a rhino virus thing. And through that process...

It was, I just noticed that something just wasn't quite normal about it. And so I actually discovered, I didn't know it. I discovered that I had a collapsed lung and I didn't know it. I had no idea that I had a collapsed lung. I just knew that I didn't quite feel right. And I discovered that I had a collapsed lung. And the first thing that I was told, I did a simple X-ray. That's all I was willing to do.

Chris Wark (58:00.145)
without knowing it.

Carl Mason (58:16.08)
I did a simple x-ray and the doctor said, do you know you have a collapsed lung? And I said, no. He said, and the next thing he said to me, you had chemo, didn't you? And I said, yes. And he said, how long ago was that? I said, 32 years ago. He says, well, you have some extensive fibrosis that's very indicative of chemo damage. And that's why this is happening. So it's a combination of getting older,

I think, you know, nobody expected me to live to be 58. So nobody made any, had any thoughts or intentions towards what that would look like. And so I'm feeling a few things more as the years go by.

Chris Wark (59:01.52)
Yeah. Were they able to restore that your lung, I mean the collapsed part. That's great.

Carl Mason (59:07.202)
It's fully reinflated and it's functioning well. It's just doesn't, it's not full performance. The same thing with.

Chris Wark (59:14.288)
Yeah, the scar tissue prevents absorption of oxygen, Fibrosis, yeah.

Carl Mason (59:17.968)
Yeah, and so I can go 30 minutes or so without oxygen if I'm not really active. I was afraid for this that I wouldn't make the whole hour and I didn't want to be scrambling for oxygen. But I'm functioning quite well. It's just a bit of a frustration to have this all the time.

Carl Mason (59:47.575)
All in all, I'm functioning very well. It's just an outcome that I deal with. It's like the heart issue. The heart issue caught up with me very, very aggressively about 15 years after I was in a very high stress divorce. And that's when the heart failure caught up to me and was fully revealed. But I have managed that naturally. I just did an electrocardiogram about a month ago.

And the doctor said, if I didn't know you had congestive heart failure, he said, the signs are there that you do, but it's not active. I don't know what you're doing, but you've got, you really do have

a heart that's functioning at a very high level. I we can hardly call this heart failure. So it's just that my left ventricle doesn't quite keep up, so I'm not as able to do really high intensity things, but it's not in a way.

of my life. It's just a bit of an annoying reminder. Annoying in one sense.

but a blessed reminder at the same time of the power of the body. There are some things I tell people all the time, people ask me, well, why couldn't you heal from the heart failure? Like, well, if you're in the kitchen and you chop your thumb off, you won't get another thumb. You know, there are just some things that don't, that aren't repairable. And...

Chris Wark (01:01:16.506)

Yeah, it's hard to heal and it's hard to heal. I mean, scar tissue, you know, we all have scars from things and scar tissue in organs, you know, especially in your lungs, it's yeah, this, the skin has healed, but that tissue doesn't function as it should, right? Because the scar tissue is thicker and it doesn't allow respiration. I understand. I absolutely understand that. it's like chemotherapy causes can.

Carl Mason (01:01:21.262)

Yeah.

Carl Mason (01:01:25.111)

It's.

Carl Mason (01:01:31.788)

the same, right?

Carl Mason (01:01:36.62)

Right.

Chris Wark (01:01:45.284)

And often causes long-term permanent damage. and there, that is the, paradox of chemo as you.

Carl Mason (01:01:53.41)

And it's not all seen on the front end. Sometimes these things are revealed through the circumstances of life. A high stress divorce is what enlightened me to the heart failure. And of course the doctors say, well, you took Adriana Myerson, of course you have heart failure. I think statistically it's something around 95 or 98 % of people that take that treatment end up with some form of heart damage.

Chris Wark (01:02:24.366)

It's, yeah, it's alarming and the, and also, frustrating that patients are not, still not informed of the

risks. And, know, I have a, I have a free download folks. That's called 20 questions for your oncologist. You can find it on any page of Chris beat cancer.com. And if you have cancer, thank you. If you have cancer or somebody that you care about as cancer, download the guide. It's an audio program with a downloadable.

Carl Mason (01:02:34.796)

No.

Carl Mason (01:02:43.436)

I love that download by the way.

Chris Wark (01:02:53.82)

question list and everything. Just download it and go through it because there are really important questions you need to ask so that you can make the best decision for you because like Carl and like me, if you have a typical cancer experience, you will not be told hardly anything. You'll just be told show up for treatment and here are the names of the drugs, right? And so the information is power, knowledge is power, and you need to empower yourself.

Carl Mason (01:03:10.829)

No.

Chris Wark (01:03:23.602)

by asking really good questions, specific questions. Like just from Carl's example, what is this drug going to do to me long-term? What are the long-term effects of this? Is this going to damage my heart? Is this going to damage my lungs? What other organs and brain damage, liver damage? Is this going to wreck my immune system? I mean, there's just questions you need to ask. So anyway, that's available for all of you, any of you that need that. So anyway, Carl, thank you so much. This is just awesome.

Carl Mason (01:03:49.39)

Thank you, Chris.

Chris Wark (01:03:50.714)

I love what you're doing. Love your story. You're, an inspiration to me. And, I'm so glad you are out there in the world encouraging people and that this has become a full time, you know, just a full time ministry really for you as it is for me. And, yeah, that's great.

Carl Mason (01:04:04.728)

It is.

Carl Mason (01:04:09.41)

And I'm so grateful for you, Chris. You've inspired me for over a decade now, at least a decade. And so I don't know why it took us so long to get to today, but I'm very blessed and very

honored. And it really is an honor to be, I see myself kind of alongside you on a similar mission and to have that collaboration and all. I'm just, I'm very blessed, very, very blessed. Thank you.

Chris Wark (01:04:29.296)
Absolutely.

Chris Wark (01:04:36.668)
You're welcome. Well, thanks for watching. Thanks for listening. Everybody. Please share this video with people you care about specifically. If you know anybody with lymphoma send them Carl story, 32 year survivor healed after chemo failed. mean, come on. How awesome is that? Like it's absolutely fantastic. And the reason that Carl does what he does and the reason I do what I do is I love Carl alluded to this earlier and I'm just going to use to close with this little nugget, which was the difference between a belief

Carl Mason (01:04:49.078)
There you

Chris Wark (01:05:06.296)
and, and knowledge, right? Believing in knowing. And in the beginning of a cancer journey, it's really scary. And, and most patients are struggling with, despair and discouragement and they, don't know what to believe. And they don't even, you know, they're afraid they're going to die. And, but what you will find is if you pay attention to survivors, if you listen to their stories, especially

survivors who have healed against the odds, like Carl, you will not only start to believe that healing is possible. That's the number one thing. You will begin to believe that healing is possible and your belief will grow and be strengthened and encouraged. And that belief will basically convert into knowledge. Like you will know that it's possible because you've seen people do it, right? You know, the names of people who've done it.

Therefore, you know, it's possible. that's like such a huge, like sort of mental and emotional shift that is really critical to survival is just acquiring enough knowledge until you know.

Carl Mason (01:06:16.854)
Yeah.

Carl Mason (01:06:22.497)
You've got to know that you know that you know, as my grandmother would say. And the thing that I want people to know is that cancer isn't a death story. Cancer really is a transformation story. The thing is, you've got to allow it to be.

Chris Wark (01:06:26.15)
Yeah.

Chris Wark (01:06:41.98)

Cancer has to change your life. Absolutely. It's going to change your life. Yeah. Don't fight it. Don't resist it. Like you have to surrender to it, right? Surrender to the process, surrender to radical life change and trust God to lead you. And Hey, that's, that's some great advice to close with right there. Okay. Well, have a great day everybody. Thanks again, Carl. See ya.

Carl Mason (01:06:44.232)

Absolutely. That's the reason it shows up.

Carl Mason (01:06:51.852)

Sorry.

Carl Mason (01:07:02.176)

There you go. Thank you so much again.

Talk soon. Bye bye.

Chris Wark (01:07:11.096)

Okay, I'm gonna