

Chris Wark (00:02.43)

Okay, we are recording. Let me do a couple quick things here to make sure.

Johann Ilgenfritz (00:23.503)

Hmm

Chris Wark (00:23.662)

Make sure we aren't disturbed. Okay.

All right, you ready?

Johann Ilgenfritz (00:29.506)

I am.

Chris Wark (00:32.802)

Hey gang. Well, today I'm interviewing, for the second time, Johann Ilgen Fritz, who is a long-term cancer survivor. He was diagnosed with stage four melanoma in 2011. After radiation treatment failed, he decided to take a holistic approach to healing. made radical changes to his diet and lifestyle and restored his health. And he went from.

believing that cancer was the cause of his illness to realizing that cancer was just a symptom of a sick body. And he came to understand that if he could eliminate the causes of disease, then he could recover. And it took him about two years to heal. And today it's 14 years later, he's alive and thriving. And I love his story because he kept it simple. He focused on the sort of the big three anti-cancer strategies.

plant-based diet, stress reduction, and exercise. And while he was on his healing journey, he launched UK Health Radio. that today there's 40 plus shows on UK Health Radio that air 24 seven. They have over a million listeners and he can update the stats on that. Maybe there's, I may be way off. It may be a lot more than that now. And

Johann also started last year, the Alkaline Collective Mastermind, which is an online community for those who are trying to heal cancer holistically. And he's the author of a new book with a controversial title, Reversing Cancer. You Caused It, You Can Reverse It. And we will talk about that. The meaning behind that title.

and his story and a lot more. So, Johann, it's great to see you again. This is our second interview, as I mentioned.

Johann Ilgenfritz (02:27.151)

Hello Chris, thank you so much for inviting me again. It's such a pleasure to see and be here with you again.

Chris Wark (02:34.648)

That's great. I'm glad you're doing well. I'm excited that you've got some new things in the works and a new book and you're reaching more people and encouraging them with your story. And I love to share survivor stories like yours because we're just adding to the evidence. You know, I mean, just one story at a time, adding to the evidence that cancer can be healed with the right nutrients and care with a radical change of diet and lifestyle.

And there are other therapies available, natural non-toxic therapies that can help as well. But it's that big life change that's so important. know, the thing that, you know, I hate to see it, but, a lot of people chase after, you know, the magic bullet, quick fix, miracle cure stuff. but they aren't willing to change what they eat.

Right. They're not willing to change their daily routine. They're not willing to exercise daily. They're not willing to forgive people who've hurt them. And all those things are so important. And so I really love your story because it's a lot like mine. So, I know you told it in our first interview, but, can you, can we go through the bullet points of your story for folks that maybe don't know who you are and don't know.

Johann Ilgenfritz (03:56.633)

Yes, of course. With a great sense of pleasure. I love sharing my cancer recovery journey because it just solidifies that we can do it. We are part of this process and we should be part of the process and not just giving our heels into other people's hands, which makes no sense actually. It's the only part of life that we do that. We're involved in everything.

And we say in banking, all this, we're all part of it in our daily lives, but when comes to health, say.

please take care of me. So, okay, here I was at the age of 46, working as a fashion photographer at that stage in Germany and in London when I was diagnosed the first time.

I like splitting the two because for me, my reaction on the diagnosis was so different in both cases. That's why I like separating the two. the first diagnosis was absolutely catastrophic. I was catastrophic after the diagnosis. I just stumbled into radiotherapy, did two sets of radiotherapy.

this is in 2011, did two sets of radiotherapy. Came out the other side cancer-free, but I have to admit that the whole time during the therapy, I did have that feeling of not being part of the process. My only duty was to be there for the actual therapy.

Johann Ilgenfritz (05:50.967)

Nobody told me what to eat, what not to eat, to exercise, what not to exercise, et cetera, et cetera, et cetera. But the most important thing was I didn't ask either. I just had done to me. So I was given the cancer free, but that somehow stuck in my head. But as you know, when things go back to normal, everything goes back to normal.

Four months later, during my first post-cancer screening, I was diagnosed for the second time. That's why, as I said, I like splitting them. I was given a terminal diagnosis of the maximum of 12 months to live. But here, within those four months, something had happened to me. A shift had taken place within me.

And to be very honest with you, it wasn't conscious. It wasn't as if it was a conscious process or journey. But I was sitting in my oncologist's office and she said to me, she gave me the prognosis, which I now, a diagnosis is somebody's prognosis. It's somebody's opinion.

Absolutely, it's a professional person's opinion, but it is still only an opinion. It's not carved into stone, chiseled into stone or anything like that. My reaction was very different to the first one. I sat there in her office and I physically heard my own voice screaming at me in the back of my head, saying to me, you're not going to die, not from cancer. And definitely.

I mean, none of us are getting out of this alive, but definitely not then and not from cancer. That shift had taken place, what you mentioned earlier about, if you change the way you look at things, the things you look at change. That shift had taken place somewhere within those months of the therapy and after.

Johann Ilgenfritz (08:16.482)

between the first and the second diagnosis. So for me, I went from believing, I know you've mentioned this before, but it's so important, believing that cancer was the cause of my illness to realizing that it was only a symptom of a sick body.

So that is a natural law, cause and effect. If you change the cause, you change the effect. And that was my starting point. I went home. I didn't tell my wife about the terminal diagnosis. Of course, I mentioned that the cancer had returned and everything, but I didn't tell her about the terminal side of things. For me, was now in looking back on it.

It was also not a conscious decision at that time. But for me, was, I now know that it was, if I had spoken the words, I would have made it real for myself. I wouldn't.

almost surrendered to it. Now I know that it was not the case, that that's the reason why I didn't. So I went back and literally that day I thought to myself, so the first option didn't work, so now go and find another option or options. I had no idea, I had never heard of lifestyle medicine, I had never heard of anything in that.

in that area of, you know, I was one of those people that went to the doctor, did what he told me, she told me to do, et cetera. So this was a huge journey for me. This was an incredible mind-boggling opening journey. I started researching myself and Raphael and my wife. And as we learned, as we read,

Johann Ilgenfritz (10:23.948)

You know, as I said, the journey was massive.

Chris Wark (10:28.962)

What was the first information that you found that gave you encouragement that healing was possible?

Johann Ilgenfritz (10:32.704)

Well, the first thing, it was a short sentence by Dr. Otto Warburg. Now, I mean, many people know this already. And this took a while. This was about seven months into my allotted 12, if I could call it that. I read the sentence, cancer cannot survive in an oxygenated alkaline cellular environment. 10 words.

that literally took my breath away. It was 2 o'clock in the morning when I read these words. And instantaneously, it was incredible. It was so empowering. I knew that I had found a way.

not to die. I literally woke my wife and those were my exact words. said to her, Raffaella, wake up. I have found a way not to die. And it was, I tried to explain it to people, it's like standing in the middle of a dark football pitch and somebody switches on all the floodlights, but everything. Everything was crystal clear immediately, even though I didn't even quite know what that sentence actually.

Stuteful, incorporated, et cetera, the whole thing. But I just knew that this was it. And of course, the research, all know, well, many people know that already, so I won't dwell on that too long. It's got to do with your pH in your body. We have two pHs. The one is your blood pH, which is very difficult.

to change, it's actually done through your detox system. The other one is on a cellular level, and this one is totally, totally controllable by what you eat.

Johann Ilgenfritz (12:26.317)

how you live, what you think, et cetera. I always say that nutrition plays about 50 % in my life. And I'm talking, I just wanted to stress this. This is another health professional. Never have been, as I mentioned before, fashion photographer. But for me, this is what I believe and what worked for me, very importantly. Your lifestyle is about 50%, what you eat, what you drink.

what your food eats, what it's sprayed with, et cetera, et cetera, et cetera. The other 50 % is what you think. So, so, so important. And the what you think part was almost immediate in this scenario, as I've just explained. So we started researching this, the pH in the body on the cellular level. I became a vegetarian literally overnight. Two or three or four days later,

became a vegan today, 14 years, almost 14 years later. I'm an alkaline vegan, have been for about 11, 12 years already. So I only eat alkaline foods. But that was the starting point. Of

course, it evolved into, you mentioned stress, major, major, major acid.

a thing that acidifies the body incredibly. And now, of course, we're in the lucky position that this has all been tested, it's all been scientifically proven that stress actually acidifies your body. When I started, it wasn't yet. But of course, didn't stay with that. Meditation plays a huge part of my life. I was the one that used to snigger at

People that meditated, now I meditate on a daily basis. Sports I've always been interested in, so that was not that crucial or difficult for me. Breathwork became a massive thing, is a massive thing now. Didn't quite understand it in the beginning, but once you start applying it and doing it, you can feel it immediately. It's incredible. So that was...

Johann Ilgenfritz (14:50.731)

That was the beginning of my journey. I was a very lucky person as well because about two months into this journey, I had an energy surge. can't describe it any other way. I had an energy surge that I say to people it was like probably only

a one to two foot swell for other people, but for me, it was like I was surfing a tsunami. At that stage, seven months into those 12 months that they had given me, I was really ill by then. To give you an idea, it took me 20 minutes to walk up two flights of stairs to our apartment. So really not well, but I had this energy surge which just supported

The feeling I had, the knowing, the knowledge, the trust, the belief, whatever you want to call it, that what I was doing was working. And this energy surge really, really solidified that for me. And that put me on even a bigger trajectory. In my case, it wasn't a quick fix. took me, I had all in all seven tumors at the end, in the end.

Two were operable, they were removed. The others weren't. And it took me two and a half years to get rid of all of those. So not a quick fix, not a magic bullet, as you mentioned in the beginning at all, but continuously feeling better, getting better, stronger, healthier, more convinced, et cetera, et cetera. And that was also the time where things started moving forward that UK Health Radio was created.

because I realized that we're talking 2011, 2012 now, so the internet wasn't what it was today. And everything I was reading was doom and gloom. Wow, terrible. You are going to die. It is going to be painful, et cetera, et cetera, et cetera. And I just realized that there wasn't a single place, space, where people could go to get

Johann Ilgenfritz (17:14.753)

good quality, true information. Not something that's been sugar coated or anything, but you can deliver information.

in a positive manner, any kind of information you can deliver in a positive manner. And that was

the start of UK Holtz Radio. In the beginning, we had two listeners, myself was the one. I think Rafaela was the other one. She's never admitted it, but who else could it have been? Today we have 1.6 million listeners worldwide in 57 countries. So yeah.

It's been so wonderful. We've got 47 presenters doing 41 shows, as you mentioned, on Air 24-7. It's just, it's my purpose. I'm sure we'll speak about the book a bit later. I mentioned the four cues that I live by.

The book is my life, is how I live, what I do on a daily basis, et cetera. And the purpose plays a very big part in that. Think if anybody, if you really have a purpose. I used to love being a fashion photographer. I really did. But this is something on a total different level. I was once asked whether I was grateful to cancer.

And at that point of the interview, when that interview was done, I still had it. I still wasn't completely cancer free. So was a hard one for me to answer. Even today, it's still hard, but it's given me this life, which is incredible. Yeah, pity I had to go this way to get where I am, but I am here and I'm grateful for it.

Chris Wark (19:21.292)

I have a similar sentiment about cancer,

Chris Wark (19:27.054)

You know, the disease and sickness and suffering is not fun. I was, but what I learned through that, and the blessings in my life that came as a result of the suffering I am so grateful for and thankful to God for those. And, and, you know, it's, it's just one of those things like, you know, suffering can either make you, bitter and angry and more resentful and more unhappy, or it can really.

just radically change your outlook on life and, and sensitize you to all of the good things that you have in your life. And to the point to where you're just overwhelmed with gratitude. And I still today am overwhelmed, often overwhelmed with gratitude for just for another day, for my family, for my kids, you know, just

That I can do what I do that I have freedom. Mean, just all the things that I have, I do not take them for granted. And, and I, you know, I just don't think I would have the same attitude had I not gone through cancer and face my own mortality as you have.

Johann Ilgenfritz (20:39.134)

Absolutely, absolutely beautifully said Chris. And I can only second what you've just said. It is humbling and everything else that comes with it.

for me to be able to stand here 14 years later. I've seen my boys grow up. My oldest boy was 11, my youngest was two. I only have the two, but there's a huge gap between the two of them.

The youngest was two years old. He's just finished his GCSEs here in the UK. He's almost 17 years old. I've seen them grow up.

my eldest son go to university and get his degree and everything. And I'm still here and alive and kicking and not only surviving, but flourishing. I think that is such an important thing. You can do this and it's not just suffering for longer. You can flourish and wonderful.

Chris Wark (21:34.594)  
Mm-hmm.

Yeah.

Chris Wark (21:48.438)  
Right. Yeah. Well, I love your message. mean, it's a hopeful message because there are people, don't know, watching and listening that are, they're afraid, they're afraid that, they're going to die young, die too soon, you know, miss out on, being there for their loved ones and watching their kids grow up and things like that. I certainly had those fears. know, I know what that feels like. And, so let's talk about your book. So you've got a new book. You just published it.

It's got a controversial title, which I love by the way. It doesn't, I have no problem with the title at all, but I, it's reversing cancer. You caused it. You can reverse it. Why don't you talk about what that means?

Johann Ilgenfritz (22:21.548)  
Thank you.

Johann Ilgenfritz (22:33.42)  
Most definitely. It's as controversial as...

my life mantra is good health is a choice and I know that it's not always like that. mean, so you know there are babies being born with leukemia and stuff like that. I'm not talking about that but it's in almost every case good health.

is a choice. I'm not a statistics person, but I always use this. And this is from the World Health Organization. Only 5 % to 10 % of all cancer-related illnesses on the planet today are genetically inherited. That means the rest is directly contributed to our lifestyles, with nutrition and toxic overload being the top two culprits.

And that just puts it all in a nutshell. So yes, the book originated, actually started because of the alkaline collective. As I mentioned before, I'm not a health professional. So I don't have my own show on UK Health Radio. All our presenters are specialists in their fields. And through interviews such as here on your wonderful podcast,

I have been contacted by listeners for many years now. And I have helped many of them. I never tell people what to do. I tell them my story and I support them, et cetera, et cetera. And that led me to think, well, why you can do this.

Johann Ilgenfritz (24:23.007)

better. You can do this for more people. And that led to the alkaline collective mastermind. So it literally is not a coaching platform. It's nothing like that. It's a mastermind that where people with cancer, we have one or two post cancer people as well in the groups that are there to make sure that it doesn't return. Same as me. I've improved my lifestyle.

more ever since I've been cancer-free because of exactly that reason. But most of them are battling cancer at the moment from all shapes and sizes. Some are only doing it on the allopathic way. Some are only on the holistic way. Some are doing the integrative approach. And these groups are all mixed. But it is so important because we all learn from each other. I've never done

chemotherapy, for example. So I can't speak about it, but other people that have can talk into it and then they can say that they've started with the the hypertherapy together with this allopathic treatment, hypothermia, et cetera. So they can, you know, and that's how we all inform each other and support each other and open our minds to new things.

Chris Wark (25:36.792)

Hyperthermia.

Johann Ilgenfritz (25:50.592)

very important, especially to the integrative approach, more the holistic approach, et cetera. Depending on how the people absorb it and take it in, it's amazing what happens on their journeys. It's amazing to see. And this sort of prompted me to put everything I know about nutrition, about lifestyle, about everything else into the book.

It was all fragmented. was telling people, it was in interviews, and I just needed to get it all into one specific, one place, one thing. And that's why I wrote the book, which didn't take me long. I actually came back from, it's about a year ago that we came back from our summer vacation, family vacation, and it was so profound, it was so incredible, this vacation. It wasn't even, it wasn't an exotic,

destination or anything like that. was just in the south coast of England. But it was so wonderful that I just felt it my duty to put my information into a book so that other people can experience that kind of vacation with their family, that kind of bond, for lack of a better word. And I wrote it within about four months, all in all. I'm not talking about the publishing

thing and all the rest. I'm just talking about the actual writing. And in May this year, was published. It's about... It's my story, a little bit about it. It's not all, you know, the whole journey,

but of course I have to reference to it. A little bit about my story. And it's about my life, how I live, what I do on a daily basis.

And this has always been structured. Right from the beginning, I've tried to structure it in four pillars. Very important. And you've got to try, when you are on this journey, you've got to try and build these four pillars at the same time. Not let the one get too far advanced before the other ones catch up, et cetera. And these four pillars are just IQ, EQ.

Johann Ilgenfritz (28:17.923)

SQ and PQ. So I mean we all know IQ.

For me, IQ is understanding the science of health. That is what it's about. Understanding the pH system. 7.2 is neutral. Anything below that is acidic. When it's acidic, cancer cells feed from it. It's their nutrition, basically. If it's above 7.2, it's alkaline. So you're taking away the cancer cells' nutrition.

Of course, it's not only that, it's about inflammation. People don't realize.

how inflammation influences not only for cancer, but diabetes, cardiovascular disease, obesity, immune health, and of course cancer. Let's not forget that. It's understanding that inflammation is almost a camouflage for cancer cells. If you get rid of the inflammation,

the cancer cells are easier to detect with your natural killer cells, et cetera. it's understanding, you've got to understand it, you've got to know these things. Otherwise, it's difficult to fathom it, basically. Understanding supplementation, what is needed, what is a necessity, we're all different, so we all need to do different supplementing, et cetera.

Johann Ilgenfritz (29:56.637)

Also important, fasting. Wow, I haven't even started on fasting. I've been doing intermittent fasting. I tried fasting three days and five days. I can't do it. I physically can't do it. have a son, my eldest son, can fast for five days. you know, he drinks, but he doesn't eat and stuff like that. But for me, it's just not possible. So I tried the intermittent fasting. I built it up. It's now...

I don't eat for 19 hours. And then my main meal is lunchtime. And before 6 o'clock in the evening, I have another light meal, an avocado or whatever it is. And that's basically it. I don't... You know, a lot of people say to me, okay, so you only eat salads and that. I don't work that way either. I'm very happy.

I eat potatoes. I like warm food. For me, it's different. I know, Chris, you are very into smoothies and juicing and stuff like that as well. A lot of people that I know and in my alkaline mastermind groups do that as well. But for me, it doesn't work. That's why I'm just stressing this point again. By doing it, you find out what works for you.

you are comfortable with, with what works for your body, etc. It's not a one size fits all. Very important. As I mentioned, integrated fasting, I've been doing that now continuously for about 10 years, so a long time, and it works, it really works for me.

What else can I? Yes, before I forget, the science behind water. So important. If you Google distilled water, you will find that people say you will die if you drink distilled water. I've been drinking distilled water now for about 10 years as well, not quite. Probably about eight years now. You have to...

Johann Ilgenfritz (32:12.521)

You've got to look at the mineral balance of it because distilled water is slightly mineral deficient. But there's so many ways to fix that just with bit of pink salt, Himalayan salt fixes that, et cetera. Very important water play. I think 70 % of us, we are water. So why shouldn't that be such a really, really, really important part of it?

and I did mention this just very quickly, minerals. Minerals for me are essential. They really are. So I supplement minerals, et cetera. But as I said, for me, that's the IQ part of it. You've got to know what you're talking about. You've got to know what you're doing. very important. The EQ section, emotional intelligence. For me,

This is all about evaluation.

I evaluate did and I still do today. I evaluate my life all the time. for me, I found that stress was my kryptonite, literally. As a photographer, you're always under the gun and especially time pressure. Time pressure, for me, it disables me. It renders me useless, basically.

And I am convinced that the cancer I had...

Johann Ilgenfritz (33:51.593)

was caused by many things, but stress, the time pressure played a very, very, very big part of it. And you've got to evaluate your life. So in my case, I've always been, know, a lot of people say you've got to sleep eight to nine hours a day. Again, everybody's different. I function on four, four and a half hours sleep. I have my whole life, I've always been like that.

instead of watching videos or whatever when I can't sleep, I get up and I start working at a leisurely place. So that was my evaluation. I had to find a way for me to get rid of, we can't get rid of stress, it's not possible in today's life, but to minimize the effect of it. So I started, I have a very long day, I start at half past three in the morning, not.

work only. do my meditation, I do my breath work, I do some journaling, I do all that kind of stuff as well early in the morning, you know. But I still get a longer day to do what I need to do, but without getting too hot under the collar, under the collar basically. So that is, that was my, but there again, you've got to find your way and how to minimize it. Very important. I do a

meditation, breath work I've mentioned before. Sports, wow, so important part of it. So that's the EQ. Of course, there's a lot more in the book. I'm just highlighting a few things. SQ spiritually intelligence. For me, it's all about purpose.

Johann Ilgenfritz (35:47.88)

You've got to create an environment that supports healing and good health. This is so, so, important.

Johann Ilgenfritz (36:02.398)

You've got to find your purpose. And I always put it this way. I always say, we don't all have to save 300 children every day. That's not what I'm talking about. I'm talking, it can be, I have one person in my mastermind, he's discovered pottery at the age of 60. And it's become his purpose. It's unbelievable how this man's journey has changed through pottery.

It's such a beautiful thing to look at. People always think purpose, as I said, you have to create huge things and it's not the case. It's a personal thing. It's for you. You've got to feel, wow, I actually know now why I am doing this. Like the UK Health Radio and like this journey for me is my purpose.

I found my purpose through it. You have to find that purpose. It's so important because it keeps the motivation. keeps, I always say, you've got to keep on keeping on. That's what we do. And that, of course, is...

is key. know, lot of people when they think spiritual intelligence, they think of the more off the wall things, but it all plays a big role. this is purpose is fundamental when it comes to spiritual intelligence. Fundamental. And then, of course, the fourth one is PQ, is the physical intelligence, the sport.

You've got to know that your lymphatic system doesn't have a

Johann Ilgenfritz (37:53.35)

It's the only detox system in your body that doesn't pump, that doesn't have its own pump. Only through sport does it detox. And there you've got to also find what you like doing. We have people in the alkaline collective that rebound.

It's been proven, rebounding is such an incredible... We're not talking about running half marathons or anything like that. Rebounding, anybody can do. You can do it at 16 or at 60 or at 86 or whatever. You even get them with a handle that you can hold onto while you're doing it. Very important. I believe in...

Chris Wark (38:14.748)

yes.

Johann Ilgenfritz (38:42.459)

in sweating, oxygenation, that's where, in that little sentence from Dr. Warburg, cancer cannot survive in an oxygenated alkaline cellular environment, and that's it. I was very lucky. I've always been into sports, played tennis my whole life, did martial arts for 11 years, et cetera. And during lockdown,

When everything closed down, the gyms and everything, I started running for lack of, you know, of knowing what to do. And again, by accident or however you want to look at it, I found what I do. I now run three to four half marathons every year. I love it. But it's not because of the half marathons. It's not because of the medals or anything like that.

I've developed my running. I run by myself. I don't run with music, with AirPods or anything. Only with, I like to explain it, only with myself. Only me. And I work on ideas. I create. I work on problems or I solve things, et cetera, et cetera. And I've even managed to create a...

a meditation that I do while I'm running. It's absolutely incredible. So for me that is not wasted time, not only because of the sport, but also because of the PQ and the SQ and the EQ, thinking, working with the whole systems, working, bringing everything together.

It's four pillars, but they all work together. They all support each other. They all help support and help you grow and help your... What is the word? your... Sorry, the words just escaped me completely.

Johann Ilgenfritz (41:04.585)

It's just so important for your strength and everything else to have all those four pillars working together in a combination. So that is basically, I mean, in the book, I've even got a few recipes because people say to me, an alkaline diet, where the hell, how do I, where does that go? How do you do that? It's not a cookbook.

It's just a few examples for breakfast, for lunch, for dinner. It's a few examples of a way to start, how to get going, et cetera. So, yeah, very important. It's just, it's a really good book because it's it's nitty-gritty. It's on the floor, how to do this, as I said.

Yeah, and I think it's really, really necessary. It's a workbook. There's even space to write in it for your own. It's not meant to read once and put in the shelf. It's meant to lie in the kitchen where you are cooking every day, where you are with your family. Your family must look at it. You must write things in there that you liked, that you didn't like, et cetera.

Chris Wark (42:29.016)

That's good. think I'm glad you wrote the book. I think every cancer survivor, especially who someone like yourself who has survived against the odds, it's done something remarkable, should write a book and tell their story because you just have no idea who you will be able to

reach and encourage and inspire and empower. you just, yeah, if you just take the time to share what you've learned, because I think

Johann Ilgenfritz (42:52.945)  
Absolutely.

Chris Wark (42:59.148)

We, can learn from the experience of others and we should learn from the experience of others. And I trust real people, quote unquote, real people more than I trust authoritative sources of information. Right. mean, I believe my neighbor, right. Over a government agency typically. And, because you know, real people sharing their experiences, they're the lessons they've learned, the wisdom they've gleaned from

their hardships and struggles and, and successes. most of the time don't have an agenda to manipulate you. Right. Most real people that I know like yourself or whoever that are sharing what they've learned, they're doing it from a place of love. Right. They, they, they are doing it because they have a burden, right? They have a burden to help others, to share what they've learned, to prevent someone else from suffering.

Right. or to help pull that person up out of the pit that they're in. And, and so anyway, it's a bit of a, of a rant, but I'm so glad you wrote the book and I just, this is not just for you. I mean, I'm just encouraging all the listeners. Like, you know, if you have cancer, if you're really going through a tough time and you're struggling, mean, just think about document your journey, write down what you're thinking, what's happening to you, you know, all of these details, because one, they, some of them are really interesting. I mean, people just have.

wild stories, right? That are, that are interesting and entertaining, right? But beyond that, the lessons that you learn through suffering and struggle, this kind of goes full circle to the beginning of the interview, right? You learn these powerful lessons and, and they're life-changing lessons and they change who you are. They change how you see the world. They change how you treat other people.

Most of the time we can still revert back to to, to selfishness and the self-centered behavior and being impatient and, you know, irritable and all those things. have not achieved perfection. Please do not get me wrong here, but, but, but I'm certainly a much more patient and, kind and conscientious and considerate person, after cancer.

Chris Wark (45:22.2)

than I was before. I'm a big softy. mean, cancer really, it just turned me into a very, you know, guess, sympathetic or empathetic or both person. I just have a really soft heart. You know, I get emotional easily, very easily. Like I'll cry at commercials, you know. I'm very easy to manipulate because I just have a big soft heart, you know, it's like, and that again, that's the gratitude. I'm just so thankful to be alive and

Johann Ilgenfritz (45:43.228)

Thank

Chris Wark (45:52.098)

The sweetness of life. guess what I'm trying to say is like, and I think I'm speaking for you too, but I've, I've been sensitized to the sweetness of life. And, and so any, any sweet thing, any sweet moment, you know, whether it's real or, know, sort of manufactured for television, you know, I, I'm sensitive to it, right? So, but that's, it's a, you know,

If you look for the blessing, right? In the midst of adversity, you'll find it, right? Every trial, every tribulation, every hardship, there's a blessing coming and you have to believe that, you know, we've all heard, every cloud has a silver lining. Like you really have to look, right? You really have to, I mean, it's not like you really have to look, but you have to decide to look, right? For the silver lining.

And that's just as simple as saying like, okay, this is a bad situation, but something good's coming of it. Right. There's something good coming out of this. There will be a silver lining to this. And as a believer, know, Romans 8 28 says, God works all things for the good of those who love him and who are called according to his purpose. And so every time I'm facing difficulty, I'm like, okay,

I got, I'm just trusting that you're going to work this for my good, even though it's hard and difficult and I may suffer and experience frustration and aggravation and maybe pain. I'm just trusting that you're going to work it for my good. And he always does. I always see the good come out of things. I may not see it right away, but eventually I can look back at every, every struggle I've had, every difficult thing I've had. And I've seen the good that's come out of it. And,

So that's, know, for anybody watching or listening, I just want to encourage you, there are good things coming, right? As a result of your suffering and difficulty. Just don't,

Chris Wark (48:01.07)

Let me rephrase that. You just have to pay attention, expect them and look for them and then celebrate the good things. Be thankful for the good things that are in your life now today and that are coming.

Right? Without gratitude, you know, when you live a life that is, let's say deficient in gratitude, what happens is, you end up with an inordinate amount of misery.

Right? Gratitude and misery, don't, they can't really coexist. One displaces the other. So the more you practice gratitude, the less misery you will have, right? The less unhappiness you will have, the more you focus on the good things in your life and, and appreciate them and say, thank you God for that. I can get out of bed. Did I, mean, even this morning I was, I pretty much

do this every morning.

I get up and I walk the dog. I walk directly into the sun because I turn left out of my driveway facing east. The sun is coming up. So I'm walking into the sunshine, I'm walking my dog, I'm walking myself for the exercise. And it's about a mile, just a brisk mile walk, first thing in the morning. And one of the things I do on that walk is I just practice gratitude.

You know, I just say, thank you God that I can get out of bed today, you know, that, that I can see and hear and walk and talk and that I'm alive today. And, uh, and I just kind of started, I just started running through the list. You know, what do I have this good? My, have a wife who loves me. have two beautiful daughters. We have a home that we love and enjoy. have a great dog and a cat.

Chris Wark (50:10.712)

You know, stuff that seems trivial, but I'm just saying, appreciate them. Thank you God for these good things, you know.

Johann Ilgenfritz (50:19.302)

And if I may, the word I couldn't get earlier was consciousness, the collective consciousness. So yes, please, if you are going through this, if you are on this journey, write it down, write down as Chris has animated people to write books. Doesn't always have to be a book, but write it down. It's got to start somewhere. Collective consciousness is also such a very big important.

part of this, that we can all learn and heal with each other, from each other, through each other, etc. So yes, I can only but agree with this and because the gratitude while I'm running, that's another very big part of it. So yeah, very, very important.

Chris Wark (51:16.098)

You know, you talked about the collective consciousness, but it's like, what I, what I think about along those lines too, is just community. You know, and you have started a community, right? The alkaline collective and community is so important. You know, isolation. I mean, they've studied this, you know, cancer patients who are isolated that don't have community or family that are very isolated and alone, they don't do well. I mean, they do worse.

Johann Ilgenfritz (51:22.469)

Yeah, absolutely, definitely. Yeah.

Chris Wark (51:44.182)

than the typical patient. They have shorter survival. They just don't do well being in isolation. so there are many, many studies on this, but they all sort of find the same thing. It's like when you are in community with people, you spending time with friends, spending time with your family, spending time socializing, just in social circles, spending time at church, like spending time with people.

with other cancer patients, right? Beware of the cancer support groups. have an opinion about them and they can be actually more harm than good. If you're around people that are all suffering and no one is positive and encouraging, right? You might want to stay away from those, but finding a supportive network of people like Healing Strong is one that I've been a part of for years. Obviously this Alkaline Collective sounds like it's along the same lines.

Johann Ilgenfritz (52:29.337)  
supporting.

Chris Wark (52:42.06)  
finding people that understand what you're going through that are on the same journey, that have the same outlook, you know, that you can really, you can commiserate with, but you're not just all there to tell your sob stories and, and say, and, and get attention for suffering. Right. You're there to get to share your struggles, but to get encouragement from people, right. Who are, you know, like you focused on healing on, on surviving and thriving and overcoming.

You need to be around those kinds of people and they, got to find them. You may have to beat the bushes, right? But don't just sit at home alone and suffer in silence, you know, and you need community, you need connection, like you need support. And some people have it naturally. Some people, you know, I've, I've talked to thousands of cancer patients, right? I know every story, but some, some people have incredible support systems with family and friends. It's just.

automatic built in and it's amazing. And other people don't have anybody. And, you know, it's harder, but to those people, just want to say you, you can find the support you need. You just got to get out there. Got to beat the bushes a little bit.

Johann Ilgenfritz (53:55.144)  
Absolutely, I mean I always say and just to support the community thing, there's a difference between pity and support. Pity is almost the worst thing that can happen to anybody that has cancer. As I said, there's a support, there's understanding the person and the position they're in, etc. That's one thing. Pity doesn't help anybody, but support.

Chris Wark (54:05.379)  
Yes.

Johann Ilgenfritz (54:24.679)  
constructive support and help is what it's about. that is, and that as you mentioned, some have that. Luckily I was one of them in my family. That was the starting point of it, but very important part of this healing journey is that.

Chris Wark (54:28.568)  
Yeah.

Chris Wark (54:42.808)

That's right. That's a good word for sure. Pity and sympathy. It's nice to know that people care about your struggle, but you need more than that. frankly, sympathy can become, it's sort of a double-edged sword. It can become addictive. I've seen people become addicted to sympathy, to the attention that they get.

Johann Ilgenfritz (54:43.825)

Yeah. Yeah.

Johann Ilgenfritz (54:50.213)

Absolutely. Yeah.

Chris Wark (55:12.55)

And in some cases it may be because they have never really felt loved or cared for. And once they become sick, they get a lot of extra attention and, and to them that feels like love and they want that to continue. So, you've seen people sort of self-sabotage, right? Cause they have a deep desire for love. And the only way that they've found.

love and attention is through sickness. so ultimately they don't want to get well, which some people think, how could someone not want to get well? I don't know, but it's, it's a real phenomenon. And I think many people listening, probably if you think through the people, you know, you probably know some people that are sort of perpetual. you know,

perpetual magnets for sympathy, right? They like the attention. And again, there's nothing wrong with those people. just, they need love. That's what they need. They're just craving love and affection. And, and, and they've just found a way to get it. That's, that's not really the best for them. It's not a healthy way to get it, right? In fact, it's the sick way to get it.

But anyway, again, we're just dropping little nuggets here. The conversation is just going where it goes. know, whoever, whoever that's for, know, somebody out there needs to hear that. And they need to understand that that is a real phenomenon, especially, especially if you're a caregiver, you know, the people that there's a big lesson. I know you've seen this too, as some people don't want your help. They just want your attention.

Right. And those are people that it's fine to give them attention, but you have to understand if they're not willing to change anything about their life, if they're constantly asking your advice and never taking it, then that is a person that just wants your attention. They're pretending to want your help. They just want your attention. and in order to

Chris Wark (57:33.888)

spare yourself the frustration of giving advice that is not taken. Right? That's frustrating. You know, if you understand their motivation, then you can kind of release yourself from the, let's just

say, aggravation, right? Of giving advice to someone who doesn't take it. And you can just realize, okay, you know what? I can just give them, I can give them attention. That's really what they want.

Right. I'll give them advice. They're not going to take it. It's okay. Like I'm just not going to, not going to let it bother me. but it might help you also have deeper conversations with that person and say, Hey, you know, you asked me for advice a lot, but you never, you never follow through. You never take it. Like what, you know, what's going on? feel like maybe you don't really want to get well because you know, you've got to, you got to make these changes to your life in order to help yourself. What, what do you think stopping you? You know,

So you could maybe kind of try to not be a therapist, right? But just be a good friend that's talking about real things that matter to someone and, and maybe help them be honest with themselves about what they really want and what, excuses they're making for themselves. You know, I think we, we all can, I think, you know,

A lot of people are quick, quick to say I'm not a therapist. But I think so many of our human problems can just be solved by talking to someone who cares about you. You know, talking through your problems and being honest about your feelings. Not you know, with someone who really cares about you, because they'll help you get to the bottom of, you know, they don't have to have a psychology degree to help you get to the to the some of the root causes of your

you know, your behavior and your choices, right? There's just a lot of common sense out there that you just need to be open to hear it from someone who loves you. Right.

Johann Ilgenfritz (59:41.51)

I'm so glad you mentioned the support group, the caregivers, because people forget it's not only the person that has cancer. It's everybody around him that goes on this journey. And it's really such an important thing that you've just mentioned, because it can actually become really toxic for the caregiving group, for the support group.

Chris Wark (59:56.941)

Yeah.

Johann Ilgenfritz (01:00:11.331)

if in a case like this when it's only about sympathy. And yeah, and not, and it's not helping anybody. It's not helping the patient because nothing's happening. He's not doing anything. She's not doing, they're there's no sustainability in it. And that is the scary part. So yeah, I'm really, I'm really happy you mentioned that because it is so often overlooked.

Chris Wark (01:00:38.446)

There's a ripple effect, you know, from, from the patient, you know, outward, and it affects their, their family and their friends. mean, it's rippling out to their, you know, their whole network of

people, but the people closest to them, right. Really get the most intense, you know, shockwave, so to speak.

And are dealing every day living with that person, dealing with the fear and the anxiety and the worry of what's going to happen. Are they going to get sick? Are they going to get or worse? Are they going to die soon? Are they going to recover? Well, you know, and, yeah, it is it cancer, you know, it's like, you really don't suffer alone. The family suffers with you. They can't understand fully what you're dealing with, but they're suffering in their own way. You know,

It can be financially as a caretaker, a big time constraint. And emotionally too, I mean, all of it. I have a lot of sympathy for, I mean, I understand. just have a lot of sympathy for caregivers and family members of cancer patients, right? Cause they're, man, it can be really hard and really scary. And sometimes when the patient doesn't get well, you know, and they finally pass away,

You know, it's a massive relief, you know, to the family because of how difficult it's been for them for maybe several years, many years. And so I don't have a big point to make about that other than I just, understand. And even getting support and encouragement as a caregiver is really...

Chris Wark (01:02:30.956)

Well, Johann, this has been really good. mean, I really want to make sure people know where to find your book. Cause I know it's going to be great. mean, we have, we agree on so much, especially the personal responsibility aspect, diet and lifestyle, environment and stress, like addressing these major causes and contributors, contributors of cancer. It's huge. can mean the difference between survival and death.

Right. For a patient that is doing treatment, or if they say no to conventional treatment, doesn't either way, all the things that you're teaching that I'm teaching the diet and lifestyle strategies are only helpful, right? They can only help. increase, increase your odds of survival, re reduce your odds of recurrence and death. Why not do these things for yourself? If you really want to live, if you have a strong will to live, and if you're a caregiver, you know, if you can

The hardest thing about being a caregiver, and I should have mentioned this earlier, is being a caregiver for someone. You also alluded to this who you know, could be doing more to help themselves and, and, but they're not right. Sometimes they're not doing anything to help themselves, right? They're just going to treatment. They're there. They're just not willing to change anything.

about their life. And that's really hard as a caregiver when you're when you sit when you're sitting there going, I know if you would change your diet, if you would exercise, if you'd lose weight, it would help you, you would do better, you'd feel better. Your outlook would be better, you'd have more energy, you would you'd be more hopeful, right? And not to mention just the studies on cancer survival, that exercise improves survival. mean, just very simple things like that. So I you know, but the

There is a, there's a lesson here is that some people, you know, just, they're not willing to change and it's not the caregiver's responsibility to save the cancer patient's life. Right. It's not, it's your own responsibility as a patient to do everything in your power to survive if you want to live. And, I have, I'm frequently talking with caregivers and trying to relieve them of that burden.

Chris Wark (01:04:54.7)

Right. And say, look, you're there as an encourager, right? You can encourage them to take care of themselves, to forgive, to eat super healthy, right? To juice or whatever you can encourage them, but don't be a nag. Right. And don't let it drive division and resentment, you know, in, as a wedge in your relationship, because they're not doing the things that you know, or think they should do. That's very common. It happens a lot.

You know, just love them, love on them. They're struggling, they're suffering, encourage them, love on them. You know, if they change, you can be their cheerleader. If they're not willing to change, just love on them. You know, just, just be their companion, their partner, their, their brother, sister, whatever you are to them, their friend. And, you know, and then maybe one day they'll wake up and go, you know what? Today I'm ready. I'm ready to change today. You know,

I'm sick of this. I'm ready. And then you can be like, goodie. All right, let's go. You know, so just wait for those opportunities if they're not if you haven't found it yet, you know, be pleasantly persistent. But anyhow, okay. Where where can people find your book?

Johann Ilgenfritz (01:06:00.357)

you

Johann Ilgenfritz (01:06:19.366)

My book is on Amazon of course as well. Just if you type in reversing cancer, it'll come up. We have also on the alkalinecollective.com website, the book is there. So it's alkaline-collective.com. You can get it there. If you want to, you can email me directly. It's Johann, J-O-H-A-...

I have an alkaline collective email address as well, I think let's just stick with the UK Health Radio one. Email me, write to me. I'll respond, it might take a day or two, but I will get there. I think that's...

That's the most important thing. And be part of the process. Use your toolbox. Use all the tools in your toolbox, or at least try them out. I think that is really important. You can't build a house only with a hammer. You need all kinds of tools to build a house, and it's the same with health. Try everything you need to do. Be gutsy, be bold, and do it. Try it. If it doesn't work, change it. Adapt it.

But be active, be part of this process, as you've just said as well, Chris. I can only but second

that. So that's where you can also get my book, as I said, Amazon or on the Alkaline Collective website. And yeah, if you need to contact me, please email me, johann, with a double N, very important, j-o-h-a-n-n at ukhealthradio.

Chris Wark (01:08:08.92)

think there's one good last little message there is that what you're saying is you don't just have to be a passenger in your life or a passenger in your healing journey. And a lot of patients are passengers, right? It's like you just get on the treatment train and you're just a passenger, right? People are just doing stuff to you, right? Doctors are just doing stuff to you and you're just like, okay.

Here, what's the next thing you're going to do to me? What's the next thing? Right. And, it doesn't have to be that way. You can actually take the wheel of your life and your health and make decisions that are the best for you. If you're willing to, to read and research and educate yourself and face your fears. And if you're willing to change your life, you can, you can change what you eat. can change your exercise.

habits, you can start them if you don't have any, right? You can walk every day. Like unless you're in a wheelchair or in a bed, you can walk every day. You can do that. Right? You can, you can choose to forgive. you can meditate. You can fast. I mean, there are so many things you can do. Yohan does not have special abilities. I do not have special abilities.

We're just human beings. We're doing things that we can do. And so don't make excuses, right? Don't make excuses. Make progress, right? Make progress, make decisions to change your life. And it's really just about changing your daily routine. You don't have to change your whole future life and make some grand plan, right? You just have to start making different decisions each day that you know will help you.

And those decisions add up over time. There's a page in my book, Beat Cancer Daily, it's called Small Change Adds Up. And that's what it's about. Small change every day adds up over time, like putting a little bit of pocket change in a piggy bank. It adds up. You just keep doing it. And before you know it, you got a piggy bank full of money, right? Or you have a dividend of health because you have

Chris Wark (01:10:33.038)

exercised every day. And all of a sudden now your, your HRV is improved. uh, your VO two max is improved. Your blood pressure is reduced. You, your oxygenation status is better. You are turning on anti-cancer genes. That's just exercise. So yeah, your choices really do matter folks. They can help you or hurt you. And I'm here to encourage you and empower you. And I know Johann is too.

We'll put the links to, connect with him below this video on the Chris beat cancer website. We'll link to it. If you're watching this on YouTube or listening on, on the podcast, Apple or Spotify, just

click through to, to the main post for, for the links and the show notes. Okay, gang. Well, thanks a lot, Johann. Great to see you again. You look awesome. You look healthy and well, and it's a pleasure to catch up. Love what you're doing.

Johann Ilgenfritz (01:11:26.926)

Thank you. Thank you, Chris. And yeah, thank you for who you are and for everything you do. your journey is incredible. The people you have helped, I'd love to know how many there are worldwide. Thank you so much.

Chris Wark (01:11:44.902)

I don't, your guess is as good as mine, right? I don't know. We'll find out on the others, you know, find out in the afterlife, right? That's like, who knows man, but you know, it's just a, it's a joy and a privilege to be able to do what I do. And I'm so thankful that I can do it, that I'm alive to do it. And yeah. Thanks for listening everybody. Please share this with people you care about. Again, if you've made it this far in the interview,

You see how much wisdom Johann has stage four melanoma survivor healed against the odds and now celebrating 14 years cancer free. I mean, what an awesome story. So please share this interview with cancer patients. know, people, know, especially those with melanoma, but, the principles that he followed and I followed for colon cancer, these are universal health principles. Universal. So it doesn't matter if.

someone you know has breast or liver or brain cancer. These principles are good. Okay. And every cancer patient needs to, needs to know that cancer is not, does not have to be a death sentence and that cancer can be healed and that you have a part to play in the process. So God bless you all. Thanks for watching and listening, and I'll see you on the next one.