

Chris Wark (00:00.215)

just talk about what you've learned and we'll just have a chit chat about it. You know, we'll just talk about, healthy stuff. Okay. let me fix my hair. Here's okay. You ready?

Shamiz (00:04.034)

Fantastic, yeah, absolutely.

Shamiz (00:15.79)

Let's go.

Chris Wark (00:17.795)

And it's Keshawalla. Keshawalla, okay.

Shamiz (00:19.576)

Catch Walla,

Chris Wark (00:23.799)

All right, gang. Well, today I'm interviewing Shamiz Kashwala. He is the co-founder of High Carb Health. He provides education and coaching to help clients transition to a healthier lifestyle, focusing mainly on gut disease and helping people heal from ulcerative colitis and Crohn's disease. Shamiz suffered from severe ulcerative colitis in 2012.

And was told that he would be on medication for life. At one point he was told that he needed surgery, because his colon basically was not healable. And then he discovered a whole food plant-based diet and he learned that maybe that could help heal him. And he got on a whole food plant-based diet and he healed his ulcerative colitis and has not had any symptoms.

Has not taken any pills. He is healthy and healed. And so, I love sharing these kinds of stories. Obviously, this podcast may be called crispy cancer, but it's not just about cancer. It's about healing. It's about holistic health and healing and, focused around diet and lifestyle strategies. And the diet that we see helping people heal over and over is a whole foods diet, predominantly plant-based or exclusively plant-based. And,

Colitis and Crohn's disease are very common. Inflammatory bowel diseases are common. Colon cancer is common. And so, those diseases are actually precursors to colon cancer. lot of colon cancer patients have those diseases leading up to colon cancer. Not always, but, but it's not uncommon. And, there are so many people out there again, suffering from inflammatory bowel diseases.

that don't know that they can be healed. They are told just as Shamiz was told that your only option is medication and surgery, that it's going to get worse and worse and worse over time. Eventually you'll have to have sections of your colon removed. Eventually the whole colon is going to be gone. You'll have to have a bag. In fact, a quick story before I bring Shamiz on here,

the very first person

Chris Wark (02:49.421)

That I met in 2004 after I adopted a whole food plant based diet, all raw, right? I was diagnosed with colon cancer about a month later. I found out about the raw food diet. got on it. I had surgery. You all know that many of you, but I got on the raw raw diet and I went to a, a retreat with my church. It was a weekend retreat and I was.

Very new, right? I brought my own food with me and people were like, what are you doing? We heard about your diagnosis. so, you know, I was having these kinds of conversations a lot with folks and one guy said, I said, yeah, I'm on a, I'm on a raw food diet right now. I'm just eating fruits and vegetables raw. And this guy was like, Oh, Hey, I know somebody who does that. And I'd never met anyone on a raw food diet. I mean, this is a fringe diet for, for weirdos and sick people. And, uh,

And he said, Oh yeah, I know somebody who's on a raw food diet. He's sitting right over there. And granted, this was like a hundred people, you know, this is not a big group of people. And I was like, are you serious? So I go and meet this guy and I start talking to him and he's probably 20 years older than me, or maybe even I was in my mid twenties. He could have been in his mid, you know, in his late forties or early fifties. And he said, yeah, my, wife had Crohn's disease.

And she got on a raw food diet and healed her Crohn's disease. And the doctor told her there's nothing she could do. And I was like, this is amazing. So it was like, that was the first real world testimonial of healing on a raw food diet for me was a woman who healed her, her Crohn's disease. So having said that, so this is kind of special for me because it just ties back into my story and

So Shamiz, welcome. Thanks for taking the time to do this. I'm excited to share your story and encourage people. How are you?

Shamiz (04:43.382)

I'm great Chris. Thank you so much for having me and you know, my mom actually is a really big fan of yours and she found you during my journey and it's I think special to be here because she's obviously going to be listening in and you know, she's the one that actually put me in this position 13 years later. So just want to shout out to her. Hi mom. Bina.

Chris Wark (05:09.167)

That's amazing. What's her name? Beena. Hi, Beena.

Shamiz (05:15.342)

So, you know, it's been great, you know, and for mum to obviously come across you and all the amazing things that you've done for yourself and so many other people, showcasing the power

of plants, you know, and that too raw for that matter. Because as we all know, you know, people think that this cannot be done or even, you know, physicians or, you know, specialists saying that, you know, healing is not possible, you know.

I mean, and this is this is the story that we always get told over and over again. And that was the same for me. You know, I was also told I was also put in the same position in a hospital bed. You know, thinking, what can we do? Or what? You know, what alternative or what truthful way of healing? You know, is out there. And luckily, for me, we found that and I'm so grateful.

And, you know, thanks to God for giving me this opportunity, giving me the second, second chance in life, because I wasn't, you know, doing very well. 13 years ago in hospital and out of all places, it was in Japan. So, you know, language barrier and all sorts of other issues. So it's funny how things turn out and, you know, I'm just grateful to be here and share my story.

Chris Wark (06:41.067)

Yeah. I want to get into it. I want to dig into it and extract the details, the juicy details. But before I do, there's one other thing that I was thinking about as you were talking, which is that, you know, I do these interviews because there are people that are struggling that I know can be reached and encouraged and helped from your story, right? By your story, every cancer survivor or healing story.

that I share. It's like, cause I know there's somebody out there that needs this encouragement and it's more than one person, but also not just for patients. I'm, you know, I'm seeing more and more physicians waking up to nutrition. And I think it's, it's exciting. You know, I know that there were, there will be doctors and nurses and health practitioners that listen to this and watch this, that this may be their first time ever.

hear of hearing someone that healed ulcerative colitis and or Crohn's. And so that that's exciting to me too, because I really do think, you know, it's, it's, you can't blame doctors. They're trained, you know, they're given this very narrow sort of set of criteria and they've kind of put the blinders on them in med school and they're told these diseases are incurable. Right. And if you're told that in med school, you believe it, right? Well,

They, that's what they told me in med school. They're incurable. And here are the best drugs we've got. And here are the best treatments we've got, which is, know, surgery eventually. And so that, you know, this is what you're told. This is the truth about this disease or this class of diseases. And so I'm just excited to be sort of chipping away at the, just false belief, right? The conventional.

medical paradigm that, that chronic diseases cannot be healed and that, and, that they're not caused by diet and lifestyle because most of them are right. And once you, once you know the cause, you can find a solution, right? It's like, Hey, this is a cause and effect world. We know the causes and, unfortunately there's a lot of money in treating disease, not in healing it. And so

that's, that's what shapes medical curriculum is what generates money for the industry. And that's.

Chris Wark (09:05.935)

surgeries and medications. So, okay. So let's jump into your story. 13 years ago, what, what are the symptoms that you were experiencing?

Shamiz (09:17.922)

Yeah, mean, symptoms. You know, I think when you when you have a sort of chronic disease, you you don't really know what's going on, first of all. And you start Googling stuff and you just go and go, what's what's going on? Like you're paranoid, you're panicking. For me, it started off pretty mild, like I had just a few more bathroom trips, you know, maybe three or four in a day compared to maybe one.

And I had a little bit of blood in my stool Had a lot of cramping or like abdominal pain as well, which I was kind of a bit concerned about I didn't think too much off it though during that time because I felt like maybe I ate something that I shouldn't right and I think that's something that everyone faces when they have some sort of gut problem is that did I eat something wrong or did something happen and

It's funny that that we think about this because that's not necessarily told to us right when we get down down the track that food has nothing to do with it. But yeah, it was it was very mild, like I didn't I didn't it didn't stop me basically from doing the things that I was doing. I did feel a bit more tired. I think it was that was probably fatigue was there a little bit more than I usually would have. But it wasn't like super bad. You know, when I went

I think when I went to the doctor to ask him, you know, what's what's going on? And this was like I said before it was in Japan. So it was there was an English speaking doctor, thankfully. And, you know, it was hard to communicate, obviously, what was going on. But luckily, he can't. I was living in Japan. Yes, I was living and working in Japan as a English teacher. And, you know, I'd always wanted to live in Japan and live have

Chris Wark (10:57.881)

Were you living in Japan or visiting?

Shamiz (11:11.118)

You know, I knew how to speak Japanese. So it was really awesome to be there and So the doctor actually Said okay. Well, we need to get you checked because you know, I don't know what's going on from what you've told me So we're just gonna put you in hospital for a week and observe you So that's what happened I Ended up going to the hospital the next day

I scooted there with my scooter. and yeah, like I didn't think very much off it because obviously I was in good hands. you know, the doctor said that everything will be okay. They did a, sigma

otoscopy initially, to see what's going on. and they diagnosed me with a mild colitis. so, you know, I,

didn't think too much of it. You know, I was like, okay, and they said, we'll just keep you in here for a week. You know, and we'll see what's happening with your symptoms and with how your, your body goes about doing certain things. And they put me on the usual anti-inflammatory drugs. Obviously, the diet as well with in hospital, I think in Japan, they have a specific colitis and Crohn's diet, by the way. It's

think it was like a half boiled egg, some rice, some miso soup, and some fish. Well, that's what I was fed. And I think they gave some carton of milk and yogurt and things like that as well. And I think those

Chris Wark (12:53.391)

It's actually, it's actually surprising. Let me interrupt you because it's surprising that they would keep you in the hospital for a week with a diagnosis of mild colitis. Like that does not happen in the U S if you get a diagnosis of anything, they're not keeping you. They're just like, here's your diagnosis. See you later. You know what I mean? Unless it's like life threatening. So the fact that they would keep you in there and monitor you and feed you that's definitely a

much higher level of care than you get in the US.

Shamiz (13:24.61)

And I think that's what we do seem to think that Japanese healthcare is obviously a notch above. A lot of people think that. It's better there than anywhere else. They are a lot more structured and they all have their certain ways of doing things, which is great. But of course, not helpful in the way that, for me, it didn't work. But I think...

Another reason was because I was a foreigner, a gaijin, right? So I think they wanted to be a little bit more careful and because I was employed by the government too. And I don't know if that had anything to do with it. But I think they wanted to basically care for me, which is which is great. You know, was happy about that. And I was happy that I was taken care of. And I felt safe. You know, I felt safe in the doctor's hands. Because, you know, they know better.

Chris Wark (14:05.711)

Hmm.

Chris Wark (14:13.785)

Yeah.

Chris Wark (14:19.076)

Yeah.

Shamiz (14:21.27)

Right. And they, don't know anything. I didn't know what ulcerative colitis or even colitis was at the time. And I was Googling. I was like, what is this? This is a weird name. I've never heard it before. I never knew anyone.

Chris Wark (14:30.701)

So higher level of care and extremely attentive, high touch, but not necessarily solution that they didn't really necessarily have a solution for you.

Shamiz (14:42.912)

No. And I think that's where, you know, we don't realize that when we think we're going into this hospital for care, it's almost like sick care, not health care. And we've got people there that are just there, like, you know, nothing's really going on. And they're keeping them there. And it's like, I felt I didn't feel out of place, it did feel strange, you know, because I they didn't tell me anything.

as well actually like I think the communication varies there but they didn't tell me anything so I had to kind of do it myself I to go get my clothes and get my laptop because I was like what am I gonna do here you know I'm gonna be bored there's no there's nothing to do here in this in this ward gastro ward and I actually had one of those pocket Wi-Fi things as well so I could use the internet and I was like this was a lifesaver really because I didn't know what else to do but I mean look

I'm happy that they took me in, you know, and that was something that I respected. I think respect culture over there is very like you respect things in Japan a lot and people respect you and you respect people and especially elderly. So, you know, doctors are respected there a lot. Doctors, surgeons and medical staff and things like that. for me, I was, you know, again, in safe hands. I think one of the doctors did mention that

You know, you're going to be out of here in a week, you'll be fine. and so obviously they put me on the anti-inflammatory medications. Nothing really worked. and I think, I don't know if you've heard about your cult, that little yogurt drink, it's, it's an Asia. think other people might know about it, but I asked the doctor, like, can I drink this little yogurt thing? And he's like, yeah, yeah, go for it. And I was like, cool. So I kept smashing it down. kept.

drinking that little yogurt thing. Cause I thought, you know, probiotics or something to do with, you know, gut bacteria. And that's what it was renowned for. Yeah, I think, I think it's, it's very well known in Asia Yakut. And I didn't really think of it too much. just, you know, kept drinking. And I, and I think that actually made me worse because dairy in there was

Chris Wark (16:49.775)

It's almost like a little kefir type drink.

Shamiz (17:07.798)

obviously a dairy product and obviously we know that dairy is very harmful for the gut and not really meant for humans. So for me, I was like, let's just get this in me and let's see what happens. also the food wasn't really that pleasant, was pretty bland, but I was just, all right, you know, this is what they're giving me. eventually things started to get worse because yeah, my body wasn't necessarily responding.

as well as they probably would have liked. and my bowel movements started to increase from three to three to four to about five to six. and there was urgency as well. while I was in hospital here. So the, the frequent, the frequency started to ramp up and I was kind of like, Hey, you know, what's going on? And

Chris Wark (17:48.899)

while you were in the hospital?

Shamiz (18:01.87)

sort of asking the doctor like, you when I'm gonna get out of here, I don't want to be here. I'm a 23 year old kid, you know, just wanting to explore and do things and here I was stuck in hospital. And yeah, doctor said, oh, you'll be fine. You'll be fine. Just a little bit more time. Just give the medicine a little bit more time and you should be out of here. No worries. And little did I know that that was, you know, five weeks down the track, you know,

was not in a good shape.

Chris Wark (18:32.833)

Wow. So they wanted to keep you for a week and it turned into five weeks.

Shamiz (18:37.87)

10 into five weeks. Yeah, and it was horrible.

Chris Wark (18:39.895)

And then at the end of the five weeks, what did they tell you?

Shamiz (18:43.362)

Well, it was either going to be surgery or take an immunosuppressant medication, which, you know, had a lot of side effects and all sorts of things. And I kind of was like, I mean, for me, I was, I was pretty much dead. Like I did not have any life left in me. basically life had been sucked out of me. was laying there just on the hospital bed going, you know, is this it? Like I didn't have any energy. couldn't even talk.

Chris Wark (19:13.103)

Did you lose a lot of weight?

Shamiz (19:15.15)

35 kilos in hospital. Yeah, so I came in hospital about 70 72 Ended up being about yeah 35 to 40 and That was all under the doctors care because they stopped they stopped feeding me as well So I think that was just to make sure that the medicine sort of would kick in And and yeah, they sort of didn't didn't give me any food for I think it was two two weeks

Chris Wark (19:18.116)

Yeah.

Chris Wark (19:44.616)

Where did you start out? Was your weight out when you started?

Shamiz (19:47.054)

Yeah, 70, 72, around 72 kilos.

Chris Wark (19:50.159)

So you're like 158 pounds. That's just for the American audiences. You're like 158, 160 pounds. And you lost how many?

Shamiz (19:52.822)

Yeah, yeah, around that. Yeah, that's right.

Shamiz (20:01.07)

I lost around 35, 30 to 25 kilos, yeah.

Chris Wark (20:05.081)

So you lost around 70 pounds. So you were under a hundred pounds.

Shamiz (20:08.46)

Yeah. I was under a hundred pounds. Yeah. And very scary. Very scary. Yeah. Emociated. I literally, you could see, you could see my spine. You could see on my bones. didn't, didn't have anything left. and that's, that's because I started to get worse and worse and worse. Right? So from week one, they put me on

Chris Wark (20:13.261)

Yeah, I mean that's that's pretty scary emaciated

Shamiz (20:35.786)

anti-inflammatory drugs or mizalazine or 5-Asa. Then that week went by and nothing really changed. They also actually, I forgot to mention that they gave me a suppository as well, an enema. And that was probably one of the worst things that I've ever experienced, putting this pipe up my rectum and, you know, just pumping it.

put this white liquid inside my buttock and I was just like that that does not you know feel good. And the nurse actually was like do you want me to show you how to do it and I was like no thanks I'm okay but it was it was it was just weird to think that this is what I have to do for the next like couple of weeks like you know inject this thing up my my bum and just the feeling and like this wasn't

Chris Wark (21:17.192)

Ha

Shamiz (21:32.044)

what I signed up for, you know, like, I didn't think that it was going to be like this. And of course, you just do what the doctor tells you to do, because that's what you you don't know any better. Right. And for me, I was oblivious to so many things and I trusted the doctors. I trusted it as anyone would, you know, and we

Chris Wark (21:54.319)

I think it's likely that if you had not gone into the hospital, your disease would have progressed much slower than it did. It sounds like it accelerated rapidly based on the treatments they were giving you. They were just backfiring.

Shamiz (22:09.39)

Well, I think the medication didn't work. Yeah. And my body was responding in a completely different way to someone else that has this condition. It is almost as if my body was fighting the medicine or not really letting the medicine do its job because the body does the job. The body does all the healing, not medicine, right? So I think, you know, I was a very special case. You know, I don't think they probably have had someone like me before.

they may have but you know it felt like I was someone else you know like they didn't I mean at the end of the the time that I was there that the doctors were puzzled that they were kind of questioning you know what's going on and obviously as we know as we talked about surgery was was the option there but just leading up to that you know they they put

all sorts of medications, or they tried to give me all sorts of medications. The next step was steroids. So Prednisone. They, you know, started me off, I think was on 40 mg. I think that's the normal dosage that you give someone to stop symptoms. And it works pretty well. Most of the time, Prednisone. But again, it didn't work for me. And my bowel movements

Went from about five to six, like I said, to 10 to 12. And this is all uncontrollable bowel movements. I didn't have the ability to hold my stool. So I was running to the toilet and that was about probably 10, 15 meters away. And I was carrying the drip as well with me. So it was just like getting up, going there to the toilet, every however much or however many times, 10 times a day.

wasn't very comfortable and just feeling like I was like, you know, this is this is weird. I came in and I was not, you know, going so often and now I'm twice as much. And so that was that was when I was kind of like, this is weird, you know, like, why is this happening? Again, asked the doctor many times, like, what's going on? The response was just the medicine, let the medicine work.

Shamiz (24:33.64)

or medicine's going to work, just hang in there or be patient. I was like, okay. As the weeks went by again, the second week, the third week dosage went higher. They increased my steroids because again, it wasn't working. And at that point, my bleeding had increased as well. So I was literally, I had diarrhea and I had blood coming out of my stool and it was just water, watery blood coming out and

I was then concerned, you know, going, this was not, you know, what it was like two weeks ago, three weeks ago. Um, and that's when I started to like, you know, question or just be a little bit more fearful, scared of, you know, what was going on with my body. And of course, communication wasn't there. And also the doctors not necessarily, you know, telling me what was going on because they probably didn't know either.

or they couldn't tell me because they didn't know, you know, and I started to, yeah, like, think about, you know, is this, you know, why is this happening? And I called my parents as well. And I said, Hey, guys, like, I think you guys might need to come here because this isn't, you know, a simple or a mild case of, of colitis. This is getting quite severe.

And, you know, they flew over actually, because I told them like, is not cool. And I was losing weight, right? So they noticed that as well on Skype, as we were Skyping and talking online. And again, the doctors had no response for me. They just said, look,

you know, your body's not responding to the medications. We're just, we're going to do more tests and more tests and obviously blood tests and things like that. And they were obviously focusing on my CRP, which is that inflammation marker. And that was quite high.

Chris Wark (26:39.023)

C-reactive protein.

Shamiz (26:40.654)

right. Yeah, serotonin and it was it was quite high and they they were kind of concerned, obviously. And so then the last thing that they get the steroid that they gave me, they they sort of gave me the last dosage or that the dosage was the highest thing that they were able to give me. I think it was 80 mg of prednisone and that still didn't work. You know, then the next sort of

couple of days I literally went downhill my bowel movements had increased to 20 plus and and just you know they I didn't know what was going on really I was just like this is weird and I was

you know fatigued I was tired I was in pain there was painful cramps you know obviously when you're bleeding there's gonna be pain there's gonna be you know your body's gonna

tell you that something's wrong and I was just, you know, lying there going, what is going on with me? You know, what is going on? And, you know, I was Googling everything and trying to find like a way that, you know, can this be, can anything be done about this condition? And then, you know, the, my heart sunk because I read online that, you know, you're going to have to take medicine for the rest of your life. And, and the doctor then,

backed that up as well when he came in one day I said, when am I going to get better? And he's like, well, we're still trying to see, you know, what's going on with your body. We're still doing tests. But unfortunately, you're going to have to take medicine for the rest of your life. This condition that you have means that, you you're going to have to control it with medicine. And that, you know, made me

just put a knife through my heart because here I am 23 year old kid that you know I used to be a know sports person I used to be an athlete I used to you know play all these amazing sports rugby tennis cricket you know everything and here I was thinking I'm gonna have to be on medicine for the rest of my life like that does not add up that does not feel good you know and it just felt felt strange and

Shamiz (29:04.814)

Um, they didn't have any answers for me. I didn't know what else to do. And my parents then flew over, uh, from New Zealand at the time. Um, and. You know, they, they saw me and they were like, what, what's going on here? Cause obviously three, four weeks ago, uh, was Skyping them. was talking to them online. Wasn't that, you know, underweight. And then when they saw me, they were like, this is.

this is not the son that I that you know, that I know and my mom, dad were telling the doctors like what's going on? Why has he lost so much weight and obviously asking the questions and the doctors didn't have any answers. They said this is, you know, he's not responding to the medicine that that's all they could say. And of course, you know, I didn't know what to do either. I was just

lying there in the bed thinking, you know, is this it is this is this what my life is gonna be like and my mom was also frantically searching online and thinking, you know, there's got to be a way out, know, she's always been a person that's stood strong in our family as well and just been able to Just be there for us, you know, like and and really

You know, she's, she's, she's very spiritual and she knew that this was not the outcome that we were going to see, you know, especially her son. and she started looking on Google and this was, think the fourth week, she was looking on Google and she found this book, called self healing, colitis and Crohn's. And we started reading this book and this author, David Klein.

He was a raw foodist. He also had ulcerative colitis for a very long time, actually. And he managed to heal himself, you know, through a whole food plant based diet. And we started reading this, but we ordered it on Amazon and started reading the book in hospital. And we were like, what, what's going on here? This, this person is saying that this can be, you know, treated, this can be cured or, you know, and

Shamiz (31:28.174)

we were just there was hope right we were just astonished at it like how this could be you know because we've been told constantly by the doctors that no this is lifelong you're have to take meds and so to to have this book say something else and to give us hope was incredible and for me that kind of gave me a little bit of a spark right so we we found that book because the doctors

at that point had said to me that, you know, you're not getting better. The colon is much more inflamed. It's much more ulcerated than it was when you first came in and they were concerned. So I did a total of four colonoscopies or four scopes in hospital. And the third one was the worst one. I had ulcers about this big.

throughout my colon and they thought that it was actually going to be perforated. So they were actually concerned about perforation because they tried to do the third colonoscopy and they couldn't get past my rectum because they were like, it's way too inflamed and we're scared that we're going to perforate it. So the only option now that you have is surgery.

because your colon is too inflamed. And obviously at that point, I think I was going 40 times a day. So from 20 had increased again, steroids still still on anti-inflammatory drugs, still on steroids, but nothing was happening. I also was on antibiotics as well. and. You know, at that point, my mom was like, this is, this is just so concerning. Like, you know, what is going on? What is happening here? Really?

And they gave us an option. said, look, okay, if you don't want to do surgery, because my mom actually refused the surgery. She said, no, like we can't perform surgery because you know, he's been in your care for the last four or five weeks and you know, I don't, I don't see him getting any better. So what surgery going to do? and so they said, okay, well, there is this other drug, called tacrolimus, which is an immunosuppressant drug. It's

Shamiz (33:54.478)

What they give to heart transplant patients suppresses your immune system. And it kind of worked. So my bowel movements reduced from about 40 to around 20. So literally just shut down my immune system. So my body was obviously trying to heal and trying to get rid of this medication that was being pumped into me. And it suddenly just shut down. And so my symptoms lessened.

Lesson to the extent that I could, you know, start to actually talk. and I was in nappies by the way, my mom was changing me because I couldn't get up and go to the bathroom. I was that weak. and you know, that was horrible. that, you know, just being there in the hospital bed, not being able to function, not being able to use my legs because I was just way too weak. yeah, you know, the muscles had completely gone.

and so they gave me this, this immunosuppressant drug and I took it for the first two days and I felt, I felt horrible. I started looking at the side effects of this medications and I was actually Googling it because obviously we had this book here and the book was explaining that, you know, medicine is, is not going to help you in the longterm. It's, it's poison. and to

allow your body to heal, you can't put poison in you know, so as you say, and so this immunosuppressant drug helped me a little bit, right? It worked to a point where I was able to just, you know, be able to talk and do more things, but it didn't solve the problem, right? It didn't, it reduced the amount of bowel movements, but it didn't solve the issue.

My, my parents then will okay, like we've, we've taken, we've gotten rid of the surgery aspect, we can, you know, start looking into this more. So my mom bought a juicer and a smoothie maker in hospital. And we started juicing because, know, celery juice, greens, apples, you know, and we started doing that we started, you know, nourishing the body finally. And of course, again, they didn't put they didn't

Shamiz (36:17.682)

feed me anything. So all this time, like for the last two weeks, I hadn't taken any solid food and I was on a cat. I had a catheter catheter in my neck actually, because the intravenous from the wrist can only take certain amount of calories, right? So they needed to get a larger vein to feed me. And that was a funny story in itself. Because the doctor was like, there's about a 95 % chance that I will make it right. And if

If it doesn't work, then I'm going to have to get this other person to come in or the other specialist to come in and, and, you know, stitch the vein up or whatever. Couldn't remember exactly what he said, um, luckily the procedure went okay. And, you know, the catheter in my neck was fine. Um, but that was, um, it was horrible just to have this thing in my neck as well. I mean, there's, there were so many things as well. Sorry. I forgot to, I forgot to mention that they had this LCAP system as well.

a in my vein on this arm and another needle in my vein on this arm. had a machine as well. And basically they were drawing out the blood, cleaning it, and then putting it back into my body. some of your viewers may know about that as well. mean, it's a blood filtration thing that they do and similar to dialysis here. It's called LCAP. And in Japan, it was actually something that was used for patients that had

Chris Wark (37:33.815)

Yeah, it's sort like dialysis in a way.

Shamiz (37:45.518)

inflammation and things like that. So I had to do that 11 times by the way. I had to sit there for an hour while the blood sort of filtered through this machine and didn't do anything. Absolutely nothing to me. And you know the guy who came in who built this machine actually was there and he was actually became friends with him because he you know he's like this will work this will work and unfortunately it didn't and

It was it was hard. That was a very traumatic experience and I had I had needle marks for probably a good year still there. The scar is the scarring was still there and it was a good reminder actually of me being in that place. You know, so anyway, so after the juicing, right, so I'm taking medicine, I'm taking this immunosuppressant drug, I've looked at the side effects and I've gone

This is not something that I want to take for the rest of my life. And obviously the doctor had said that, you know, this is something that you're to have to do. This is another drug. They're asked, he did mention some of the side effects, but obviously just didn't, didn't really explain fully, but he said, we're going to have to monitor your liver and make sure that things are going well. And that obviously scared me because I'm like, what do you mean? Like, why do you have to do that? Because

this medicine was okay, then shouldn't need to do any of that stuff, right? And I started reading up on it and, you know, skin cancer, not allowed to go in the sun, you know, all these adverse effects. And I was like, this, this is not me. You know, I can't do this. Like, I'm not someone that wants to stay away from the sun because, you know, I'm, I'm, I'm an athlete. Like I have to be out there in the sun. The sun is energy. The sun is healing.

So I saw that and I was like, we had to think twice about what we were going to do next. So obviously the book was mentioning there that, you know, medicine is poison and, you know, it's not going to heal you, blah, blah, blah. And so we decided in hospital that we would discontinue that medicine. I wouldn't recommend anyone do this because it's not something that, you know, you need to talk to your doctor about this, but we didn't have any other choice. We were so desperate that

Shamiz (40:13.036)

You know, I'd been on the doctor's care for five weeks and I'd got to this point where I was nearly dead, withering away. And so we had to make decisions for ourselves, for our, for my future. And so I stopped taking the medicine. I was friendly enough with the nurses that I could say to them that like, I'll take this later. I'm not feeling very good at the moment. So they would just drop it on my.

my table. Luckily, I was able to do that. You know, and I just flush it down the toilet instead of,

you know, ingest it. So while I was doing the smoothies and the juices, we actually talked to the dietitian in hospital. And we said, Look, the food hasn't really worked, you know, for me, that you've been given us. And, you know, because I'm a foreigner,

can we please have these vegetables and, and, you know, just give me some steamed potatoes and steamed vegetables. And the dietitian was like, okay, okay, we can do that, but where are you going to get your protein from? And you know, all these things. So we had a discussion with the dietitian there and luckily we sort of came out where they would, the hospital were making food for me specifically. And this was something that, you know, you're very well aware of where

you know, they don't really care in the US, the famous sloppy Joe, as you mentioned. But they didn't in Japan, they were, again, I think, respectful of what has had happened to me. And they had realized that, you know, this could be something that we could work with them, you know, which, obviously, you know,

I was shocked as well because I'm like, hack, like we're lucky enough to be able to do or blessed enough to be able to, you know, have this conversation at least and, you know, figure out a way that we can, we can get these steamed veggies into my belly, you know? So we, we then figured it out that this is what we need. And this is how much they gave me. And just getting some food in me was, was priority number one, right? Because I hadn't had any food for such a long time. And

Shamiz (42:36.886)

It was almost as if I had drug fasted, right? Like I didn't eat anything. I was just drinking like three, four liters of water a day with medicine going inside of me. So that first bite of a banana that I ate was incredible. And that was the start of my healing journey, right? Like the ability to know and find out that nutrition

Chris Wark (42:52.943)

I'm sure.

Shamiz (43:04.558)

plays such a massive role in how the body works. And of course, you know, talking to the dietician, the doctors there that does it diet have anything to do with this condition? And obviously, their answer was no, it doesn't. And of course, you know, we questioning that and thinking, okay, well, you know what this person is saying, and this Dr. David Klein, suggesting that, you know, food has everything to do with the digestive system. You know, I think

Any any person would think that, you know, and so we started applying these principles, you know, juicing in the morning, smoothies and then having that steamed vegetable dinner. slowly, slowly, my body started to come around. So my bowel movements actually reduced significantly from 20 to 10 to then five. And I actually started to see formation in my in my bowels and.

Obviously routine blood tests were happening and my, all my numbers started coming down. I think they were doing blood tests every couple of days and my CRP market started coming down. My C reactive protein market started coming down and the doctor was shocked. so then he, he said, okay, we need to get you checked. You seem to be doing better. was able to actually walk now. So

I walked past the the office, the nurses office and they all looked at me saying, wow, like he's able to walk now. And I feel like the the celery juice, the smoothies giving me this this nutrition, right, this nourishment that I needed. And I hadn't that I hadn't had all this time. And so there was almost like a soothing going on my gut. And so eventually,

We did a colonoscopy in the sixth week, end of the fifth week.

Shamiz (45:09.614)

and you know, the, the, the doctor came back with a smile on his face and he was very happy. And obviously that, that was a relief for us, wasn't it? Because he came to us with the results and he said, all of the ulcers have gone and you have very, very mild inflammation in your rectum. And we were over the moon, you know,

Chris Wark (45:37.485)

And tell me, wait, how much time transpired?

Shamiz (45:40.6)

So this was this was at the end of the fifth week. So from I think it was the third colonoscopy, which is the one they couldn't go past my rectum, which was I think in the fourth or fifth week or middle of the fourth or fifth week to the end of the fifth week. So about a week and a half, I would say my body things started to turn around that quickly. And I think there was

Chris Wark (46:02.947)

Things turned around that quickly.

Chris Wark (46:09.007)

That's amazing.

Shamiz (46:09.097)

There's another there's another aspect to this though as well. So it's not only the food that we were eating, but there was a lot of hope. So my mindset so that the fact that I was like feeling better, I had a little bit more energy. So little things like that, the positives that were coming, my symptoms reducing. And we also had a lot of people praying. And you know, that in itself has huge power. And when people are praying for you,

Chris Wark (46:21.497)

Mm-hmm.

Chris Wark (46:28.196)

Yeah.

Chris Wark (46:33.476)

Mm-hmm.

Shamiz (46:36.768)

It's, it's, means so much. And that in itself, I think really carried me through this process and got me through hospital. and so the colonoscopy showed no ulcers, very mild, little to no inflammation in the rectum. And the doctor actually was so happy that he discharged me, in that week, because he said that you.

are now responding to the medications. Okay, and of course, we knew that that wasn't, I wasn't taking it. So it'd been it'd been about a week since I stopped everything. So even the steroids, so they switched me from IV steroids to oral steroids, which again, I was so happy about because, you know, all of these events happened because I feel like God was looking after me, right? And

Chris Wark (47:11.203)

You weren't taking it. Yeah.

Shamiz (47:34.744)

To think that these things, I was able to get away with these things, you know, or not get away, but be able to do these things in a place where that does not happen. Usually with patients was a miracle. And for me, I was over the moon because the pain had gotten so much less. I was able to like actually function as a normal human being again. Because you know, previous to that,

point in time I was so sick. I was in so much pain. I had to take pain because it like it was there was a painkiller I think just under morphine. There was one that they were giving me. I don't know what it's called again. Everything was in Japanese. So it was hard to communicate. Even my parents found it really hard to communicate. I knew a little bit of Japanese but obviously medical terms you know never crossed my mind. But in that last week

Chris Wark (48:19.599)

Right.

Shamiz (48:33.696)

When my doctor discharged me, we sort of, said, okay, let's just get the hell out of here. Let's get out of here and go back to New Zealand and just reassess. And, you know, let's bring this all together. Right. There was so much going on and so much that I'd been through that it was like, you know, we needed to get out of there. and the doctor actually mentioned to me that these

types of medications that you'd be taking.

weren't available in New Zealand. So he gave me a suitcase full of medications to take back with me to New Zealand. And of course, you know, at that time, we said, okay, okay, we'll do it. Like we didn't want to sort of create a scene and say, hey, no, we have, stopped medications and things like that. We just kept quiet and just got out of there because I did not want to set foot one more in, or, you know,

Chris Wark (49:08.822)
haha

Shamiz (49:29.804)

I didn't want to stay in hospital for longer. And I think I forgot to mention that when they were going to propose the surgery, they said that I'd have to be in hospital for another two months because they were going to put a bag. And so for me, I was like, I ain't staying here any longer. This is not helpful or productive or just even the environment, the energy in hospital. It's almost like a prison when you think about it.

You you're not allowed to really go outside very much Kind of you know restrained with this, you know drip On you all the time and and so I was so happy to get out of there I was so happy to just walk out those doors You know and to think that There was hope there was a way out that that I didn't need to do this for the rest of my life I didn't need to take medicine for the rest of my life

That was huge. And this book gave me so much inspiration, you know, that I was, I had, I had a second chance in life and I'm so grateful to God, so grateful to so many people that stuck by me and, you know, allowed to, or supported me through that process because, you know, we could have easily just succumb to what the doctor was saying and succumb to surgery and my life would have been

completely over. I don't think I would have been able to, to, you know, function with with this bag and, you know, I don't know how people do it. You know, and that's why, you know, we started High Carb Health to try and inspire people. Obviously, it didn't end there, though. When I got back to New Zealand, I always had a lot of cravings, right? I started doing things that I probably shouldn't have. I didn't realize that

you know, I needed to make sure that my food intake and, you know, my condition still needed some work, you know, and, and I wasn't out of the, the, wasn't in the clear yet. Right. And so I unfortunately went back to eating foods that I shouldn't have, went back to eating animal products. For example, I went back to eating first and

Shamiz (51:55.714)

just for about a good month because I had a lot of cravings. I had stopped eating those foods for

two months in hospital and I wanted to eat certain things and I was craving things. was addicted to foods and we all are, aren't we? We're addicted to these foods because that's what we grew up with. This is the condition we're conditioned to eat these foods.

Chris Wark (52:15.289)

Sure.

Shamiz (52:25.622)

Unfortunately, my body started to flare up again. So after a month, after being in the clear, so after not having any bowel bowel issues, obviously my bowel movements returned to normal. You know, and I was healthy. I still haven't put the weight back on as much as I probably would like. But I thought, you know, eating these other foods would help that. But unfortunately, that didn't happen. So I actually

Yeah, went back to these foods that caused the problem and I got a relapse. Right. So that's when I realized that food has such a massive role to play with gut disease. And at that time, I was very new to this lifestyle, right? Didn't really understand what a whole food plant based diet was until I started reading more until I started educating myself and so until I started seeing your stuff.

because that's when my mom started to find, you know, you guys and your story and the doctors that are out there promoting a plant-based diet, you know, so Dr. Klapper, Dr. Neil Barnard, Dr. Esselstyn, you know, T. Colin Campbell talking about the China study. We started reading all this stuff and I kind of was like, this is where I need to be because the food that I was eating before caused these symptoms.

right and so when we're talking about inflammation you know when we're talking about inflammatory bowel disease you know eating inflammatory foods are not the way to go you know and and I realized that these foods were creating the inflammation my body and that's why I got a flare-up again you know and unfortunately at that time I victimized myself a lot right because I was like why did this happen to me why why was this

you know, why did I get this? You know, none of my other family members have this problem. you know, things started to really go downhill for me again, because I realized that I couldn't be the same person as I was, you know, I had to change. And I had to realize that change is necessary. And, you know, the food has such an important role.

Shamiz (54:52.78)

in how the body works. And I realized that the whole food plant based diet is a preventative medicine diet. It's, you know, prevention is the next best cure, right? And when you start eating foods that are healthy, fruits and vegetables, the juicing, and even the raw foods as you say, and as what you did, this was what I was also eating. So putting in the nourishing foods,

to allow my body to recoup again, right? And I had to do it all again. I had to do it all again. I realized, and I feel like God put me through that position again to make me realize, to cement that idea that if you want to be healthy, you need to eat healthy foods, you know? And obviously it took around six months to get better again. And you know, that six months was

probably the most, most amount of learning that I, that I have, you know, understood about myself. I've, I've, I realized what I needed to do and how I needed to live, you know, and put myself in a position where I'm, not creating disease, right? And I'm not creating inflammation in my body. And so by eating a whole food plant based diet and plant exclusive diet for that matter,

allowed me to recoup again and to actually thrive right on this on this lifestyle. That's when I realized that, you know, the protein thing that you don't need to eat these other foods to be healthy. You know, and since then, it's been about 13 years. And, you know, I've done so many things that I that I wouldn't have even thought I was capable of doing even before I had colitis. You know,

run marathons, run ultra marathons, I've done a 70.3 half Ironman, all on plant based foods, you know, not needing any animal protein or animal foods to fuel me. And I think, you know, going through the healing made me understand that this food is so healing and is so powerful that

Shamiz (57:17.802)

If you can go through healing and reverse disease by just eating foods, then what else can we do? You know, like, that's the test. That's, what I did to myself. I said, well, how can I do this? You know, what, can I do better? And how can I show that this food can do so much more than healing? can, it can do all these other things as well. When my body was ready for it, I was ready. And I started to, you know, do these things and allow my body to

perform and and thrive and I was so grateful for that that you know, I was sitting in a hospital bed or sleeping in a hospital bed, you know not being able to move to then you know, ending up doing ultra marathons and things like that like it was amazing to think that I was that was even possible for me to do that, you know, so

Chris Wark (58:07.969)

It is amazing because you were so close to dying. mean, you were dying. You're wasting away in the hospital and it really is, I mean, a testament to the faithfulness of God that, that he made a way for you, you know, to escape because you really were just going down, you know, you were going down fast and, and it's awesome that just within less than two weeks that you had such a big turnaround in the hospital. mean, that

That feels miraculous. Usually even on a whole food plant based diet on a super healthy diet takes, you know, you can take a little while for people to get well, but in some cases, and you're not certainly not the first case I've ever heard, but in some cases, yeah, the turnaround is quick, right? You just see it's not like, everyone's cured in two weeks, but usually within a few weeks.

Yeah. You see some improvement for you. You saw a lot of improvement, which is awesome. And.

You know, think that's the big encouragement folks is like, listen, if you just, just give yourself, I always say, give yourself 30 days, right? Minimum, right? Just treat it as a 30 day experiment. Get on a whole food plant based diet. It doesn't have to be all raw, but if you want to, you could, you could do all raw for 30 days. the point is like, just commit to that whole plant foods, preferably all organic if possible, but eat just all the fruits and vegetables you want to eat. And.

See what happens and just commit to it for 30 days. And if you have a health challenge and you have noticeable symptoms that you should see some improvement. If, if you want to get your blood work checked before and get your blood work checked after 30 days and look at these inflammatory markers, like you mentioned, see reactive proteins, a big one, but you'll, you should see a lot of changes, positive changes in your blood work really quickly. And again, it, you just have to do it right.

This isn't something that someone else can fix for you. You have to do the work and by doing the work, means you have to eat the food. You have to make the healthy choices three times a day. Right. And then in between meals, right, if you're having snacks, you got to make the healthy choices with the snacks, fruits and nuts and seeds and stuff. and not the, you know, the candy bars or whatever. And,

Chris Wark (01:00:30.625)

It really is remarkable how quickly you can see improvements. so your story is awesome, man. I just love it so much because, again, like I said at the beginning of the interview, I mean, there's a lot of people out there with colitis and Crohn's and bowel diseases that are on medication right now that are not getting better. They've never been told to change their diet or they've been told changing your diet doesn't matter and it won't help you. they've, they've just been deceived, by

Ignorance, right by medical professionals typically that are just ignorant. They've never helped anyone heal it. And so they don't know how to heal it. They just know how to treat it. And, and so, you know, I love that you said, you know, you got this one book and let's mention the book again. What was it called?

Shamiz (01:01:19.072)

And self-healing colitis and Crohn's by Dr. Dave.

Chris Wark (01:01:21.551)

Okay. So self-healing colitis and Crohn's by David Klein, you know, you had one guy's story and sometimes that's all you need. Right? You don't need a clinical trial. You don't need a giant study of 50,000 people. Right? You just need one person's successful story to change your life. had one person's story, George Malcomis that inspired me to take control of my life and my health.

You had David Klein story and now your story, right? Now I'm, you've already put it out there, but I'm again, I'm sharing it because I want your story to encourage people and give them that spark of hope that, that they can heal as well. And this is how we're doing it folks, because we can't look to the government or to the hospitals, the doctors, medical institutions or whatever. Like we have to look to each other. Right.

We can help each other and, we can learn from each other and from our successes and our failures. And so I celebrate your success, man. It's Shamiz it's awesome, dude. It's so cool. I mean, it's like, I know what it feels like to be dying, brother. I like, have felt my life waste away. I know that feeling of despair and hopelessness. I've been so weak where I could barely walk.

And I know what that feels like. I mean, it's rough. is really hard when you have all the energy's drained out of your body and you can barely think straight. You know, you don't know where the, the, the solution is like, you have a little bit of hope. There's gotta be something out there, but you don't know where it's coming from. And, and I'm, I'm also thankful to God because I know he has spared my life. He spared your life for another day.

And hopefully for many years. And I'm just so glad that you're using it to help other people, you know, that you're just putting your stuff out there and I want to make sure people know where they can find you, how they can connect with you.

Shamiz (01:03:29.506)

Yeah, absolutely. And I just want to add to that, that you are also a huge inspiration for us as a family as well, because there was nothing else out there back in 2012, you know, talking about people healing, you know, you you were actually a great hope for us as well, you know, not only David Klein, but yourself, when my mom found you, she was like, wow, like this, this guy's beaten cancer, you know, and it's that, you know, cancer is, is right up there.

You know, it's the benchmark when it comes to healing or in a way that, know, if you have cancer, it's like the last stage, you know, and so for you to be able to do that and inspire so many other people is phenomenal. And for me as well to take that and use that as fuel to get better. And I think you've been able to provide people with this platform, you know, and it's just, it's amazing that, you know, you

you've been able to do what you do, then take that and share it with others. So, you know, it's amazing. you know, we thank you for doing what you do as well. And, you know, just so blessed and grateful to have this opportunity to do these things and to share the knowledge, you know, as to why certain foods are going to be healing and why, you know, going to the doctor or, know,

Again, in emergency situations, it's very necessary to do that. But if when it comes to chronic disease, as you say, know, lifestyle, diet and lifestyle, diet and lifestyle always will trump medicine in that way. And that's what we want to do. We want to try and share that, you know,

this is not a life sentence, right? Like we don't have to be sick if we don't want to. And we need to take that initiative. You know, don't let someone else control.

your life, take control of your life and do what's necessary. You know, if you want to get better, that's all it takes. I do whatever it takes to get better and don't make excuses. I mean, I think Lance Armstrong was also one of my, you know, inspirational, you know, people that just allowed me to rethink like that this could be possible. Right. And I think that's another thing that like

Shamiz (01:05:55.65)

You're constantly being told that there's nothing else we can do. There's nothing else we can do. And people like yourself, people like David Klein and people's other people's stories are so powerful because it gives us the opportunity to think, Hey, actually there's a, there is another way out. There is a better way than the traditional mainstream. Yeah.

Chris Wark (01:06:18.415)

There are more ways to heal than, than, than we realize. And, man, what it's especially gratifying and just, really sweet to me to hear that, you know, that I had some little part to play, you know, in your story, just putting my story out there encouraged you. And that was, that's why I did it. You know what I mean? That was my entire.

you know, intention was like, I just thought, you know, I know there's people that could be encouraged by my story and I'm going to try to reach them. And it's, it's, it's amazing. Like when you put it out there and you're doing this now, it's like, when you put your story out there, you just have no idea. have no idea who it's going to reach and, and we'll be encouraged or given a little bit of hope by it. And so,

That's just awesome, man. It's, so great. I don't get, I do not get tired of hearing that kind of feedback. You know, it's, it just like makes it all worth it. Right. It's like, yes, that was why I started doing this. Sometimes you, get for, know, I, I get caught up in all the, just all the minutia of doing all the stuff we do as a team. And at the end of the day, it's like, man, we're just trying to encourage people. That's all we're trying to do.

You know, we're just trying to give people hope and encouragement and obviously the practical information, right? It's like practical action steps that people are implementing to heal. And this is such simple stuff, folks. It's whole fruits and vegetables, nuts and seeds, herbs and spices, whole grains, just food from the earth that God made. It's so good for you. The more of it you can eat and the less of the manmade processed food and junk food, the better. That's, that's the starting point right there. And then.

Fresh air, sunshine, exercise, getting a lot of sleep, going to bed early and then, then forgiving people who've hurt you, keeping your stress low. You know, it's like, you can just build on it, but, food is the gateway drug. This is my, I don't know. It's something that I, it's an epiphany I had

years ago, but I say it a lot, but, food and especially like the raw food diet or a plant-based diet. It's like the gateway drug.

Chris Wark (01:08:40.025)

to radical life change, right? That's like the first thing that, that a person can do, right? And if they're willing to do that thing, like change what you eat, it unlocks this potential that you didn't know you had, right? It unlocks this like, wait a second, if I can do this, what else can I do? Right? And then like, you are, you are off to the races, right? It's like,

Then it just becomes this you're on your healing adventure now, right? It's like, what else, what else can I do? What else can I change? What else could be good for me? Like, you know, and then you just start digging and reading and researching and, adding new things and subtracting things that you realize are counterproductive or harmful. So, yeah, that, that, that's when the process becomes fun and your hope, right? Your hope really starts to snowball. You know, you start with that little spark and

But it just grows as you start to feel better and learn more and get more encouragement and reinforcement. And you see other healing stories. Like it just all builds on itself. And so, man, I'm just proud of you. I'm so glad you're doing what you're doing. You're, reaching a lot of people and encouraging them. And it's just great to be on the same team. Just, doing what we're doing. So again, people, people, how they, how can they connect with you?

Shamiz (01:10:01.642)

All right. So yes, so high carb health.com. That's our website. High carb health. Yes. The reason why we decided that name is because, know, there's, it was a while ago, then we, we, we changed our name. But, you know, there's all this low carb, you know, high protein. And I think we just don't understand what carbohydrates are. And it's not a food, it's a nutrient. And I think we're missing the point there when

Chris Wark (01:10:05.742)

iCarbHealth.com

Shamiz (01:10:31.884)

We're thinking that, know, carbohydrates are bad for us. And yeah, there might be certain carbohydrates, the refined carbohydrates that are not the best for us, but there are worse things out there, you know, than carbohydrates and carbohydrates are essential for the body. you know, all our cells run on carbohydrates. That's what fuel us. And if we're not eating enough carbohydrates, we're not fueling our body.

And so that's why we yeah, we say high-carb health. So Instagram high-carb health YouTube high-carb health and Facebook high-carb health and of course high-carb health comm on our website and if you'd like to get in touch obviously If you know anyone that has ulcerative colitis or Crohn's then definitely You know reach out to us and we actually are launching something

next year, which is going to be really Just

something that we have been working towards for the last 10 years. and just to, to allow people to, you know, find another way of healing. And we've, we've created, a new platform and a new program that, that is going to be launching next year as well, which is exciting for us. And, it's gonna, yeah, it's gonna change.

the world and change, you know how people see ulcerative colitis and Crohn's disease and I'm really excited for that. And you know me and my brother, I think he interviewed you on our channel. We're really excited to you know provide this education for people so that they can do it themselves. And as you said before you know like we are you know hope

Chris Wark (01:12:05.582)

Yes.

Shamiz (01:12:19.412)

and inspiration for those people that are struggling. you know, I mean, we know what it's like to have this condition. also know what it's like to not have this condition, and to come out of it and to have all the energy in the world to, do extra things, you know? and it's, it's amazing what we can do, you know, with the right knowledge behind us. And so that's what we want to pass on. We want to pass on that knowledge to people that are struggling in that

don't have any other option, you know, and I would say to people that don't put yourself in that position first, you know, start reading, start educating yourself before, you know, you go down the surgery route or you, know, even better when you get diagnosed, start to look at other things, you know, not necessarily what the doctor suggests, because we know that that might not be the right path to go down in the longterm. So, you know,

it's much better when you prevent something than when you've got it and then you deal with it. yeah, prevention is the next best cure. And for people out there that are struggling, you know, there is hope, you know, and hopefully this story of mine can also help other people. And, you know, that's what we set out to do right to try and share that there are different ways and better ways, I guess, to get better and

reverse disease and, and so get your life back basically. And instead of go down the, same old traditional ways of taking medicine and, you know, dealing with sickness because we're not here to be sick. We're here to be healthy and we're here to thrive, you know, as human beings on this amazing earth and, inspire, you know, inspire and give and, be helpful. so.

It's amazing what we can do when we're given a chance.

Chris Wark (01:14:23.055)

I think the big message is that healing is possible. Healing is possible, right? You may not have

heard it from your doctor, but we're telling you, Shamiz and I are telling you healing is possible. Let's just start with that belief and then off you go, right? Start learning, reading and researching, like listening to people who've healed. Now, if you're new to this channel, I've interviewed dozens and dozens and dozens of people who've healed all types and stages of cancer.

on the crispy cancer podcast. And you can find those at [crispy cancer.com](http://crispycancer.com) or on Apple or Spotify. And I've also, you know, Brooke Goldner who's healed lupus, Dr. Sarai Stancic who healed, MS, Robbie and Cyrus who have helped a ton of people reverse type two diabetes and they manage their type one diabetes with a whole food, plant-based diet, high carb diet as yourself eating lots of wonderful whole food.

carbohydrates, fruits and vegetables and delicious starches. And so, yeah, there's a whole world of resources out there, but, this interview, again, I want to point everyone to high carb health to connect with chemise and learn more about that program. Please share this. If there are people in your life who have digestive disease, whether it's Crohn's or colitis,

diverticulitis and any of these inflammatory bowel diseases, irritable bowels. You can listen to me, but if you want to listen to someone that has that has conquered and healed that specific type of condition, high carb health, Go, know, connect with them, refer your friends and family members to them, send them this interview and

And say a little prayer that they actually watch it. And hopefully if they watch it, they'll get encouraged and they'll dive in and then take control of their life and their health. So again, thank you, Samiz. This has been so great. Love to you brother. Awesome story. keep up the great work and thanks for watching everybody. We'll see you on the next one.

Shamiz (01:16:44.526)
Thank you.

Chris Wark (01:16:47.68)
Okay