

Chris Wark (00:00.236)

Well, hey everyone today I am interviewing Juanita Cummings who goes by Wally and she and I met gosh, I guess it was a couple years ago. She, when was it?

Juanita (00:33.115)

Yep.

It was a couple of years ago. Yeah, two years ago now.

Chris Wark (00:38.072)

Two years ago, and she's got a great cancer healing story. was diagnosed in 2018 with squamous cell carcinoma, was basically told that she needed a radical neck dissection and chemotherapy and radiation, with no guarantees that any of that would cure her. And she made a different decision. She decided to take control of her life and her health.

to change everything about her life and to do everything in her power to help herself heal. And that's dietary, that's mindset, that's detoxification. You know, she just got on the healing journey like so many people that I interview have done and myself included. And so I love sharing survivor stories. There's always wisdom and encouragement in them. so Wally, it's great to see you and welcome.

Juanita (01:33.562)

Thanks, Chris, for having me. Glad to see you again.

Chris Wark (01:36.948)

So what part of the world are you in right now?

Juanita (01:41.131)

Australia. Land Down Under.

Chris Wark (01:42.58)

Okay. Down under and are you from Australia originally?

Juanita (01:48.097)

am, yeah. Wayne's a kiwi, my husband's a kiwi. Yep.

Chris Wark (01:51.0)

Got it. So let's talk about the diagnosis. Cause I know you, were misdiagnosed and some, kind of have a wild story and how did all that come about?

Juanita (02:05.376)

So I had a lump in my throat. actually went on a cruise. We'd had a lot of stress first. We'd lost all our parents within a really short period of time. We lost all our pets, dog, cat, guinea pigs,

birds. We just had so much stress. And we went on a cruise and the cruise, on the cruise I got Epstein-Barr virus, which can be a precursor to squamous cell carcinoma. I felt this cotton wool in my throat for ages though prior, probably

from 2017. And we moved overseas, we moved to New Zealand, and I was just so busy, didn't think about it. We bought a cafe and bar, my husband retired from the police service and bought a cafe and bar and then my hair started falling out, I had pains, I couldn't breathe, I slept all the time. I went to three doctors and they all just said, look, it's a cyst, it's a cyst. And then I went to the little...

town we were living in, went to the hospital and the doctor said, look, I think we really need to look at this. so they took the tonsil out, but they thought it was a cyst. So they didn't take any barriers out with it. So that's how the journey all started.

Juanita (03:21.9)
can't hear you, Chris.

Chris Wark (03:27.886)
So they biopsied it and realized you had cancer. obviously I just sort of alluded to what happened, but talk about what they wanted to do to treat you.

Juanita (03:30.773)
They did, yeah.

Juanita (03:40.276)
So they wanted to, I went up to Christchurch Hospital and the nurse said to me, look, this is going to be really scary. And I thought, how can it be scary? And I walked into this room and there was like 15 doctors. There was oncologists and specialists and ETs and nurses and dentists. And it was like walking into a courtroom and they call it the hot seat. So they told me what they were going to do to me. And that was a radical neck dissection, level one, two, three, and.

four, I think, neck dissection. They told me all this really great stuff that my carotid artery would probably turn to stone after the radiation, have a stroke, the radiation would make my teeth fall out, my jaw would turn to dust. All this stuff that they told me was absolutely horrendous. And they were telling me what they were gonna do with my body. And I'd had all home births.

we've got six children and I had all home births and I'm pretty in charge of my feelings and my body and pretty intuitive. So they wanted to do all that and then they said you know we'll do radiation and then chemotherapy and I said to them so okay if you do all this to me I won't have any cancer I'll be free and they said look there's no guarantees we can't guarantee you anything.

And they had all the forms filled out. after the biopsy, was days straight away up to the hospital. I was already booked into the hospital. It was just no time to think and process. It was just so intense. So I said to them, look, no, thank you. Thanks, but no thanks. And as I'm walking out, the nurse handed me this card and it had on it beyond five. And she said, look, let's think about this and let's just try to get through the first five years and see what happens. And if we can make it to that. And I thought,

five years, you know, like it was, it was pretty horrible, pretty scary.

Chris Wark (05:33.45)

Yeah. I mean, they're basically telling you we're going to destroy your face, right? Your teeth fall out, your jaw disintegrates, you know, your carotid artery is going to be fried and, and, mean, that, that does not sound good. I mean, I can just imagine you sitting there thinking like, I'm, I think I'd rather be dead than just

Juanita (05:37.958)

Yeah, absolutely.

Juanita (06:00.579)

Yeah, absolutely. Well, I did actually. Yeah, I did. was actually I was planning and thinking about going to Europe at the time to get euthanasia. That's how scary it was, because in this quick period of time, I thought I would rather die at my own hands. And they told me how horrific that would be if it got out of control and how foolish I was.

Chris Wark (06:02.894)

suffer through that.

Chris Wark (06:15.319)

Wow.

Juanita (06:26.528)

I went back to the doctor, so yeah, with the euthanasia thing, then at their hands, you know, but they did tell me I could have some pretty scarves to wear because the scarring would be horrendous. I mean, I look at Val Kilmer and he can't talk properly and we couldn't talk properly. And, you know, I sing and I joke and I laugh and I just wouldn't be me, Chris. It wouldn't have been worth, I wouldn't have been living, I would have been existing. So when I went back to the doctor down in the little country town, we were living at the hospital there.

He said, you're very foolish. You are really very foolish. And I said, I'm going to heal myself with mindset and with food. And he said, this type of cancer doesn't get healed that way.

Apparently does. So.

Chris Wark (07:10.478)

Apparently does you proved him wrong, which is great. but you know, you brought up Val Kilmer and, I've seen, mean, I'm, I'm a fan. He's, he's made some great movies and he was a incredible actor and just an amazing talent. and the documentary Val is definitely, I mean, worth watching. It's it, but what happened to him, you know, as a result of cancer and all the treatments. Yeah, it's, it's horrifying.

I mean, it destroyed his voice. It disfigured his face. It's just a lot of people I think haven't, you know, and he passed away, but, didn't see him for many years. And then all of a sudden that came out and it was shocking, you know, what had become of him. uh, so, you know, that, um, that, that to me is just tragic. And it's, and, and also I'm thinking about

Juanita (07:37.667)

Absolutely. Yep. Yep.

Juanita (07:53.526)

Yeah.

Chris Wark (08:04.814)

I mean, the fact that you considered suicide, you know, doctor assisted suicide as an option, but what, what was the shift in you that went from maybe I should just go kill myself to know I'm going to heal myself. that's a big, that's a big, let's just say mental shift.

Juanita (08:22.655)

It is, yeah. It didn't last for long. I was down, we've got six children and I'm so in love with my husband and I knew that that would destroy everyone. It wouldn't just be, that would be the easy way out for me. And I'm a fighter, Chris, that, you know, I just thought, no way, I'm not gonna leave that legacy behind. So I started eating.

I mean, I've always been into healthy foods and things, but I was overweight and stressed and everything. And I thought, no, I'm going to do this. And night times were the worst. We lived in this little country town and at night time, everything was dark and quiet and my mind would just be so, it was just horrible. And I would think, so I started eating organic, went to this little shop in town and there was a book, The Radical Remission by Dr. Kelly Turner. And I...

Chris Wark (09:09.005)

Yeah, yeah.

Juanita (09:10.431)

thought people have done this because everywhere I looked, was doom and gloom. you type in scleromacil carcinoma and it's just doom and gloom. And I didn't know how to get onto sites like yours as well. So I started reading radical remission and I was laying in bed one night and I thought, no, this is not happening to me. I'm not doing this. And all I could do was think about

cancer all day, all night was cancer, cancer, cancer. You know, it just was overwhelming at the beginning. And then

I imagined myself without cancer and I just, I laid there and I thought of, I didn't just imagine myself without cancer. I did, didn't have cancer. It was just, I got this feeling. It was the most euphoric feeling I've ever felt in my life. It was just, I call it the healing feeling. It was just incredible. And from that moment, I knew I was healed.

It was just the most, I can't even explain it. It was just like a near death experience. Just incredible. And from that moment on, I knew everything was gonna be okay.

Chris Wark (10:17.438)

That's amazing. Well, I have, I have that book right here. Here it is. Kelly, you're welcome. Kelly. Here's another endorsement radical remission. mean, it's, it's a fantastic book. And, so that was really, mean, obviously that was a big turning point and a big encouragement for you.

Juanita (10:24.862)

you

Juanita (10:35.974)

It really was, yeah. Bless you.

Chris Wark (10:38.094)

Sorry, I just sneezed. We'll edit that out. Let me, I'll restate that. So that book was a big encouragement for you. And were there any other books that you found either before or after radical remission that kind of guided you, you know, more on the path?

Juanita (10:49.183)

Absolutely.

Juanita (10:59.839)

I'm so into energy healing and mindset, Chris. So Dr. Yasurimoto with water, with energy, William Bengston, I watched a lot of his stuff. And then I found you and there was people that had done it. And I think that's what I needed. I needed to know other people had done it. And the more I could read about that, I kept going back and looking at these studies and all the doom and gloom.

And if you look at that, you do believe that. But if you look at people who have done it, you just think, wow, this is doable, you know, instead of being told all the time, it's not doable. I started working volunteering actually in a health clinic. I was researching health clinics in the little town we lived in, there was this health clinic and all these people with cancer were going there and they had rife machines, multi-wave oscillators, bioptron machines, amethyst beds. It was incredible.

I went there knowing I was healed, but I ended up being the person that if I wasn't there, people weren't going to show up to the clinic. And it was incredible. I could tell when people would turn up, I could just tell who was going to make it and who wasn't, sadly enough, because some people were so scared and were just told everything to do, just like an allopathic way, but in a healing way. If things didn't go right, they just went downhill.

The ones that came in and knew their journey and were just steadfast in what they were doing, they're all here today still. So it's mindset which is so important.

Chris Wark (12:34.508)

Yeah, you know, I say this all the time, but it really starts with the belief that healing is possible and everything builds from that, that one little hopeful belief.

Juanita (12:40.648)

Yeah.

Chris Wark (12:50.092)

Right? That healing is possible. And where does that belief come from? Well, it comes from healing, hearing other healing stories. Right? That's why I'm interviewing you. That's why I've interviewed so many other people. Obviously, it's why I shared my stories. When you see that someone has done it, it gives you a little spark of hope that it's possible. And then when you see that two people have done it,

Juanita (13:11.528)

Yeah.

Chris Wark (13:14.166)

or four people or 10, right? And that's what Kelly's book, this is just turning into a commercial for radical remission. But if you haven't read it, I'm just highly recommending it because that's what Kelly did. She studied people who had healed cancer against the odds and something like thousand cases and then distilled it down to the nine common factors that she found that these people shared. And mindset's a huge part of it.

Juanita (13:19.9)

Ha

Chris Wark (13:43.032)

There's only two factors really that were, she added a third factor in her second book that she realized, but there's only three factors, let's say that are physical and that's diet, supplements, and exercise. The other seven factors that are common among radical remission survivors, such as yourself and myself are mental, emotional, spiritual, and social. Right? These things that your attitude, your belief that healing is possible, your determination.

Juanita (14:05.243)

Mm-hmm

Chris Wark (14:12.674)

your, your discipline, your willingness to forgive, getting right with God, your spiritual life, your social life, spending time with people that encourage you and build you up and support you and getting away from people who are energy vampires as Dr. Christiane Northrup likes to call them. you know, people that are really, you know, frenemies are just that, that are criticizing you and, and maybe even abusing you, right? Getting out of those really

Juanita (14:29.522)

Yep.

Chris Wark (14:41.666)

Difficult relationship. there's so much work to do that isn't the physical work, you know, it's not physical. The physical stuff's important. And the thing about the physical stuff is like, you can do that right away and get some momentum. Right. You can get the ball rolling. You can change your diet today. Right. That's a big step. And that gives you a boost of confidence that like, okay, I can do this. I can, my next meal, I can eat a super healthy.

plant-based meal, I can eat a giant salad. can, I can make myself some juice. Right. Like that's, that's like the first step, change your diet and then exercise. I can go for a walk and get some sunshine. Like most people can do that today. So I can start taking some supplements and learn about herbs and that's immediate. But the other stuff takes time. It takes time to forgive. Right. It takes time to change the nature of your relationships and to find.

Juanita (15:30.812)

Absolutely. Yeah.

Chris Wark (15:37.482)

a support system and find the right people. you know, all that comes, all those decisions and all those steps happen at the right time. And the most important thing is that you just decide to take action, right?

Juanita (15:46.8)

Yeah.

Juanita (15:51.707)

Absolutely. And it is the negative that comes in. know, there's, excuse me, there's so many people that want to say, you're so stupid and, you know, is this the right decision? And try to put that little seed of doubt in your mind. And, you know, if you're not strong and you just don't stay on the track that you're on, there's a little box in there, I'm sure, that...

is just full of all this stuff that it just gets trapped and you've just got to lock that box and say, no way, that's not getting in there. I'm not listening to you. This is my journey. And, I had a friend and all this stuff, you know, this is the hardest thing to do. You're right. You can do everything else straight away, but this is something that's constantly being worked on every, every single day. And if you don't believe there's no point in even changing your diet and your mindset and everything because

It's such a holistic thing. You your mind is just attached to everything. with Dr. Kelly Turner, again, you're welcome, Kelly. But it's just so true that your mind can even just change your physical body. And my mum used to say to me, you you worry yourself sick, honey. And that's so true. And I thought if I can worry myself sick, which I'd done, I can think myself better.

So that was just my, it's just so simple really. And thinking that you are well, it's just manifestation of wellness. And it's so true. You pull on your faith, pull on everything. Look, the people in the blue zone, know, social and you know, their food and everything, but it is a whole thing. They all have all those factors, not just one.

Chris Wark (17:32.462)

Thinking yourself well and speaking yourself well, you know, when people ask, how are you? Right? You know, you can say like, I'm okay or whatever, or you can just say, you know what? I'm fantastic. I'm, I am, I am well. Thank you for asking. I am spectacular. You know, and you're, you're speaking it forth, right? Yeah. Maybe you've got some aches and pains. Maybe you're not out of the woods yet, but you're a

Juanita (17:53.74)

Yeah.

Chris Wark (17:59.692)

Your thoughts and your words and your declarations really have a bigger impact than we realize. And, you know, you had mentioned, you know, sort of seeing that difference between people who were on, let's just say thrivers versus survivors, right? And that thriver mentality is, is usually one that's very hopeful and positive and, action oriented.

Juanita (18:05.4)

They really do.

Juanita (18:18.754)

Yeah.

Chris Wark (18:29.032)

And the survivor mentality is sort of like, I'm just trying not to die.

Juanita (18:36.068)

Yeah, exactly. Well, people would come into the clinic, Chris, and they'd say, you know, what should I do? And I'd say, what resonates with you? What do you want to do? You know, I don't want to tell you, you may as well just go to the hospital and get told what to do there. You do what you feel is right, you know, and people say to me all the time, how are you so happy all the time? I'm not happy all the time. But if I say I'm happy, even if you wake up, if you've had a horrible night's sleep,

Wayne told me this too. He said, wake up and you just say to yourself, geez, I had a great sleep. Instead of waking up and going, I had the worst sleep. You're just walking yourself into illness and sickness and staying in that perpetual cycle of just being unwell. You've just got to get out of it. Just get over it really.

Chris Wark (19:23.704)

You got to bust out of it. You do got to bust out of it. And it's easier said than done, but some days are some days it's a real fight to, you know, to be positive. And I, you know, I can remember, and this doesn't just apply to cancer, but you know, people say all kinds of things to you and some of those things are not helpful. Right. As you mentioned and

Juanita (19:25.151)

You do, yeah.

Yeah, it is.

Juanita (19:46.934)

Yeah.

Chris Wark (19:50.514)

You know, it's important to quickly reject those things that are not helpful and that cause you stress and anxiety and worry. And, and so I would just, you know, in my mind, whether or not I said something to the person, right? You know, whether you say like, you know, that's not really helpful for me right now, hearing that, or you, I know you're trying to be helpful, but it's not helpful. Whether or not I say something like that in my mind, I can just say, you know, I'm not going to dwell on that. reject that. Right.

Juanita (20:17.632)

Yeah.

Chris Wark (20:18.626)

I'm not going to dwell on that. That is, that's not for me. That, that's, that is not a message for me. Right. And so, it does not congruent with my goals.

Juanita (20:32.372)

Yeah, absolutely. Because one step forward, you know, and someone says something and you two steps back because you've taken that in, you're dwelling on it and you just got to rebuild that positivity and, and your cells know self talk is so important. Your cells just know, I can think about something and cry. So your brain is making a physical reaction happen.

You know, you can think about things. I can think about something and start coughing or you talk about nits and you start scratching your hair. so your mental, your mental mind can actually create a physical response or think about a lemon, my mouth starts watering. So, you know, people say my mouth's watering when you're talking about that. You just don't realize, people don't realize how, what you say and what you think really affects your physical health.

Chris Wark (21:21.294)

It's a big thing. Yeah, it's a really big thing. you know, for somebody that's new that they're just, you know, they're just in the beginning stages of cancer, cancer journey. It's hard. But again, I just want to encourage you like watch the survivor interviews that I've done. There's, there's more than you can even watch now. I mean, I've done so many dozens and dozens. We're probably around a hundred. I mean, it's a lot. Just doing it in my spare time. And,

Juanita (21:22.806)

Thank you.

Juanita (21:30.198)

It's hard, isn't it? Yeah.

Chris Wark (21:47.858)

You will, you will get encouraged more and more and more and your hope and your confidence will grow. Right. The more you listen to people who've healed. Right. That that's, that's so critical for you is that you're who are you listening to? And you need to be listening to successful people, right? If you're trying to build a business, right? You want to listen to a bunch of business podcasts and entrepreneurial podcasts, right? Those kinds of smart people that help you get your goals.

Juanita (22:03.7)

Yeah.

Chris Wark (22:16.792)

Well, the same thing with healing. Like if you're trying to heal, you really need to tune in and pay attention to people who've healed and learn from them because these are the pioneers. These are your teachers and your mentors. You don't have to know them personally. If they're putting their story out there, their experiences, their wins and their failures and the lessons they've learned, the wisdom they've acquired, they're putting it out there for you. Soak it up.

Juanita (22:21.904)

Absolutely.

Juanita (22:39.933)

Yeah, absolutely. I listen to your news stories all the time. I listen to the Radical Remission podcasts all the time. It's just putting good in there because I'm not going to listen to someone who's died or because the first thing someone will say is, I knew someone who died of that or a friend of mine's dying from that. And I think, well, that's great. You know, if you want to take that in yourself, but I'm not taking that in.

Chris Wark (23:04.907)

Yeah, that's good. Okay. So back to your story specifically. So you read radical remission, you decided to change your diet and your life and your mindset and you're, you know, you're doing lots of different therapies. found a local practitioner. what else happened during that time? You know, is there anything, you know, else, any other people that came into your life or books or information, you know, any other major sort of milestones that were, that happened in that first year?

Juanita (23:32.998)

It was just amazing, Chris. It was just like I was attracting everyone who was everyone who was just not just in need of help. I started helping people and just putting them onto the right path, not telling them what to do, but just telling them what I was doing. And they do it if it resonated with them. They wouldn't if they didn't want to. I just talked about rebounding and grounding and water and filtering water and toxins in the home that people would just

would just not even think about. So I really kind of stayed with you and what you were doing and researching the things that I, you know, I don't think you were into the podcasts back then as much as you are now. But it was just, the stuff you've got is so intense and so informative that it's very basic, but you go into it in such detail.

I used to tell people they'd say, everything is just so overwhelming. And I'd say, it's really simple. Once you like once you start eating healthy, then you don't have to worry about all the supplements. Some people were taking 50 supplements a day, you know, and, and the people don't realize that's all going to go through your liver and liver and they've all got things in them as well that aren't good for you. So you're taking a good thing and it's got something bad in it. So if you just stick to the simple things, basic supplements that you say,

is what I do. And just eating, you know, anti angiogenesis foods, that's so important. That's healing you as well without doing anything to, know, so I just stuck with basic stuff. And the basic thing was really mindset and food toxins, you know, grounding water sunshine, just

I just kept it so simple. was just incredible how simple I kept it. I just didn't bog down with things, exercise. But mine, it all came back to the healing feeling and knowing I was well.

Chris Wark (25:35.628)

Yeah, that's great. That's great. That'll, I mean, that'll direct you, know, once you have that sort of revelation, even if it hasn't fully manifested that you just know you're on the healing path, right? That it helps so much and everybody's path's a little different, right? But what we see over and over is, you know, eating a predominantly plant-based diet, lots of fruits and vegetables, like you said, fresh air and sunshine, low stress, know, forgiving people could have hurt you.

Juanita (25:47.057)

Absolutely. Yep.

Chris Wark (26:03.822)

Were there any specific things that you did in terms of emotional healing or any revelations that you had during that time that you're like, you know, I really need to work on this or I need to let this go or change this in my life.

Juanita (26:16.786)

Absolutely. I had a really toxic childhood. So I was molested by my biological father, which I subconsciously held on to. It didn't manifest itself, but obviously it had. So I got rid of that. All anger, all grudges, I just got rid of because you think you've got rid of things, but really you haven't dealt with them.

They're all in that little box again, you know, it's with the fear and everything. So I realized that it wasn't my fault. And a lot of people, people dwell in the past and just can't move forward with things. And I never ever let it take over my life, but I just hadn't dealt with it. So I just forgave and moved on. And, that's all you can do. You can't rewrite history. can't change the past.

Chris Wark (26:46.615)

Yeah.

Juanita (27:08.451)

So I just made sure that I had positive people in my life. There were a lot of negative people, including family, that I just dismissed and just some I totally cut off because still to this day they're very negative. But yeah, I just got rid of negative friends, negative people. I went back, I did go back to the doctor. I actually went back four to five years because I wanted to hear them say to me,

you're cancer free. And I said to my ENT in Australia, we'd moved back to Australia by then, and she said, what do you want? And I said, I want you to say it. And she said, say what? And I said, you know what I want you to say. And she said, you're cancer free, okay? I don't want to see you back here again. So that's all I wanted to hear. And I didn't go because I was thinking that I had cancer. I just wanted to go so they could see. And I said to them, I'll tell you what I've...

I'll tell you what I've done." And they just said, look, we don't want to know. and that was fine. Yeah, yeah. So, and my doctor actually in New Zealand, he put his hand up and just said, no, I don't want to know. So I realized then that I just, they were of no benefit to me whatsoever. So yeah, I just, I just feel sad that people go to doctors and allopath. I mean, you know, they're great.

Chris Wark (28:04.468)

Right.

Juanita (28:29.071)

for some things and it's not the doctors, it's the toxicity. And it's not just the toxicity, it's people aren't told how to keep their immune system up when they're taking these things. And that's just so your immune system is everything. It's not the medicine that cures, it's your immune system that cures. So I just make sure, and I still make sure I take curcumin now because, know, I really...

resonated with Ayurvedic medicine. So spices and things that were natural instead of taking supplements that are full of, you know, maltodextrin and coated in gel caps. You put a thousand gel caps on a table and that's a lot of rubbish to go through your body as well. It's got good stuff in it, but you know, it's still a lot of, I don't know what gel caps are made of, they're vegan. What does that mean? So I make sure that everything I do is Ayurvedic, spices, herbs, water,

natural food, organic. It's really so simple. And toxins in your home, know, even toilet paper, especially with my type of cancer with squamous cell carcinoma, toilet paper and blowing your nose even to those areas of your body, the chemicals in toilet paper, the bleach and formaldehyde and this inks and dyes and things. So we use bamboo toilet paper tissues.

Just things like that, no candles, no sprays in the toilet, I make my own. It's really simple. Once you get rid of everything, it's so simple just to replace things with natural things.

Chris Wark (30:07.116)

Yeah, it's not hard to shift.

toxic stuff to non-toxic products. There's so many options now. I mean, they're just everywhere. We've really had a boom of non-toxic and organic product development in the last really 20 years since I was diagnosed. And I was thinking about something you said earlier, and isn't it an indictment? Isn't it an indictment of the medical industry that when you

tried to tell your doctors what you did to heal yourself. They immediately shut you down and said, I don't want to know.

Juanita (30:48.107)

I would have thought they would have got a pen and paper and sat down and gone, okay, let's

talk about this. What did you do? But they just, none of them wanted to know. I got laughed at. I was told I was a fool. It was really intimidating. And when I'd actually done it and that just spurred me on. just thought, wow, I've just got to do this. In the little town that I was in, I actually went to the cancer clinic for some support and I

Everyone said, you know, you need some support. And I thought, okay, I'll go. And the lady said to me, we're having a morning tea. And I said, oh, that's lovely. What are you having? And she said, we're having cupcakes, of course, and bacon and egg burgers. And I said, bacon and egg burgers? Number one carcinogen, even the who says bacon's the number one carcinogen. And she said, well, why don't you come and get your nails done? And I said, what do you use? And your nail beds are supposed to be kept open because it absorbs.

things. And she said, look, okay, what about getting your hair done? And I said, what sort of shampoo do you use? And she said, well, I don't think we're to be able to help you. And I said, look, I don't either. So I went back after the five years and she said, my gosh, when either she said, are so you look amazing. She said, I've got to tell you, everyone else that was here isn't here anymore. And, and she knew it was so sad that she knew what she was doing wasn't right, but it was her job to

feed people things and do things to people that weren't even aiding them in healing. It's just so sad. And people don't know any better, which is why we look at podcasts like this, you know?

Chris Wark (32:28.812)

Yeah. And the average person, I think.

is thinks, they have a, they have a, confidence in the medical system that is, I think a lot of it is rooted in all the TV shows that they've watched, you know, all the medical shows, the ER and Grey's Anatomy and all these shows where they just think doctors are just heroes and saving everybody's lives and that medicine is

Juanita (32:44.553)

Yeah.

Chris Wark (33:00.914)

in modern medicines, intentions are always pure and highly moral and ethical. And the reality is they're not, there's a lot of really terrible people who are doctors. Not all doctors are terrible people, but there are some terrible people who are doctors. I've met them and I've heard stories about them and, there are so many perverse financial incentives.

Juanita (33:15.239)

Yep.

Juanita (33:19.995)

Absolutely.

Chris Wark (33:30.314)

in the medical industry, pharmaceutical industry that keep us sick because that's where the money is. The money is in sick people. Healthy people don't make you any money, right? Only sick people make you the hospital's money. Healthy people don't. And so the drug companies don't want healthy people. They want sick people and they want sick people who take their drugs forever until they die.

Juanita (33:36.326)

Yep.

Juanita (33:44.615)

Yeah. Sadly.

Chris Wark (33:58.702)

And, you know, as sinister as that sounds, that is the reality. Right. some people would say it's evil. Yeah. I'm not going to argue with you there. I mean, it's rooted in greed. That's what our system is built on. It's built on greed, making the most money possible off of sick people. And because that's the way it's, it's designed and it's been built out over time.

Juanita (34:04.369)

Yeah.

Juanita (34:11.655)

you.

Chris Wark (34:25.602)

unfortunately patients don't really think about it that way. And they just go in thinking, know, I'm sick and the doctors are trained to help sick people. so whatever they say that that's the, that's going to be the best form of help for me is whatever the doctor says, but the doctor's trained to help you in the way that makes the most money. They're not trained to help you with the best results necessarily. And so yeah, it's, you know,

Juanita (34:43.032)

That's right.

Juanita (34:48.58)

Of course. Yeah. No.

Chris Wark (34:55.182)

I talk about that, you know, I go way deep on that and Chris beat cancer, the book, but it's just important to revisit it from time to time because I there's folks listening here that maybe they've

never heard that before. Maybe they haven't even thought about it.

Juanita (35:08.288)

Of course. Yeah, my doctor said, my doctor said, you know, and I just think, but that's your doctor. I've said to people before, Chris, if your doctor was holidaying in Switzerland with his family and you got really sick and you needed him, would he fly back? And the answer is always no. He'd just call someone to go, okay, such and such is sick. You've got to surround yourself with people who've got you as your vested interest and that person is you. And you know your body better than anyone else.

So many people say to me, my doctor said, my doctor said, and look, or they say, are you a doctor? And I'm not a doctor, but you know, I know that even health food, you know, health supplements too, you know, they're on the bandwagon now and there's so many out there that are bad. That's why, you know, and the research that you do with all the supplements and making sure it's a good company that you deal with, because a lot of these people just, easy way out again, instead of.

you're okay, you're gonna heal me, which I could never put my healing in someone else's hands. No way am I gonna say, I want you to heal me. That's just craziness. So the same with supplements. I'm not gonna take all these supplements instead of going outside and getting healthy and eating good food. I'd rather eat pineapple to get bromelain. I'd rather, know, eat. Supplements are great and you do need extra ones of them, but I'd rather know that I'm getting it from food with nothing else in it.

And doctors aren't trained in, none of my doctors, Chris, ever said to me, what's your home life like? What's your mental health like? Are you getting enough exercise? Do you eat properly? Not one of them has ever asked me that in my whole eight years since I was diagnosed. I don't think a doctor's ever asked me that anyway. They just do the blood tests and do the scans and do whatever. I've had one scan with my cancer. I'm not even going to put my body through that and have the...

the stuff they put into my body to see what's wrong because what I'm going to do is going to be exactly the same anyway, regardless of what I know. And I think sometimes people know too much. I don't want to know if all of us have got things, I've got lumps and bumps and know, freckles and whatever, unless it's something that's causing concern, people get checked way too much, I think. And that compromises their immune system too.

Chris Wark (37:23.714)

Yeah. Yeah. Diagnosis, the diagnosis culture, definitely creates a lot of patients out of thin air, right? Turns people into patients that don't necessarily need to be patients creates a lot of unnecessary fear leads to over diagnosis and over treatment. There's a lot of that going on, especially with cancer and, and other chronic diseases as well. And the pharmaceutical companies in the U S are advertising on television.

Juanita (37:32.957)

Yeah.

Juanita (37:38.642)

Yep.

Chris Wark (37:51.634)

And, you know, so they're trying to drive more, patients into their funnels, through direct to consumer ads, which are illegal in every other country in the world, except for New Zealand. And so, yeah, yeah. There are some countries that allow limited pharmaceutical advertising, it's, it's not, it's like Canada, they're, they're allowed to have ads that sort of remind

Juanita (38:01.268)

Yeah.

Juanita (38:05.706)

is that right?

Chris Wark (38:19.47)

patients to take their medications, but they're not allowed to make any claims about medications for specific illnesses. So there's much stricter rules, but not in the U S and New Zealand. It's sort of like, you know, just wide open. And we're hoping in this administration that that will change, that they'll take pharmacy flats off TV. Cause they started in 1997 is when the FDA made a rule change. So it hasn't been that long. It's only been, you know,

Juanita (38:38.194)

Yeah.

Chris Wark (38:48.75)

30 years almost.

Juanita (38:50.457)

Unreal. And even at the end of those ads and they say, you know, this cures your headache. It causes stroke, death. I would just run a million miles. I mean, they tell you what it does and that's great and everyone's happy and they're in the park with their dog. And then all of a sudden it's, you know, causes brain hemorrhage and heart attacks and death. People take this stuff. I just can't believe it.

Chris Wark (38:59.402)

yeah.

Chris Wark (39:15.148)

Yeah, it's, very sophisticated marketing where they're legally required to disclose the, all the side effects may increase your risk of death of cancer, strokes, heart attacks, loss of limbs, know, blindness, all this crazy stuff, but they're, they're saying that to you, they're distracting you with visual images of people having the most fun they've ever had salsa dancing or whatever, you know,

Juanita (39:28.935)
Unbelievable.

Chris Wark (39:43.468)
Riding a bicycle and through the park and you know, having a picnic and all this kind of stuff. Riding a hot air balloon. like, it's so absurd and comical. Yeah. I mean, my, my family, always make fun of these commercials when they come on because yeah, they're, I mean, to me, they're unethical. mean, they're so deceptive. They're so deceptive and so unethical. And, yeah, I'm really hoping that.

Juanita (39:54.363)
It is unbelievable.

Juanita (40:04.537)
Yeah. Yeah, they are.

Chris Wark (40:12.91)
They revoke that. Because the other issue is it's not just that they're, you know, deceiving consumers to sell them more drugs, to get them hooked on more drugs, but they're also spending this money to influence the broadcast networks, especially the news media. And when the drug companies are the biggest advertisers for a network, well, guess what? That network

Juanita (40:30.852)
Yeah.

Chris Wark (40:41.336)
Their news team is not going to be reporting on negative stories on this drug company. You know what I mean? Like, we can't run this story about their corruption or their, because they're our biggest advertiser. Right. And so that's the other real issue, that, that they're, they're capturing and owning, controlling the news, and censoring the

Juanita (40:49.86)
something.

Juanita (40:55.126)
Yeah, of course. Happy H-Cyberopt.

Chris Wark (41:11.422)

negative news about their own company or their industry by spending millions of dollars on ads.

Juanita (41:19.033)

Absolutely. I've never once heard of anyone on any TV show on a major network TV show that has cured cancer. And I would love to see that. That'd be amazing, wouldn't it? But there's lots of people out there.

Chris Wark (41:36.002)

Yeah, it would be amazing to see that, but even I didn't get, know, my, my book was a, was a best seller, had a huge, release. And, it was essentially just, it was basically just ignored by all the major media outlets. know, they, none of them, no one wanted to talk to me. The New York times, you know, didn't put me on the best seller list, even though I outsold most of the books on the list. And, according to book scan and all the other metrics that measure book sales.

But they just pretended like my book didn't exist because they're an editorial, you know, they're not a factual based reporting company. And so the, the New York times bestseller list is, is editorial. means they, they take books that are selling really well, and then they pick the ones that they want to put on their list. Right. They don't actually do it based on like this one actually sold the most it's going on the list, whether we like it or not. But anyway, that's, that's a, that's a rabbit trail. But the point is, yeah, it's like,

Juanita (42:12.834)

Yeah.

Juanita (42:26.85)

Unbelievable. Wow.

Chris Wark (42:34.008)

There's so much about the media and the medical system that are, that are, they're colluding together. and it's all about profiteering and, at the patient's expense. And so, but the good news is, is there are people like you who have healed themselves, who have these wonderful stories of survival and recovery of radical life change, you know, and you're putting your story out there. I put mine out there, you know,

There's so many others that are putting stories out there. mean, it's just growing and growing and growing. And I don't see it. I mean, it's, it's snowballing, right? It's snowballing. And that's exciting to me. All right. It's, exciting to see, so many people wake up. And I think it really happened during COVID too. mean, COVID was such a wake up call when we saw how, how deceptive it all was, how much

Juanita (43:09.72)

Yeah, absolutely.

Juanita (43:20.822)

Yeah.

Chris Wark (43:27.65)

control the governments took over their citizens and forced them to do all these absurd things that had no scientific basis, whether it was six feet apart or wearing a mask or no, now need two masks, right? Or whatever. And no science behind it at all. They just decided this is what we need to tell people to do. And then get an emergency vaccine, right? That we rushed to market with no long-term safety testing. So it was just on and on and on. so many people, including doctors were like, whoa, hang on.

we've gone beyond the level of absurdity and this has turned into something completely different than actually helping people not get sick and die. And yeah, so despite all that now,

Juanita (44:08.855)

Absolutely. We were floating prison here. We were just a floating island. We were locked in. No, were yelling to the states, help, help, we need help. We were just on our own down here. We had helicopters circling, making sure people weren't going outside. It was unbelievable, Chris. And now all these turbo cancers are happening. It's great that there's so much

Chris Wark (44:16.464)

I remember.

Juanita (44:35.863)

so much out there now about people healing because everyone is getting cancers and dying now. I don't know many people that die from anything else but cancer now and yet when I was younger I didn't know one person that died of cancer. Cancer horrified me because no it was just scary. No one died of cancer and I just thought of this thing eating someone away. It was just and it wasn't curable. That's all I knew. But now everyone it's cancer, it's cancer and then are they gone?

Chris Wark (44:48.876)

I didn't either.

Juanita (45:03.26)

We've been to that many funerals. It is just so not funny. I think I've put on weight because of all the funerals we've gone to and all the wakes, you know, it's just, it's so sad. It's just, and people are just so indoctrinated and still going and getting boosters and getting shots and all this stuff. It's, you know, some people are just indoctrinated into that medical allopathic way. And, you know, at least there's people out there that can't, that know how to turn the tables. And the good thing is even you doing

doing this with other people, it just makes your belief even stronger. I know when I talk to people, it makes my belief even stronger, even though I'm healed and you're healed. just, just the bigger that you can make your circle of healing people is just amazing.

Chris Wark (45:50.54)

Yeah, it's, really does make a huge difference to be connected to other thrivers and whether you, whether it's personally or, or just listening to them, following them, learning from them online. Yeah. It just, it just gives you so much encouragement and we all need encouragement. We all need hope and we need practical advice, good advice from successful people, as I've said before. like, so yeah.

Juanita (45:57.536)

Yeah, absolutely.

Juanita (46:08.298)

Yeah.

Juanita (46:14.528)

Yeah.

Chris Wark (46:18.36)

There's, there's so much stuff, good stuff happening. I'm as much as I can talk about how terrible the industry is. Right. And I'm on the flip side. There's a lot of great stuff happening and the big silver lining of COVID was that so many more people now are awake and aware to, you know, the, the limitations of, of, conventional medicine and the, like I said earlier, the perverse incentives of,

bureaucrats and people in power in the medical system. And now that they're aware that they're also learning like, there's a whole, there's a completely parallel system. The alternative or holistic or integrative medical model is growing and it's available in almost every city. There are people that are practitioners and you can find your people.

Juanita (47:12.457)

You can absolutely. And I was going to say, and one thing I haven't said is one of my healing things as well was laughing. I just have a really, really happy sense of humor. I laugh at most things. I'm always laughing and always smiling. And it's attitude that is just such a big thing. Instead of thinking that, especially with COVID and everything, people were just so down and doom and gloom and...

You've just got to laugh your way through things because you've got you're going to go through that path anyway. You can either go through it sad, miserable, scared or happy. And I just laugh at things I really probably shouldn't laugh at. But it really you can feel if you have a cry, I always feel drained and emotionally just depleted. Whereas if I have a big laughing session, I just feel

those endorphins like everything is just so so I don't know fueled in my body.

So that was one of my other things that I meant to mention before is just laughing at things and just being happy and always seeing the good side because what other choice have you got? You can look at the doom and gloom, but if you look at the good side of things, I mean, you're gonna do the journey anyway, just like with my healing. I don't wanna know that I've got something because the end result is gonna be the same anyway. I'm still gonna take my path of healing. So why not do the same with laughter and attitude?

Chris Wark (48:35.31)

It's just a choice, right? It's a choice to look for the good, in any situation, of focusing on the bad and you have to cultivate joy. Right. You've got to cultivate it. got to stir it up. You've got to make some fun, right? You have to make fun, right? You've got to make it. You got to figure out how to have fun, how to be joyful, how to laugh. what's, you know, I'm, I'm the same way my, my wife and I, we've been married for

Juanita (48:42.354)

Yeah.

You do.

Juanita (48:50.94)

Yep, absolutely.

Juanita (48:57.618)

G.

Chris Wark (49:05.666)

A long time since 2001, so 25 years this year will be our 25th anniversary. And we just laugh. I mean, we laugh so much. We're constantly making each other laugh. had a, we had a big laugh this morning over some, it, wouldn't even retell it cause it wouldn't be funny, but between the two of us, we laughed really, really hard at something this morning. And it was just great. We just, we appreciate each other so much that we can make each other laugh.

Juanita (49:27.89)

Yeah.

Juanita (49:33.744)

That is so great. And if you don't have a good relationship with your marriages, know, just surround yourself with friends and family or anyone who does, you know, it's just, it's so, we travel, we, even if we don't travel, we'll get in the car and go to the beach or, you don't have to have money to do things that are fun. You don't have to have money to, we've got a lake down the road, you know, we can go down there and, I don't know, we just laugh at silly things. And I

just think you've just got to...

Life's just so quick and you've just got to make it fun and happy and not be silly, but just appreciate being here. And so many people take it seriously and all of us are going to die one day. And you know, we've just got to make the most of it. So that's great to hear. Yeah, that's fantastic. I love that.

Chris Wark (50:20.76)

Yeah.

You know, it just reminded me of is this, really funny quote I read online a few years ago, which was like, if you can't laugh at your farts, you're still someone who farts, but you don't laugh. It's like, exactly. Right.

Juanita (50:45.763)

Wayne and I laugh at them, trust me. Yeah, that's one thing that, and he even said the other day, funny as you'd say that, why do we still laugh at this? Because 33 years of marriage, six children, and you've just got to laugh. Sometimes I just feel sick. I've got to get up out of bed sometimes. We laugh that much. You've got to do it. It's just your life. You may as well enjoy it, hey.

Chris Wark (51:09.888)

Yeah, it's true. And people who know me know I'm

Juanita (51:11.567)

I didn't think this was gonna end on this note, Chris. I didn't think we were going there, but that's hilarious.

Chris Wark (51:16.961)

Yes.

Yeah. And, and I, people who know me well, yeah, I'm, I'm a very silly person in person. And, I, I have, I have a love for the absurd. I think the best comedy is rooted in, absurdity and, and surprises and silliness and I love Monty Python. You know what I'm saying? Like I love the silliest comedy. And so, yeah, you know, it really is true. mean, it's a great, I'm so glad we went there because.

Juanita (51:35.916)

Yeah.

Yeah.

Chris Wark (51:50.046)

maybe there's some folks listening that, that really, you gotta find some joy in your life. You really have to seek it out. And I tell, I tell my folks, I'll tell them like watch comedies, you know what I'm saying? Watch comedies, watch standup comedy, stop watching all these dramas and crime shows and murder shows and you know, reality shows and stop feeding your mind with all this dark, heavy, depressing conflict.

Juanita (51:54.751)
Absolutely. Yeah.

Chris Wark (52:15.702)
Right? Like it's, you're feeding your spirit and your soul when that's all you watch is this heavy, dark stuff. And you can really change how you feel if you just start feeding yourself things that are joyful and funny. Right. You know, and obviously we have no shortage of it, right? You got YouTube, you got social media, there's hilarious clips all over Instagram and Facebook and YouTube. And there's all these comedies everywhere on all the streaming channels. And it's like.

Juanita (52:21.333)
the right thing.

Juanita (52:28.555)
Absolutely, yeah.

Juanita (52:37.087)
everyone.

Chris Wark (52:44.782)
You just have to decide, you know what? I'm just going to focus. I need some joy in my life. need to laugh. We know laughter is medicine. know it boosts your immune system and there've been great studies on that. And so yeah, it's, it's just a great thing to focus on. I feel like.

Juanita (52:59.229)
Well, when you guys come to Australia and stay, you can have the end room so we all don't keep each other awake.

Chris Wark (53:05.388)
Okay. All right. All right. That sounds good. well, Wally, this has been so much fun. I just am so glad to catch up with you and share your story and your wisdom. Yeah. It's, it's just great. I'm so glad you're doing well and, yeah.

Juanita (53:17.544)
screens.

Juanita (53:22.461)

Thank you and thank you for everything you've done for me. I'm so grateful because yeah, you've been a huge turning point for me and everyone that's been a part of what you do. So thank you so much. So forever great. And I've told you this before. I'm so grateful.

Chris Wark (53:38.744)

You're welcome. Just trying to pay it forward and Hey, it feels good. Right. It feels good to do what I'm doing. I love doing it. It's not a burden. It's not a chore. It's a joy to do it. And talking to you encourages me. So like it, I, know, this is a highlight of my day when I get to talk to another survivor and hear their stories and their wisdom and knowing that, man, this is going to be great to share. And this is going to encourage more people. So yeah, it's like.

Juanita (53:46.793)

in.

Juanita (53:59.113)

like.

Chris Wark (54:09.27)

No thanks necessary. Yeah. So, well, now I don't know if you're online or not, or doing stuff online, but if you are, is there a place where people can follow you or connect with you?

Juanita (54:12.169)

But thank you.

Juanita (54:25.459)

Yep, sure. I'm writing a book actually on how to detox your life. So that's going to be out either late this year or early next year. And I'll be advertising that on my Instagram, which is healthy underscore mum underscore down under. So when that's ready to go.

Chris Wark (54:29.251)

Good.

Chris Wark (54:39.418)

Okay. We will link to that healthy underscore mum, M-U-M. Yep. Underscore down under. Okay. That's great. Again, we'll put links to it. excuse me. We'll put links to it in the show notes so people can find you and follow you. Yeah.

Juanita (54:43.929)

NUM, answer, down under. Yeah.

Juanita (54:55.815)

Fantastic. That's great. And I'm always happy to talk to anyone, not to tell people what to do

again, but it's always good to just have someone in your corner, isn't it? Just someone that you know you can just call. And I get calls from, you know, Texas and all over the place. Just people just wanting that bit of oomph, that bit of support. And yeah, it's great. So thank you for having me.

Chris Wark (55:18.904)

Thank you. Thank you for putting yourself out there and doing to do that. It's great. And hopefully you don't get overwhelmed.

Juanita (55:23.824)

Thanks,

No, yes. After the Radical Remission podcast, I was a tad overwhelmed. I'm sure I will be after this.

Chris Wark (55:32.984)

Well, wait, we'll let that slow down a little before we post this one. Great. That's great though. Well, cool. this is really fun and folks, you know, where to, where to connect with Wally and, we'll make sure to link to her again in the show notes. Please share this video with people you care about this podcast or the YouTube interview, wherever you watch it. we just want to reach more people. We want people to know that cancer.

Juanita (55:41.446)

Thanks for watching.

Chris Wark (56:00.354)

Does not have to be a death sentence that cancer can be healed, that there are things you can do to help yourself heal beyond what your doctor recommends. And it doesn't mean you need to say no to your doctor, but if you say yes to what the doctor wants you to do, there's so much more you can do to help yourself when you're home, what you eat, how you think your relationships, forgiveness, all the stuff we've talked about and all of these things increase your odds of survival.

So it just makes sense to do everything in your power to help yourself survive and thrive. And so that's what we're here to do and help me reach more people, share my stuff, follow me, like, and subscribe, do all the, all the stuff that everybody asks you to do. And we'll see you on the next one.