

Chris Wark (00:40.743)

Hey everybody. I've got a new cancer survivor story for you today. It's Nery Pereira. She's a seven year, triple negative breast cancer survivor healed holistically against the odds. She had a lumpectomy and then refused conventional treatment and adopted a hardcore holistic protocol to help herself heal and survive and thrive. And, and here she is. and I'm excited to

Hear her story in detail, share it with you. know there's going to be a lot of wisdom and practical information as there always is in every survivor story. so Nery, welcome.

Nery Pereira (01:17.774)

Thank you, thank you, Chris. I'm very happy to be here today.

Chris Wark (01:21.255)

It's good to see you. Now tell me what part of the country you're in.

Nery Pereira (01:24.526)

I mean, right now I'm in California, but I came from Brazil. I have been living over here for at least 30 years.

Chris Wark (01:32.327)

Okay, three years. So let's talk about your cancer story. How did that happen? like, what made you decide to take a natural path to healing?

Nery Pereira (01:48.59)

Okay, will start. My grandmother, she passed away with breast cancer, like has been like 15 years ago. So that one trained me to study about cancer. So I was studying about cancer like since 2000, I don't know, 2010, something like that. And the first thing I saw some documentary about cancer, the truth about cancer.

After that, looked at that one and I found about you, know, about Chris Wark about your story. And I start looking to that and I saw your square one and I got that one. I said, okay, wow, I'm so fascinated about that. And I said, okay, let me study about that. So if someone, some friend or some member of my family get a cancer, I, you know, maybe I'll have some something to say to help without knowing that it will help.

help with me someday. So in 2019, I was just at home, you know, at night. I felt something on my breast, a little bump. And I said, hmm, interesting. It was kind of hard. And then, okay, so I made an appointment with my doctor. That was in like November 2018. So I had to have a trip to Brazil. And when I came back, they said, okay, I need to do a...

When I ultrasound, they did it and then they said I want to do an ultrasound with biopsy. They did that. So, but after that, you know, I have been studying everything. So I said, okay, if someday that happened with me, kind of having back in my mind what I would do. So that's

what happened. And then after they did the biopsy, they moved me to another room to do the mammography. So I said, why that? because that's procedure you need to do that. But that didn't make any sense to me.

You just poke me, but now you smash. And the first, so the lady, before, you when she was doing the biopsy, she was so nice with me, everything. When I said, oh no, I don't want that one. Oh, she changed completely. So she said, no, but this is the procedure. You have to do it. I said, no, no, you know, I don't feel comfortable with that. You know, I'm already, I don't think so. That's the good thing to do. So anyway, so I didn't do it. That.

Chris Wark (04:10.183)

Well, and let me, let me stop you right there because that, uh, that is really surprising that they would, I, I, I'm embarrassed to admit this. I didn't know they were doing mammograms after biopsies. You know, in many cases they do the mammogram, they find a lump and then they do a biopsy, right? On a follow-up visit, but to do a mammogram,

immediately in the same visit, right? Immediately in the same visit after a biopsy is seems incredibly risky because we know that biopsies can cause cancer to spread not always, but it is clinically documented. They can cause cancer spread. I'll put a link to that research in the show notes. So you do a biopsy, you poke the tumor, cancer cells can spill out, and then you squeeze the tumor in a mammogram. I mean, that just seems

Nery Pereira (04:41.302)

Mm-hmm. Right.

Chris Wark (05:08.443)

Like such a bad idea. And I just want to say you made a great decision right out of the gate to say no to that mammogram right after the biopsy, but please continue.

Nery Pereira (05:20.525)

Okay, so, okay, we're done with that. So I went home. So wait like about, I don't know, couple days or so a week and someone called me. Actually, the doctor called me at home. It was a Friday toward the end of the day, like at 5 p.m. So when the doctor called you at 5 p.m. at the end of the day, it's like, oh my God, what is that? And then he said, Nery, I have the results. I'm so sorry about that. You have cancer. I have already, you know, I set up an appointment with you.

for next Friday. So, okay, that one was kind of shocked to me and my husband. said, wow, what is that? So we prayed together. say, okay, so now it's our turn. So let's see what happened. So I went to the doctor. So the first thing he said, okay, your cancer is a triple negative. I didn't know about that. is, mean, what's the difference between breast cancer has a difference. So he told me.

is a very aggressive cancer. It was a stage one, but a grade three. So he said that my options to you, and here is do the surgery, my mastectomy. So you should do, know, some people, most of people does both, you know, so just to, you know, to be safe.

Chris Wark (06:40.357)

both have both breasts removed.

Nery Pereira (06:42.967)

So you do that and then also after that we can do, we do the chemo and then radiation. And I said, whoa, whoa, whoa, whoa, wait, let's see. Right now I'm not interested in none of this. So what is my other option? He said, there's no other option. That's the only option. So I said, well, I felt like, no, I said I want to talk to someone else. He said, that's fine. So I set up appointment with another doctor. Actually it was his boss.

So when I went up the week, I went over there. So the doctor said the same thing. He said, you know, whatever my colleague told you, that's the way it is. But I would do whatever you want because you are the patient. I said, oh my goodness. So you'll be my doctor then. If you want to hear what I have to say. So that was very good. And so after that, but I said, okay, I don't know. I say right now I'm not doing anything. I need some time. That's what I learned in the way I was studying about cancer.

I had a time. I don't have to do anything, you know, rush. I had a time. So I went to know after week, I went to Tennessee to talk to my girls. were at the college over there. So over there I said, so I need some time, you know, to process everything. I need to get out of my environment. And I did something that one of your people that you have interviewed, one of the survivors, you know, can survive.

She said one time she had to tell all her friends, you know, what she was doing, you know, just to keep everybody kind of on their spot. So I wrote an email to all my friends saying, okay, now I have cancer. I'm doing a different path. So please just pray for me. Just, okay, but just so you understand. So I don't want to pressure. I don't want to people, a lot of people telling a lot of things. So I want to, you know, have my time. So that's what happened. So I went.

Chris Wark (08:38.715)

That was good. That was very smart to do also.

Nery Pereira (08:40.561)

It's because, you know, I heard before, think if I didn't have, I think, you it was from God, you know, that He prepared me like five years before. I was having been studying about that. So, kind of, I was kind of almost, no, totally, but almost ready because if it's not, I would be panicked more and I would just do whatever, you know, they were telling me to do. So I had the time. Anyway, so I went up to Tennessee.

And I had about one clinic over there that was a natural clinic. I said, you know, I need some place, you know, to be calm and then just to kind of evaluate everything. See, started thinking. And then I went to, yeah, that place and I called them. Okay, I called first one. So the lady talked to me. She said, you know, that type of cancer is very aggressive. So I don't know if we can do anything for you. I think, she was kind of like a.

I mean kind of down and said, okay, so I don't want to talk to you anymore. Okay, well, thank you very much. Next, I call another one. The one that I called, was the person that answered my call said, yes, no, yeah, we can fight this together. Yes. She was so, I know, she motivated me. So she said, we have a program that we're signing one week so you can come over here and we'll talk. And then that's what I did. I stayed with my girls for a weekend. went to that place. When I get there.

So at first, I was already, because I had been studied about cancer, I was already like a plant-based diet. I was doing exercise. I was putting on everything that I had been learning. so that's what I thought. I was so shocked. said, my, this happened with me. I was even training for my first marathon. So I had to, I said, wow, what's going on? So I went there to this place. So the doctor over there that talked to me, he said, okay, Mary.

You know, I have been working over here for six years. You are the person more healthy person that has been over here in my clinic for six years. So what is going on? So he started talking to me. He was more kind of like a therapist than a doctor. You know, he's talking to me a lot. One hour every time I stay there for 14 days, every time he was talking for an hour and saying, what's going on? So that helped me a lot, my mind, you know, to put my thoughts together.

Nery Pereira (11:05.183)

In everything they were doing over there, the first thing, you he said, before that, just to go back a little bit. And then month of January, I was doing the tests and everything. already think, OK, I was getting all the sugar. I wasn't eating too much sugar, but I cut all the sugar, even the dry fruits, stuff like that. But I didn't cut the fruits. Fruits, I still, you know, eating a lot of fruits, putting more raw, you know, eating more raw food, stuff like that. So when I get over there, I was already I lost a little

some weight. So he said, okay, over here on my program, we do three days fasting, just water and tea. But I know you're a little bit underweight. I'm not sure, you know, usually I don't like to do that. But if you want to, except you. I said, no, I want to do whatever needs to be done. So I did that. So they taught me to do some herbal teas, like a bitter ones, very bitter.

And for three days, that's what I was drinking, just water and bitter teas for three days. And they taught me how to prepare the teas because over there in the clinic, you know, they don't do everything for you. They teach you once and then now it's your own. The kitchen is here, visit them, then you had to do your own tea. And with the other people over there also, we had our tea party afternoons, you know, doing our own teas and drinks, that thing. So we did that.

Also for, they have also the plant-based diet, so I didn't have any problem with that. I was already on that thing and they made me a walk. I was doing already exercise, having taken a sun bath, all these things. But one thing was new for me. I started doing fever bath. Have you heard about that?

Chris Wark (12:52.92)

Yes, but please talk about it.

Nery Pereira (12:55.285)

Yes, so they, I was doing five times a week. They put me in a bathtub with hot water, the hotter that I could handle. But I had someone with me all the time. I was never alone. They was checking the water temperature and they were saying, there, it's okay, it's comfortable, it's still comfortable. Okay. And then they put up, they were checking my temperature all the time. The goal was to make my body to produce fever.

And then one day I was 105. My, when I was 105, wow. And then after that, I stayed like for 15, 20 minutes, depends on the day. And after that, they, I was standing, they put me, they give me a cold shower. Cold shower. After that, okay, I went to my bed. I was just resting. Rest nearly. You can sleep and just rest.

Chris Wark (13:50.631)

Okay, let's talk about the hot bath just to get some more details. So you were in there for 15 to 20 minutes. Do you know what the bath temperature was? Did they ever tell you how hot the water was?

Nery Pereira (13:57.911)

Mm-hmm.

Nery Pereira (14:05.107)

remember right now but I know they were just putting hot water hot water and was saying you see okay it's okay when you said it but that's enough I would tell them that's that's enough so yes please in the heat

Chris Wark (14:18.119)

So they kept increasing the heat until you couldn't take it anymore. Okay. Yep. And then obviously they checked your internal body temperature. had a thermometer. They checked it and yeah, getting up to 105, that's very hot. I've taken many hot baths, but I think the highest I've, and I don't check my temperature when I do it, but I think the highest I've seen myself was about 101 just doing it at home. So 105 is that's very, very.

Nery Pereira (14:23.821)

It's like...

Nery Pereira (14:46.669)

The 105 was one day, but the rest of the days I remember was 10102. I got a 103. And sometimes what they put inside the bath was some charcoal.

Chris Wark (14:46.893)

That's a serious fever.

Chris Wark (14:54.618)

Okay.

Chris Wark (15:03.738)

Okay, yeah.

Nery Pereira (15:05.185)

the charcoal because you know charcoal is the one that pull out from your skin or your body the toxic. So with all the black thing you know or sometimes they would just put like lavender and yeah and yeah so I did that's where something that was different for me I didn't know I know I knew about the

Chris Wark (15:11.568)

Yeah.

Chris Wark (15:19.077)

Epsom salts, that kind of thing.

Nery Pereira (15:30.487)

The contrast shower, hot and cold, hot and cold, but then when it was something new. So anyway.

Chris Wark (15:35.877)

Well, and let me say one more thing. It's, really funny that we're doing this interview now because I just published an article on hyperthermia on hot bath therapy, because there was a study done on it last year that I came across where they, they compared a hot bath to two different types of sauna. And what they found was when they put humans in a hot bath,

that was about 102 degrees. It increased their core body temperature more than either type of sauna and they sweated more and they had a measurable immune response because they took their blood work before, during and after the bath and the saunas had no impact whatsoever on immune response.

So it, is a proven beneficial immune boosting effect from hyperthermia as you, as you're saying, fever therapy or a fever bath. And so it's really amazing that we're doing this interview right now,

just a couple of weeks after I published that study, or I mean, after I published my article on that study.

Nery Pereira (16:53.389)

Yeah, so okay, so it was done, okay, 14 days, okay, I learned a lot of stuff and the other thing also they took us, you know, like to the garden, it was a part also of the healing, the garden, you know, we were over there singing and then doing some gardening and stuff like that. So when it was done, I went home and then I was able to do most of everything they were doing there, I was doing at home, even the fever bath, but I was waiting for my husband to get home.

You never do that by yourself. You know, has someone with you. So my husband was with me, know, checking my temperature, doing all this stuff. So I kept doing this for like five months, five days a week. But after that, you after that, you you had your fever thing, you were so tired. So you need to relax and then you go to sleep and then you rest. You need to do that. So.

Chris Wark (17:48.049)

Did you like to do it and then just go to bed for the night? Were you doing it in the evening later?

Nery Pereira (17:52.813)

Yeah, even you're kind of toward the end of the day. So yeah, that was good. So that's that. That's very good. So all right. So I did that. So I went home. Yeah. So I started doing this, keeping doing this stuff, keep doing the teas. And I started doing more the juicing. Also, I studied about the carrot juice. I was doing like seven cups of carrot juice a day.

Chris Wark (17:58.149)

And then you just go to bed. Yeah.

Nery Pereira (18:18.317)

In morning I wake up, I get those bags from, organic bags from Costco. I start juicing. I had the Champion juice at that time. I was doing that. I put in the little cups, know, the jars and then I put inside the refrigerator and I was drinking during the day. And sometimes I was looking, my hand was kind of yellowish, things like that. But I was drinking that. And I was drinking a lot of, yeah, so it's still keeping those teas and the juicing and water.

And then most of my food was raw, 100 % raw, wasn't, but most of that, like would say 60%. I had some cooked food. But every time I was learning about something else, was implementing. One thing that I did also was the concentrate garlic. something like, I I kept over here, I know has been like seven years, but I still kept some stuff.

I can help people with something like this, Alimad. It's a garlic concentrate. I was drinking in the morning. Because the garlic is very antioxidant.

Chris Wark (19:29.127)

Where did you hear about that product?

Nery Pereira (19:31.785)

A friend of mine told me about that. So when I was in Tennessee and then she got it from me. She has some friend that has a story like a natural stories thing. So she got it from me.

Chris Wark (19:44.485)

Is it hard to drink? Is it strong?

Nery Pereira (19:46.925)

It is strong.

Chris Wark (19:48.625)

Did you dilute it? How did you get it down?

Nery Pereira (19:50.571)

No, was just, get it, know, in a spoon, I get it, and then after that in the water or whatever. So was eating something.

Chris Wark (19:58.885)

Yeah. And what did you take? One tablespoon at a time?

Nery Pereira (20:01.452)

It was one tablespoon in the morning. Uh-huh. At the time, know, yeah, before I had my breakfast. That's what I had. So, but in some time, know, I remember also when I was over there at the clinic drinking those beer teas, you know, like a Graviola, Chapa Hall, something like that. was mixed. And it was drinking with other people there and we're drinking and we said, oh my goodness, it's terrible. And then we started thinking, okay.

Chris Wark (20:04.123)

Okay.

Nery Pereira (20:29.804)

you don't do that, you have to do like chemo or the stuff. So what do you think? No, I think we can handle that. So, okay, let's go do it.

Chris Wark (20:36.103)

Yeah. Yeah. And now that's the, that's a good perspective. It's like, Hey, it's, it's better than chemo, right? I'll drink this nasty bitter tea. Right. Yeah.

Nery Pereira (20:46.759)

Yes, so that's what it is. So when I came home, I still doing this stuff for, so that was in February, I went there. When I came back, oh, so still the lump, still there. Remember, this type of breast

cancer is very aggressive. So growing no faster. But I thought, you know, was it going that faster because the things that I was doing, I was doing so. But then I went to the doctor, back to the doctor.

He said, okay, Nery, are you ready to do anything? said, at first I was even thinking to do the lumpectomy, but I talked with some doctors friend of mine and one that is even I was reading his book. He was telling me made it sense to myself. said, Nery, right now, okay, your body's fighting this thing, but if you want to know something made faster or something like that. So right now the tumor that you have has the concentrate cells, cancer cell right there.

If you remove that, you give him more chance for your body to whatever left there to fight faster. Okay, so I thought about that. You my husband also is, you know, say, okay, yeah, this just did the lumpectomy just like that. So then I decided to do that. So I went, I decided to that in July. So the five months after, right? So I went there. So the doctor said, okay, so let's do that. I want to take some lymph nodes. I said,

I don't want to take any lymph nodes because I had been studied about that. All the lymph nodes, we need those, right? Our body needs those. Anyway, somebody said, okay, now I know I need to take just one because, this is a part of the protocol that I had a psych. Okay, how do I know they will take just one? He said, no, I'm giving my word to you that I, okay. So I went for the surgery that day. My husband took me. He did the surgery, the lumpectomy. He took the tumor. He said,

took it with the margin, know, around to make sure. And he said, and he cut under my arm to get the lymph nodes. When he came back, he told my husband, no, I couldn't take because I couldn't find it. He said, yeah, he said, I couldn't find it. Praise Jesus, because that's what I didn't want him to find. I didn't want him to take. So he said, no, I couldn't find it. your life doesn't have a fat. So I couldn't find that. said, okay, that's good.

Nery Pereira (23:09.77)

And then he said, yeah, okay, we'll give you some medication for you because you for the pain, you know, we touch you and things like that. But you know, I didn't have to take anything. I was feeling so good. Even my daughter said, mommy, you're not playing tough. Impossible. You're not feeling, I'm telling you, I'm good. So that's why I tell these people that I want to go for anything else. You know, even the surgery, the chemo, whatever, prepare your body. When you prepare your body, you know, it's different game.

So even for the surgery, I think my body was prepared. So I went through that thing so it's easy. I didn't have any problem at all. So that's why I keep telling people if they wanna go to their lounge. okay. I still, you know, so I start going back to work. Okay, I started doing everything. Let me tell you, people that didn't know I had a cancer, they couldn't tell me. They couldn't say anything. At least in the beginning,

Because I said I was doing, I drink a lot of tea and everything. I lost more weight for people who know me. You you're losing some weight, things like that. But besides that, even it was a point that I was 117 when I was diagnosed with cancer. So when I went to the clinic, I was 110.

Something like I had already lost, you seven pounds because I was doing a lot of juicing, a lot of kind of raw food, things like that. And then I was still training for a marathon, but then I stopped. I just started just walking. But then when I came back because I was doing all these things, I started losing more and losing more. I was kind of, oh my goodness, I cannot lose more weight. So I started talking with some people, some natural path. God put it on my way. One is from Jamaica.

I talked to her by phone, I talked to another one in Brazil. So one of them told me, you know, your body, our body is very smart. She told me, you do everything right, are even, know, nurturing your body, everything. So when your body sees that it has a point that is kind of danger for you, you will stop losing the weight. I said, really? That's what happened. I stopped. I didn't lose any weight anymore. And then after that, I start putting back again. That for me was amazing.

Nery Pereira (25:35.276)
So that was good. So all right.

Chris Wark (25:37.551)
You know, we see that, we see that regularly that the weight loss is part of a detoxification response in the body. It's almost like a shedding response and patients sometimes panic because they start losing weight and that like, you did, and they, get worried. but yeah, we, we almost always see it stabilize just over some period of time. They just lose, they lose excess weight. sometimes they get, you know, just from being overweight to a healthy normal weight, or they'll get maybe a little bit.

Nery Pereira (25:52.588)
Mm-hmm.

Chris Wark (26:06.851)
underweight for a time, but then, you know, the weight comes back. I experienced that.

Nery Pereira (26:12.832)
Yeah, that's what happened. And then, okay, and then I started little by little putting more stuff in it. And then I did the T's for five months. So after that I changed because even the doctor with that said, your body needs to get used to. So change a little bit. I started doing the Essiac Teas because I learned also about that. So I did some of that also. And I get the rebounder trampoline for me.

Because I heard about, you know, for the lymph nodes and everything that's good. I was, know,

sometimes I was changing something and sometimes I kept doing the same thing. So what I did, one more thing. And my mind, you know, so my body was okay. As I say, nobody could tell, no, didn't, you know, my hair didn't fall off or anything. was, people couldn't tell I had a cancer. But in my mind, sometimes.

you know, was getting kind of crazy because, you sometimes, am I doing the right thing or things like that? And some people, you know, sometimes, as I say, know, I cut a lot of people, but it's still some people. One lady was saying, you know, you still have your kids at college, you know, have so many life, you know, to why are you doing that to yourself? You're not doing anything. My student, I was doing a lot of things. I have, you know, I kept, you know, something like since five in the morning, I woke up. I had, you know, my

two cups of water with lemon. And I was doing this and that. I put in like a 7 p.m. I would do this, 8 p.m. Until 8 p.m. at night. And then I went to bed. So I was doing my routine and was something, I was checking and then make sure I was taking care of my body and my mind. So with my mind, I had to, I'm a Christian, so I had to put a lot of five verses to cap me.

sane. I put in my car while I was driving. Sometimes I was so good, but sometimes comes something like a darkness in my mind. Wow, where does this came from? had to take. One other thing I had to do a lot, I have, as I say, I get your TVT, the square one. And with those, the testimonies also from your channel thing.

Nery Pereira (28:35.242)

I had to put it, sometimes I had to play over and over, different ones and special. let me see who's talking about cancer, survivor cancer. And I put over there and after that I was, I was back. Okay, no, we can do that. We can do that. And then it was, you know, all this time I had to do things like that. Thank God, you know, I thank you also Chris for putting all those testimonies that helped me a lot. I can tell you. And one day I had to call, I Googled, said,

yes, over here everything. Most of people know was over here from a testimony from United States. I said, let's see if in Brazil has somebody that had this type of cancer. So I Google, I found one lady over there and I get in contact with her. Also was so great to talking with her. And then, and then God put a lot of people, as I say, on my life, like they put you in my life. There's some natural path from Jamaica, from Brazil, all the mendis.

So many people also they went through cancer and then their testimony has been helped me a lot. And then people keep telling me, Mary, so you still have cancer and okay, so the doctor, the oncologist said, okay, Mary, I know you don't want it to do anything like that, but can I still follow you up just to make some tests? I said, no, that's fine, no problem. So every three months I was going with the doctor. He was checking me, doing the ultrasound. With all the time, keep telling me.

let's do a mammogram. said, you know, remember I don't do mammograms. So I have learned.

No, I had a Dr. McDougall books and then all those books, all those books. have a lot. have a lot of books here also. Anyway, so I didn't do a mammogram. say ultrasound. That's fine. I do. So I said I can do ultrasound and blood tests, things like that. So all my blood tests was being good. You know, the the number for the C, how they call C.

markers, right? So has been, you know, normal. No change. and then the mammogram, he was checking everything. No, the mammogram ultrasound. Checking everything is okay every three months. And then now he started, know, every six months. He was just telling me, Mary, whatever you do, keep it going. He didn't ask me details, okay? But he said, you know, whatever you're doing, keep it going. That's the only thing he told me. So has been now for every year now I go and check with him and everything is still okay.

Nery Pereira (31:01.42)

So then it was in November, the same year, 2019. And I was saying, you know, I was waiting to see, okay, oh, now the doctor will let me know, you know, I'm free of cancer when I'm five years old, when I'm five years. I said, okay, it has been already, it's in November, you know, I'm feeling great. The result, everything's fine, you know, I will proclaim myself, I'm healed. So that's what I did. I made a letter for everyone. I made it like, know, for Thanksgiving.

thanking God, thanking everything and then say, okay, I'm cured, know, God cured me from cancer, praise his name, da da da. So I sent to everyone. So I said, one of the people said, how long took you? Like nine months. I put it there because that's why, you know, I didn't have anything else to look for because I was doing great and everything was great and I keep, you know, doing my thing. yeah, so many people asked me, I said, you know, took like nine months. People asked you.

So, and today what I do, so a lot of people know my story and people keep sending me all the, can I give you know your phone number or something like that for someone who has cancer? And then I tell my story and this, like to motivate people. And what I do also every other month, I have a group and a WhatsApp, we do like a six days detox. We do the first day, we do just, we do like a fasting.

for 36 hours, started on Saturday night, so all Sunday and then on a Monday morning we started doing one day juicing only, on Tuesday just fruits, and Wednesday, Thursday and Friday everything raw. That's good if we didn't watch that because then we put a picture, see my plate, what I did today, what I did, da So I have two groups, I have one in Portuguese, one in English, and then the people just in six days.

They tell me a lot of things that happened to their body just in six days. Oh, my blood pressure, you know, now it's kind of all stabilized, you know, and my glucose, whatever, I'm a diabetic, you know, I had to take a little bit, you know, I didn't have to take that much, my pills or so, just in six days. So that's why I'm so happy when I hear like that and me helping people this way. okay, this is just for you to have IT and then you know that...

Nery Pereira (33:29.002)

the way, the path, if something happened with you, you kind of have idea what to do or where to look for. So we don't just go blind. So that's why I think my goal, that's why know God let me have that experience so now I can tell people. So not just because I heard, just because I studied, but because I went through.

Chris Wark (33:55.365)

I love your story so much. It's so cool that you found the score one program, you know, back in maybe 2016, 2017, before you were diagnosed. So you had a little bit of a reference. So you had some idea, you know, that cancer could be healed. That it was a lot of things that you could do to help yourself. And that makes me feel so good because we want to reach people before they get diagnosed. Right.

Of course we want to reach cancer patients and encourage them and help them change their life and, and take steps to reduce their odds of a recurrence and increase their odds of survival. But I also want to reach people for prevention. And, and so that's, you know, what we're trying to do with, with everything that I put out there and including the survivor interviews. And I'm so glad you watched so many of them because that's why they're there. I put them out there to encourage others. And now.

Now you're adding your interview to the, to the pile. And, I'm excited for the impact and the encouragement that's going to come from your story. And I'm really, really happy to know that you are paying it forward, that you, that you have a group of people that are, you're working with, that you're encouraging, that you're taking them through a five or six day detox.

Nery Pereira (34:55.798)

Anyway.

Chris Wark (35:17.703)

Uh, and a great strategy. love the water fast for a day fruit for a day and then raw food for, was it three or four days, something like that. Three days. Yeah. I mean, that's perfect. That's, that is a great five day like jumpstart for anybody. Uh, I a hundred percent endorse that if anybody wants to do that, it's so easy. You juice water fast for 36 hours, eat fresh fruit for a day and then eat all raw food, giant salads and fresh fruit for three days. That's great.

Nery Pereira (35:27.308)

Uh-huh.

Chris Wark (35:49.194)

So what would you say to, if when a cancer patient comes to you and they're newly diagnosed and they come to you and they just say, Nari, what do I do? What do I need to know? What's the first thing that you tell a patient when they come to you and asking for advice or asking for help?

Nery Pereira (36:08.843)

First thing I tell them, you you have a time, don't rush. Take a time for yourself. Sometimes, you know, you need to even take a little vacation or three days vacation, a weekend vacation. Just get out of your house if you need to, if you see so much pressure there. So you need a time for yourself. You have time. First thing I tell them is that thing. And also I tell them, you know, like our body, you know, when you cut, you know, your

finger something happen and then even if you don't put a medication beneath it, at least you you take care of that one, you see lidded on, it will heal, it will heal itself. So our body is prepared for that, to heal itself. But we need to give a condition, right? For the mind and for the body because everything, sometimes no, we do a lot of things with our body but our mind is so, is everywhere. So we need to, it's the body, mind and soul.

all together. So that's what I tell people. Another day was so sad because someone just told me, oh, you know, I know about that, you know, another thing, know, I don't want to take, know, chemo this and that, you know, but all my family is pressuring me. then so at the end, you know, she started taking some pills, things like that. And then she was keeping telling me, know, but I don't feel good about that. But she kept doing and then she passed away. So sadly, I know it's not just because she passed away.

Because sometimes we do a lot of things, even natural things, but for some reason, God knows something happened. But the only thing is your mind. You have to do what your mind and your heart tell you. As she's saying, she doesn't feel good, but she was doing it because everybody told her what to do. So that's why it's so important for you to educate yourself, to learn as much you can and get to hear those testimonies. And then, at the end, it's your decision.

That's why I kept the doctor because he said, okay, I don't agree, but it's your body, your decision. I'll follow whatever you want me to do. So say, okay, so now it's you're my doctor. So yeah, because at the end, know, you are the one, it's your body. That's why.

Chris Wark (38:21.063)

That's great advice. I agree. And it is tragic because many cancer patients ignore their instincts and their intuition and even the Holy Spirit, you know, speaking to them and guiding them and directing them and they ignore that and they only listen to doctors or they only listen to their friends or their family who are telling them that they have to do something that they really don't want to do.

Nery Pereira (38:34.763)

Mm-hmm.

Chris Wark (38:50.395)

that they don't have peace about. And we often see, you know, things not go well when a

person goes against their instinct and intuition and they're led by fear. And I think the big message here is that you really need to be led by faith. That faith needs to be your guiding light, that you need to have confidence and peace about your next steps. And you shouldn't be led by fear. Now,

Cancer is scary, right? There's fear involved in the process. If you choose natural or you choose conventional or some combination, fear is ever present. But there's a difference between a general fear of the future and having a scary disease and letting fear motivate you or compel you to do something that you really in your heart know is not the right decision for you. And

It's hard to go against the grain, right? It's hard when everyone is telling you, you've got to go this way, but you feel led to go that way. Right? It's really hard. And you know, if everyone's telling you to go natural and you feel like you're being led to do chemotherapy, you know, you need to listen. Right? I mean, that might be the path for some people, conventional treatment, surgery, radiation, chemotherapy.

That might be the best path for some patients. so, but at the end of the day, need ultimately to trust the Lord, right? Trust in the Lord with all your heart, not in your own understanding. Acknowledge him in all your ways and he will make your path straight. He'll direct your steps. And it sounds like that's, that's what happened in your experience.

Nery Pereira (40:37.675)

Yes, that's true, 100%. And then in 2022, I did my first full marathon and last year, my second one. Thank God, praise God.

Chris Wark (40:44.196)

Wow.

Chris Wark (40:48.177)

That's amazing. Hey, I'm a pretty fit guy. I've never run a marathon. So you've got me. You got me on that. That's, that is really impressive.

Nery Pereira (40:55.307)

you

Thank God, thank God.

Chris Wark (41:00.859)

That's really great. Maybe one day I'll run one. I just don't like to suffer for that long.

Nery Pereira (41:08.499)

You know, but you need also training and then the group that I have, know, we get together every Sunday. So we close by my house. So I first, you know, wasn't my intention to do that. But

after that, you know, lot of people, OK, let's do it. Let's do it. I did half and then I went. But our group, know, you go in your own pace. You don't have, know, I would never be the first one or even the last one. But it doesn't matter. The point thing is to start and finish.

And then we run and walk, we run and walk. But it's so the sensation when you're done is so accomplished something. So it's so good. The same thing with the journey with cancer. It's something like a marathon. Because know, wow, sometimes you're so tired and so thing, but you have a goal in mind. You have to have a goal in mind. What is your goal in mind? And then when you're done, you say, my goodness.

Chris Wark (41:49.317)

Yes.

Nery Pereira (42:00.97)

Wow, you say you praise God, you praise all the people that were involved and helped you and then you feel so good. And then you're like, you know, if I did, you you can do also.

Chris Wark (42:12.657)

You keep your eyes on the finish line. All right. You just focus your, focus your, your thoughts and your intentions and your goal to get to that finish line. And I often say that cancer is a marathon, not a sprint. Right. And you're not going to heal it overnight. It's it takes time to change your life. takes time to heal. You didn't get cancer overnight. it took years to develop. And so it can take a lot of time for it to.

You know, resolve and for you, nine months, I tell most folks, you know, just prepare to be hardcore for two years, just on the hardcore healthy path for two years, maybe more, but two years is a good target to where a person has a realistic perspective. Like this isn't a crash diet that you, that's going to cure your cancer in two weeks. And so, it's really about radical diet and life change.

that you're changing permanently, right? You're making these big changes and you're sticking with them. And so I love that. I just love your story so much, Nari. It's so great. I'm so proud of you.

Nery Pereira (43:22.443)

Thank you. Thank you so much. And thank you. was just saying, you are, I'm not sure, you know, how would be, you if I didn't find, know, your square one and everything, how, I don't know, God knows, but I'm glad I did it. I'm really glad it didn't happen for that. I'm glad.

Chris Wark (43:40.475)

Well, it, can say I am so thankful and,

I'm just so thankful to be a part of your story in some way.

I'm just thankful that, that I was able to encourage you, give you a little bit of hope and inspiration, maybe some practical advice or guidance, whatever you got from me. I'm, I'm just thankful to be a part of your story. It's that's so special to me and that's what keeps me going.

Nery Pereira (44:13.259)

Okay, thank you, thank you, keep going.

Chris Wark (44:15.601)

We're going to keep going. You're, know we were just building the team, aren't That's right. The team of survivors out to encourage and change the world and, and, and support cancer patients. That's what we're here to do. And so please share this interview folks with anyone, you know, who has breast cancer, especially triple negative. That's the scariest type. And I think a lot of people will trigger triple negative breast cancer are really struggling with hopelessness.

Nery Pereira (44:19.723)

Yes, we are.

Chris Wark (44:44.389)

Because they have been led to believe that they cannot survive, that they cannot heal, that it is a death sentence. And nary is proof that triple negative does not have to be a death sentence. And that if you're willing to change your whole life, you can help yourself survive. And if you're willing to trust God to lead you, he will, he is faithful. He will provide for you. He will direct your steps. He will lead you and guide you and

and give you peace and joy in the most difficult season of your life. And I'm just so thankful for another day of life and health. And I'm thankful for you, Nary. And thank you everyone for watching. And again, please share this, subscribe to my channel, follow me on social media, Instagram, Facebook, if you're new.

Nery Pereira (45:26.13)

You're welcome. Thank you.

Chris Wark (45:37.635)

just now finding me or, or you can follow me on YouTube or you can subscribe to the Chris beat cancer newsletter at Chris.beatcancer.com. We're just my team and I, we're just putting stuff out there all over the place. So wherever you want to follow me to be encouraged by information like this, you can do that. And, we will see you on the next one.

Chris Wark (46:00.599)

Okay.