

Chris Wark (00:00.234)

quick and then we'll just jump into it and you can tell your story and we'll just have a conversation and just let it go where it goes, okay.

Aleksandra Sasha Petrovic (00:09.688)

Yeah, perfect. Thank you so much.

Chris Wark (00:12.042)

All right. Okay, here we go. Hey everybody. Today I'm interviewing Sasha Petrovic. She's a wife and mother of two from Auckland, New Zealand, who was diagnosed in 2015 with aggressive triple positive breast cancer and given a very poor prognosis. She chose surgery only, said no to chemotherapy, radiation, and immunotherapy. She adopted a plant-based diet, started juicing, started fasting.

And she had a great support system in her husband, which is very helpful to have a spouse that supports you. And now, nearly 11 years later, she's healthy and excited to share her story with you. And I'm excited to share her story. I love sharing survivor stories, healing stories because they encourage me and I know they'll encourage you. And you know, I'm like a broken record. I say it.

All the time. Cancer can be healed. And we know it can be healed because people have healed it. And so the more survivor stories, the more healing stories we can share, the better. And so Sasha, welcome. Thanks for taking the time to do this interview.

Aleksandra Sasha Petrovic (01:29.572)

Thank you, Chris. First of all, I really want to thank you for all your great job. You are doing this all these years. And I came across your story, some part in my journey, and that was actually the only thing I wanted in the beginning. When you got cancer, you got immediately all sorts of statistics and prognoses and all negative information.

So you you just want to hear that one thing, hope. There is a hope that I will survive, that I will go through my story, that I can heal, that there are possibilities to be healed in in this holistic way. And yeah, I I think I didn't search for guarantees. I didn't search life doesn't have guarantees. That's what I learned, but

I I search for real stories from real people and you are so committed to to give that to this world. And yeah, that was so needed. And I I I when I look back eleven years now, I I think that was the greatest gift I got. And yeah, I could move forward with that gift. Thank you.

Chris Wark (02:51.608)

That is awesome. that really warms my heart. And 11 years ago, 2015. yeah, I I I had been I'd been doing this about five years at that point, you know, and it was that was actually a cr sort of a critical time for me because that was when I finally realized that I could maybe do this full time.

cause it was my part-time passion for five years. And but it it just

You know, the the mission grew and my audience grew and you know, who knows how you found me, right? But somehow you found me and you know, I was putting stuff out there for people to find and it like it's just so awesome to know that that I was encouraging to you. That's the most important thing. And that's really all I'm trying to do is give hope and and it's very specific hope, right? It's it's hope that healing is possible.

Right. That's what it is. It's the belief that healing is possible. I'm trying to inspire that belief and foster that hope, fan those flames of hope and and encouragement for folks. And so that's that's just terrific. So let's let's get into your story. So tell me about the diagnosis and like what what always happening around that time in your life.

Aleksandra Sasha Petrovic (04:12.652)

so b even before cancer entered my life and at that diagnosis, my life was we were already on quite a bit journey. my husband and I both grew up in former Yugoslavia and we survived wars and economic collapses and also many difficult, very hard years, so that we decided, okay, let let's move move.

out from the country for now, try to find better future for our family, and we moved to New Zealand. So that that has happened I think 18 years ago. And and as anyone who moved a little bit later in the life to different countries knows it's not easy. It's challenging. We had to go through so many new challenges, like new jobs, new friends.

new career, everything new. Especially when you don't know language, that that is even harder. And it made our lives confusing and we had a lot of ups and downs during that time. But when we finally get the way through and start building careers, making friends, then at that time my my daughter was 13.

And our son was only three years old and I got diagnosis, so that that was really devastating. That's when you think that you settle into something and and that then another thing happened and that was not easy thing.

for us especially because we just found our how to say ground under our feet and yeah i it was it was hard it was so hard anyone who got that that type of diagnosis know how hard it is and you don't believe that you are sick. You you think everything is okay. I thought everything is fine that they will find

Aleksandra Sasha Petrovic (06:29.166)

Nothing, nothing special, some hormonal problems or something. But when they discovered that I had invasive, aggressive, triple positive, three gate grade three, so all sorts of new terms for me. and and they mention Dr. mentioned okay, it is reactive to estrogen, progesterone, that means actually.

A triple positive and hair to protein. So and people who who were watching and maybe knowing deeper those diagnoses, hair to breast cancer is one of the most aggressive forms because it's spreading and feeding through proteins from the body. And the their suggestion was like, let's do lympectomy, remove that part.

And then we will go with chemo, radiation, cormolon hormonal therapies, some herceptin. So the list was very, very long. And and I was so frozen. I I couldn't even think. Chris, I lost you. Somehow I can't hear you.

Chris Wark (07:50.914)

How did they diagnose it? Did you find the lump or did they do a mammogram?

Aleksandra Sasha Petrovic (07:55.064)

Yes, I found it. I found it in the shower and I immediately figured that that is maybe not the best lump I found. And then we were doing all sorts of stuff, like medical professionals are doing like mammogram ultrasound biopsy. So with that order, and then after biopsy, when those results came in.

I

Chris Wark (08:25.056)

Okay. And so you decided to have surgery, right? Yep, to t get the lump out, lumpectomy or mastectomy?

Aleksandra Sasha Petrovic (08:28.453)

Yes, yes.

Lampectomy, lampectomy. But with lampectomy they removed a lot of lymph nodes, because it it was for them a huge deal to have that grade three and that sort of positivity to everything. And yeah.

Chris Wark (08:51.384)

Did you is this what you asked for or did they did they recommend the lumpectomy or did they recommend a mastectomy?

Aleksandra Sasha Petrovic (08:59.224)

they recommended massectomy, but I I was just mentioning I let's try let's just try this type for now. and yeah and then we will see.

Chris Wark (09:13.356)

Yeah, I think that's important. Yeah, I think it's important that patients know that, you know, you you can you don't have to do exactly what they say. You can you can make choices about your

treatment path. And so you chose something that's it was less aggressive, less invasive, the lumpectomy to preserve your breast tissue, obviously. Yeah, okay. And so what what made you decide to not do further treatment, to not do

Aleksandra Sasha Petrovic (09:31.621)

Yes.

Chris Wark (09:40.311)

I guess you didn't do hormone therapy, you didn't do chemo or immunotherapy or radiation. Did you did you know going into it that you didn't want to, or did you kind of learn some things along the way? How did that how did that process happen?

Aleksandra Sasha Petrovic (09:54.0)

I think that's that when when that happened, that biopsy results happened into my life, then we started researching. Actually, my husband, much more than me. I was really stuck, really blocked. I couldn't make any decisions, I couldn't even read. I I just felt into one special state, I would say very dark state, emotional. And I I was frozen. I was completely frozen, I just slept.

over those days. And he was taking really action in all sorts of stuff. He started reading, asking people for for opinion, researching for interviews, for articles, for all sorts of material that he can find that hope and or what we can do differently. and we had th those sort of how to say negative experience

from my mom died from cancer, my my husband's best friend, very young, died from cancer. And both of them took medical treatments and all steps of medical treatments, and we didn't see positive results. And that impacted us a lot because we we've been with them through that journey. So that was a big, big thing and and as well that caused my huge depression.

because I I knew it's that there are no good ways and especially a lot of things I linked in my head with hospital, with with those visits and the state of their bodies and mind after receiving chemo and radiation and all sorts of again and again cycles.

Chris Wark (11:24.47)

Yes.

Chris Wark (11:46.134)

I think it's important that you it's important that you mention that because

Chris Wark (11:52.864)

A lot of patients who have a reluctance to do, let's say, chemotherapy or radiation or to do all the treatments, it's because they've seen people close to them go through all of those treatments and the treatments fail. And I feel like a lot of doctors just don't seem to understand this.

Right. They don't understand why you would say no to treatment, but the reality is you've seen it fail. And I can understand how that would also play into your despair and depression and discouragement, right? Just having that paralysis of fear. because you saw treatment fail, your mom and dad, you said. And now you're diagnosed and you're just thinking, okay, it's a death sentence.

Aleksandra Sasha Petrovic (12:23.949)

Exactly.

Aleksandra Sasha Petrovic (12:45.846)

Exactly, exactly. And that's how I felt when when he was pronouncing doctor pronouncing reading those results and stating all sorts of because they are trained to to state everything how it is and maybe even in harder form, I was just I wanted that he was just killing me immediately. I didn't want to go through that process again. I saw that.

the work. and yeah, and I I I was just scared. I was so scared. And not just for me, I was scared for my kids. So as a mom, only one thought was in my head how my kids are going to survive. How am I going to go how can I help them if I am in hospital? That that was the second

Chris Wark (13:26.808)

Yeah.

Aleksandra Sasha Petrovic (13:42.092)

maybe idea that started developing in my head if I am in the hospital I will be burdened for them financial or even physical because they they can't they are so little my husband cannot split himself between them and me and support everything and provide fine I mean money to pay bills. So a lot of things were in my head and

I we sit it together and decided, okay, if I I have very bad prognosis. And then they mentioned that with those treatments they will just prolong my life for a couple of months or several months, I don't know. And we sit it one night, I remember that night vividly, and managed to make the decision, okay, if I have to live only that amount of time, let's

Let's make it like a beautiful. And I would like to spend all that time with my kids, with my husband, just living, making memories and and staying to with them as much as I can. And and and with those readings that my husband brought to me and just asked me, please, please watch this video or or hear this interview. That is so important for you.

you will find how those people actually manage to get through the those even more difficult diagnoses. And you can do it if they could. And in all those stories, what I was hearing or reading was one common thing that you need to support your body to heal and not to add additional burden to your body and

That somehow resonated so much in my head and yeah, and then I really decided I'm going to try. I mean, it was not decision, okay, that that is for life, that is set in the stone. I have those options, they are available in New Zealand, they are free. but I will I will try something else.

Aleksandra Sasha Petrovic (16:06.798)
and again, you're muted.

Chris Wark (16:13.666)
How long did the doctors tell you you had to live?

Aleksandra Sasha Petrovic (16:17.904)
It was not exact but around one a year and a half, two years, so that

Chris Wark (16:24.3)
Yeah. That's you know, I that's actually, in my opinion, it's a blessing in disguise when the doctor tells you the truth. Because many patients are not told the truth. They're not told you have one to two years to live. They're not told we can't cure you.

And by the way, any for anyone who's listening, I have a free guide. It's called 20 Questions for Your Oncologist. There's a link to it on every page of my website. And I just want to encourage you to download the guide and go through it because if you don't ask the right questions, you're not going to get the right information that you need to make the best decision for you. And part of that information is finding out exactly how long. Well, first, one is is the treatment.

Cure if is your cancer curable? Yes or no? And then how long the doctor thinks you have to live. And so the blessing in disguise in that is that it actually freed you, right? It gave you a freedom from the trap of false hope. And the false hope is where patients falsely believe that they may be cured by treatment.

When there is no chance that treatment can cure them because of their type and stage, right? That's doesn't apply to all cancers, but depends on the type and stage. And there's a lot of false hope in the cancer industry because patients are naive and they're uninformed and their doctors didn't tell them that they're incurable. But because your doctor told you, right, that gave you the freedom to take control of your life and health.

Aleksandra Sasha Petrovic (18:11.074)
Yes, yes, when you look back now, but at that point it was really scary and yeah, I I I it was not pleasant information and for some people can be very hard, like that they they they see like a dead sentence as you mentioned, and they don't take any actions. So that that can be

Very difficult. But for me was really an eye-opening situation, and thanks to my husband, because I was not able to think clearly at that stage. So you need someone to to really help you to make those decisions, not to make decisions for you. That that is definitely not the case, but

to give you those options to make you calmer.

That you can listen properly, that you can digest those information properly, and then to start finding and searching for for ways. But those stories from real people are are the most important because I didn't know at that time that someone killed cancer in my environment. And I needed to know that information.

Chris Wark (19:34.572)

You needed to know that healing was possible. And that's why I do these interviews, folks. I already said it earlier, right? This is why I do it. This is why I'm interviewing Sasha today, because there are people that are going to come along and see her story and they will be inspired and the light bulb will go off. and it was just they will get that tiny spark, right? That tiny spark of hope that healing is possible.

Aleksandra Sasha Petrovic (19:36.302)

Yes.

Aleksandra Sasha Petrovic (19:40.208)

Yes.

Aleksandra Sasha Petrovic (19:44.695)

Yes.

Chris Wark (20:02.526)

And because and once you believe that healing is possible, it unlocks all this possibility. And it it also gives you back your power because then you realize, okay, if healing's possible, if people are healing, I need to figure out what they're doing to heal. What are they doing differently? They must be doing something differently. They're not just lucky. And watching survivor interviews, if you watch, you know, five or 10 or 20, I've got I don't know a hundred on the site at least.

And if you watch them, you s you start to see these common threads. They're they're we're all doing the same things or have done the same things. There's there's small variations, of course, but there's big things, there's big commonalities. And I'll we'll get into that in a second. but one other thing I wanted to touch on that you reminded me of is that, you know, when you get this scary diagnosis, if you get a diagnosis like you're you have terminal cancer.

You have one to two years to live or six months to live. You're incurable. yes, it is devastating and it can send you into into into to sort of a state of shock. But my encouragement to to anybody listening or watching is that at some point, right, you you gotta kind of sh shake off, right? You gotta shake yourself out of the stupor, right? Like you gotta sober up and really like think about your life and your health and your future.

And whether or not you want to live or die. And if you want to live, then you have to decide to defy the prognosis, right? You have to decide, I'm going to prove this doctor wrong. Right? And you let that become your fuel, right? you said I'm gonna die in two years. I'll show you. I'll be back in two years, right?

Aleksandra Sasha Petrovic (21:42.575)

Yeah.

Aleksandra Sasha Petrovic (21:51.44)

Yeah. You are stealing some words from me. what when I managed to read some material, when I w managed to process that things were possible, I came back because you you they usually give you a few weeks between surgery and then a next appointment with oncologists when they start suggesting the whole protocol.

And in the meantime, because I I got now more much more information, I was supported with positive stuff and I I had that hope back. I asked them, they gave me prognoses at that point, and I mentioned, okay, yeah, because of your age, I was 41 at that time. it is important that we

block everything that that we stop feeding and kill cancer and killing with chemotherapy or all other possible cancer cells in the body and then they start explaining all all information and gave me those percentages. and I just start being grateful and I said, okay I have some percentages. I mean I think that they mentioned

20% or something. And I said, that's great. I have, I have them. And doctor was surprised how you are laughing. No one laughed when I shared that sort of information. And I said, yeah, but that is a something. I have something. I am a mathematician and I believe that those small percentages will help me to make that change.

And yeah, you are so right.

Chris Wark (23:51.128)

So you saw you saw the the positive, you know, in in that situation where they said you have a 20% chance of survival or something like that. Right. And and and that's awesome because something else that I I love to say and encourage patients with is like, listen, just decide that you're gonna be in that 20%. Right. You're like, I'm gonna defy the odds, I'm gonna prove my doctor wrong. I'm gonna be in the 20% survivors. That's that's where I'm gonna be, right? I'm determined.

Aleksandra Sasha Petrovic (23:59.395)

Yeah.

Aleksandra Sasha Petrovic (24:18.893)

Yes.

Chris Wark (24:20.13)

To be in that group.

Aleksandra Sasha Petrovic (24:23.384)

Yes, and and and and then everything started. I mean when we made that sort of decision, when we had that discussion with doctors and and put everything on hold from their offering, we started introducing those small changes. and not all we learn everything in one go every day, something new, not perfect, with

yeah learning probing trying

Chris Wark (24:56.28)

Well, talk about what you did. Talk about the the changes that you made, you know, that you that you made at first and then what you made, you know, kind of as you went along, what what all changed in your life?

Aleksandra Sasha Petrovic (25:07.496)

so first was food. Usually people are are trying to think about food like a main source of energy. And yeah, I I I start dropping all sorts of artificial processed food out, then grabbing much more healthier organic stuff, whole food.

things so that that was on my list i removed all sugars because my cancer was really highly reactive to sugars and then insulin resistance and and that that type of diet started coming in one of the doctors i i talked to a few holistic doctors at that point and one of them she had like

I have a plan for you. You you you it would be good that you have a good oxygen in your body so that you are breathing properly, that your water is clean and not with some like a tap water with fluoride, chloride, all sorts of chemicals we have. and then he mentioned

nice good food, clean food, whole food. mentioned a lot of supplements that I need to take because I was depleted at that time, very depleted, with all minerals and and and vitamins. And then he mentioned you need to exercise to move your body to increase lymph circulation.

And all other things, and you need to reduce how your stress or from your I mean how you're responding to stress. And I was just laughing. I said, I can do almost everything, I'm very disciplined. I I I will go into diet, I will drink, I will exercise, but I don't know how to remove stress. I mean that that that was and he told me immediately, that's actually your first task then, because you just mentioned that's the hardest for you.

Aleksandra Sasha Petrovic (27:24.858)

So you needed that most. And out of a lot of advice, and you mention, as you mentioned, a lot of doctors, a lot of protocols are crossing over similar stuff that you need to remove toxins from

your life, that you need to add a good stuff, that you need to be mindful and grateful about everything. And yeah,

I remember that part that I am missing this point in stress. So then I started digging deeper around that area and trying to figure out actually my body showed signs much more before I was diagnosed. And I was visiting doctors, like medical doctors and asking them something's wrong.

I am feeling nervous a lot anxious. my body is so so I'm gaining weight, I am my hormones are not regulated. also they told me, you are in that stage in life, that that's normal for 40 something w women. maybe that's a hormonal situation, perimenopause, they they call it like that.

And they checked all my blood tests were great, everything was great. But I was not great, obviously, and cancer has been developing in my body. So that then when I started reflecting on those states, that actually I was not living properly. Maybe I ate okay food. Food was not my problem at that time. I was always aware that.

Maybe because I am a woman and I pay attention on my weight and diets. So th that came more natural, but I didn't took any supplements. I didn't check any minerals or vitamins level before. No one recommended me. you need to check your vitamin D. Are you using sunshine? Are you yeah, increasing are you go I I was putting those on screens a lot at that time, so I couldn't.

Aleksandra Sasha Petrovic (29:49.966)

even absorb vitamin D and yeah and everything was blocked and reuse. I I got just a little baby, pregnancy, breastfeeding. So everything was really taking all my minerals and vitamins and that sleepless nights and working full-time so all the things what what

has happened to me, had a lot of reasons, and cancer didn't just come like like doctor mentioned, bad luck. It was definitely not bad luck with having cancer. I realized the part wh I was playing in cancer and that cancer really entered my life with reason. I I did a lot of

To say not bad stuff, but I was not aware that I'm doing something wrong. And I was so much in my head. I was working, doing, achieving. I was perfectionist. Not that I'm not now, but but that that drive my life completely. And I didn't listen. I was just running, ticking boxes. I was not present even with my kids.

and my husband. So I always thinking what's next, what I need to do next and where I need to be. And that that sort of disconnection of my mind and my body. I didn't listen, my body. I didn't pay attention what my body is telling me or yeah. No no not even coming on yeah.

Chris Wark (31:34.796)

I think that's really important. I mean, I think what you're what you're sharing is really important

because so many people, myself included, right? We're busy, we have a lot to do, we have work to do, we have families, and a lot of commitments and obligations. And it's easy to neglect your own health. and especially when you don't really know, you know, what healthy is. you never most of us are not educated on really, really

true health and optimal diet and lifestyle practices and stress. So most of us have no idea. I certainly didn't before I was diagnosed. And and I it's really empowering and I feel like it's encouraging too when you start to learn this information because you realize, wow, there's so much I I can change, right? I have so much room for improvement. This is really hopeful.

Aleksandra Sasha Petrovic (32:15.28)

Me took.

Chris Wark (32:32.332)

Right. I can change my diet. I can start exercising. I can, you know, I sure I can definitely take these herbs and supplements and vitamins and minerals that I'm deficient in. Like, that's good. I have a deficiency. I, you know, if I ever do testing like that and there's a deficiency, I get excited. something I can fix. You know? And so you know, that it's but you just don't know, right? You don't know those things until you start exploring, until you start getting tested, you find an integrative practitioner.

And they're looking at your you know, they're looking at your micronutrient profile, your the vitamins and minerals in blood work. They're looking at your maybe your urine or your stool or hair analysis for heavy metals. Now these are important kinds of tests, even your stool for your microbiome to see if you have a really messed up and dysregulated gut microbial population, or if you're missing really beneficial bacteria or have very low amounts of, say, bifido or lactobac bacillus bacteria. So

There's so much that can be done. And once you go down the path of radical life transformation, the more you do, the more encouraged you are, right? The more hope you get as you take action and change your life. And it sounds like that's exactly what you did. And I'm curious, when when did your husband or you or your husband find me? Was it ri really early in the process or was it later?

Aleksandra Sasha Petrovic (33:55.234)

I I think it is around two thousand seventeen. So when we st I was diagnosed in two thousand fifteen and then I think the the the all sorts of ads for your square one program came somehow or through internet. And when you are searching even internet reacts, what you are searching for you are getting. So we were training our feeds that we are searching for or cancer cures or all possibilities.

And and your ad came in and we were watching your square one program. So that that was so so good, so powerful. And I'm grateful that we managed to come across your things and then

and said, actually we did this and we we were in similar situation. That that is such a nice and when you can compare that you are

Doing s when someone else is doing something similar and has success, that that is amazing.

Chris Wark (35:01.23)

Who did you learn from first? Do you remember th were there specific people or books that you found in twenty fifteen very early that were, you know, really helped inspire you?

Aleksandra Sasha Petrovic (35:13.828)

it was the serial documentary serial The Truth About Cancer that that was yeah, that was launched. and I mean you you are watching my husband immediately managed to find that. So we are so lucky because from the part when I had surgery till I made those decisions, I managed to watch the whole serial and documentaries and all sorts of hope.

Chris Wark (35:18.562)

Sure, yeah, I was in it.

Yeah.

Aleksandra Sasha Petrovic (35:42.434)

So that transformed and influenced all our decisions. And in the beginning, I rejected watching everything he watched by himself and shared with me. And you have to, you have to, that is so important for you. You will find all sorts of answers there. And yeah, when I I put myself together up and and start watching that, they gave me more and more.

Chris Wark (36:08.994)

That's awesome. So how did you monitor your progress? Once you decided you were you're going to take control of your life and you started making big changes, you found it sounds like you found a holistic or integrative practitioner that was guiding you with eating whole foods and supplementation. And were they ordering blood work and follow-up testing and things like that?

Aleksandra Sasha Petrovic (36:30.585)

Yeah.

Aleksandra Sasha Petrovic (36:35.07)

yeah, I I was how to say searching for few people, not one, and one of the doctors in New Zealand, medical doctor who who was working with integrative medicine together, he suggested me like that testing blood testing main track in German labs that they are checking at that time.

they were checking like a circulative tumor cells in your blood and because our oncologists they they didn't know for that stuff or they didn't practice that stuff. and they mentioned we can do ultrasound and mammogram that that is the only thing for now or CT scans, PET scans. I I I was

reading how how bad they can be and harmful and I

just avoided that type of checking. So I I was just can can you find something w what is less harmful but but that I can regularly check what I'm doing. And the doctor told me, Yeah, you can try with that lab. It's a little bit tricky part when you are in New Zealand and you need to send or your blood back to Europe and come back and wait for your results. That is

A process. But yeah, it was first result when they came, it was scary. It was like a 500 circulative tumor cells in a milliliter of blood. And just for reference, like a less or equal five is a normal.

50 is already advanced disease, cancer, and I had 10 times more. So that that just confirmed that first surgery didn't remove it, it was not a local problem. Surgery didn't remove my cancer and it was everywhere, spreading through blood. doctors' prognoses were quite good.

Aleksandra Sasha Petrovic (38:52.864)

actually and yeah and I had to do something so we continued we continued our holistic doctors I ha we have one in New Zealand. we contacted one in America nutritionist and that medical integrative doctor who was trying to connect our medicine and

wh what I need together. So all three of them had quite similar supportive opinion that I I could progress, that I should try, that I should not be scared. and yeah, and I was following their lead with yeah, having in mind that documentary always there are a lot of people who cured and you can do it. so yeah.

After after three months, that was the second results for for or the blood count.

Chris Wark (39:58.37)

So you started to see that circulating tum tumor cell circulating tumor cell count come down. Yeah.

Aleksandra Sasha Petrovic (40:05.432)

Yes, yes, and that first result was so I was so happy because that was the statement in in the result that they mentioned. Actually with a strongest chemotherapy your result dropped for 40 percent, I think, down, and even the strongest chemotherapy cannot yeah produce such a good result.

Chris Wark (40:33.004)

Wow, that's amazing.

Aleksandra Sasha Petrovic (40:34.99)

Yes. And that that was amazing. That was so encouraging. And they just mentioned in in the result you just keep on doing what you are doing.

Chris Wark (40:43.918)

We don't want to know what you're doing. You just keep doing it. We have no interest. You're doing what you're doing is working better than chemo, but you know, we don't need to know what it is.

Aleksandra Sasha Petrovic (40:46.853)

Yes.

Unfortunately. That that is the part we cannot change. I I even after a year of something around year, we did every three months, three, four months, another round. And we I came to the normal range after that amount of time and I went back to my oncologist for a regular

check up there and I wanted to yeah.

Chris Wark (41:19.392)

And so tell me, I so just so I'm clear and and the listeners are clear too, how long did it take to get to to the normal range?

Aleksandra Sasha Petrovic (41:26.536)

Around a year. Yeah, around a year. So maybe a little bit more, some months, but yeah.

Chris Wark (41:27.906)

Around a year. Yeah, that's great. That's great. Yeah.

And and for folks watching, so circulating tumor cell testing is becoming more available.

Obviously, we have a lot of viewers in the United States, but also other countries. So you just have to ask around. Ask your doctor if they use circulating tumor cell testing. There's also CT DNA testing, one of them is called Cygnatera, that can be useful. And so the good news is is that there are the cancer industry is

rapidly developing better blood testing for cancer monitoring, which means less scans. And CT scans and PET scans are, you know, have extremely high levels of radiation. They're the equivalent of 300 to 500 x-rays typically. And you know that's the they're the damage that they do is cumulative. And so with every scan, the damage

To your body increases. It's not like you get damaged and then you go back to normal. The damage happens and then you get another scan and it it just piles on top. So there, you know, the estimates now is that 5%, maybe more, of future cancers are caused by diagnostic radiation, right? So caused by CT scans and PET scans. So, you know, we want to avoid those as much as possible.

and again, the more you get, the higher your risk of a future cancer caused by them. So anyway, you made the right decision. You had great guidance there as well, by avoiding unnecessary radiation when you were able to monitor your cancer with circulating tumor circulating tumor cell

count blood test.

Aleksandra Sasha Petrovic (43:17.264)

Yeah, yes, yes, exactly. Thank you for sharing that. And I would like just to add that I I stopped doing any mammograms because they are not good for women. and they create that accumulation in breasts of those radi radiation and everything else, and they can cause other other problems.

Chris Wark (43:44.524)

That's right. Mammograms are the equivalent of several hundred x-rays. And I just talked to a woman this week who was diagnosed with breast cancer. And they gave her five mammograms in one week during the diagnostic phase, trying to figure out, you know, what was going on. She found a lump and didn't didn't want to have the mammograms. They somehow talked her into it. Five mammograms in a week.

And then eventually, after all five mammograms, they did an ultrasound to confirm that it was cancer. You know, I mean it's it's unbelievable. It's unbelievable. She didn't need the mammograms. she didn't need one, much less five. And so that was a lot of unnecessary radiation that she was exposed to. and potential damage to breast tissue. You know, when you when you crush a tumor and a crush a breast.

and there's a tumor in it, you could rupture the tumor and cause cancer cells to spill out. I mean, there's there's a lot of risks there. And so yeah, I wanna point anybody listening to my interviews with Dr. Jen Simmons, who is a former she's a medical doctor, breast cancer expert, breast surgeon, who is staunchly opposed to mammograms. After working in the industry for several decades, she has walked away from conventional treatment. And

Wrote a book called The Smart Woman's Guide to Breast Cancer. And if you go to ChrisbeetCancer.com and type in Jen, J E N N, you will find my two interviews with her, Dr. Jen Simmons. great resource for anybody with breast cancer. But anyway, so Sasha, how you know, what advice do you give people now? If people are coming to you or if someone came to you with cancer, what would you say to them?

Aleksandra Sasha Petrovic (45:35.914)

I I would I would really ask them to to first calm down, because usually people are coming with with some depression or anxiety or or some fear, which is normal in this world, and I would invite them to do similar stuff that I did and I start practicing that yeah, just take a deeper breath. That that is

The first thing that I'm asking anyone around me and suggesting you don't need so to sort out everything today. You don't need all answers now. And you you maybe need something else, that you are in not such a worry or or fear and stress because that cannot help you to think properly. And you

usually people have time to think. And there are so much rush from doctors that they need to make those those decisions immediately. And they they can't rethink them properly. So that is the the the first thing to reflect back to see how you are doing. And maybe even the with the questions. So if they ask why this is happening to me.

That that would be something that I ask myself a lot. And I don't think that that is a good question. That question will bring you so many negative stuff in your life, and you're already in a negative situation. I would advise just a different question. like what can I do today to help my body? What my body needs now, and try to shift.

the whole thing around them, around their body. Because it is important to become the owner of yourself and owner of your decisions in life. And then you start paying attention what's going on properly and what has been going on before you can go anywhere else.

Aleksandra Sasha Petrovic (47:56.048)

I mean, it would be great that they have some sort of support with them. Then we are doing my husband and I together those talks because support is so important and it helped me and can help anyone else. that change is always good, and it's good for for them, and they don't need to suffer that that change doesn't need to be

Like something harmful, it can be something beautiful and something that they wanted to do for years and they didn't have time. like spending more time in the nature, or or simply just all sorts of beautiful stuff that they postponed. And yeah, there are a lot of things that I could tell them, so I I can't really

push the first thing but I know for me in sharing story that that one thing was missing that was self-love and gratitude and forgiveness so I I could mention that I didn't love myself properly by rushing into so many things and if you start loving yourself you will be mindful what you are eating how you are talking

what are you doing with your body? what are your thoughts actually about yourself? Are you criticizing yourself all the time or are you encouraging yourself? So th those things didn't come just naturally to me because you you live in that world where where everyone sets up some deadlines and you're rushing and you are just comparing.

so many things but you don't have time to process information and it it is important to listen your body. It is important to listen your heart what those things will tell you and they will tell you right stuff much much better than head and that's sort of to get that regain the power of other people's opinion

Aleksandra Sasha Petrovic (50:18.092)

And even your own expectations that you have to be somewhere that you planned this stuff and

now cancer happened. the it even rethinking that cancer happened for a good reason, to help you live much better life, that that's your maybe friend or someone or messenger or someone that teaches death

different concept of having or getting cancer and meaning will help a lot. I mean that that's hard. My husband was telling to me that thing in the beginning so many times. that's great. You know you will finally change. I said, come on don't say that you want younger women when I die. And that that was our internal joke that we had that so many times. And

I I would introduce even the things or share what I was doing, maybe not right. Even when I started taking those supplements and that food, people have a little bit negative. poor me, now I have to go on diet, or I need to take so many supplements. I was the one doing that. And I when I was taking green smoothies and those supplements and my husband was just looking

Me are saying, what are you doing? I said, What I'm doing, I'm taking those thousands of supplements and complaining. And he said, Then don't do it. I said, How? Everyone told me I am depleted. I need to drink all sorts of stuff forever in my life. And he said, No, don't do it. They they don't have any effect on you when you are taking them in that type of in that mindset and in that state. You

Are you going to change that thinking about supplements and show much more gratitude and believe and visualize how they are helping your body, how you are now having everything right, that you are so lucky actually to have them and or don't take them. So they will be contraproductive if you are just in the same with diet and the same with everything.

Aleksandra Sasha Petrovic (52:43.236)

When when they start adding those changes they need to love those changes. They need to love how they are doing stuff and then benefits will come. And you are open to benefits, they will come into your life and you will transform. So everyone transforms.

Chris Wark (53:01.432)

So much wisdom. I just love everything you just shared. And I agree. It's your perspective is so important. I heard someone say years ago that you you should love your medicine. You need to love your medicine, not regret it, not begrudge it, not feel sorry for yourself or complain while you're taking it, whether it's supplements or it's chemo, right? That you need to embrace the journey. I love that you

That you adopted the belief that cancer happened for a reason and the reason was good. That there was a good reason for it. And that it it helped you change your life, helped you make a lot of changes that you know you'd wanted to make and knew you should make for years, and helped you make new changes that you just learned could be helpful. I love your husband's attitude and the way he encouraged you. that's so good. That's just really wonderful. Sasha, I'm

I'm so proud of you. I'm so excited that you're alive and thriving and doing well. I'm excited to share this interview, of course. I know it's gonna encourage a lot of people. How can people find you or connect with you online?

Aleksandra Sasha Petrovic (54:14.096)

we we have a website, healthylife.nz, and my my husband made a book from fear to freedom. I don't know. now it's in opposite, supporting a loved one with cancer. So you can find the book online on Amazon and everywhere. and our Instagram account is HealthyLife CoNZ as well. But Julie, your beautiful helper.

promise me that she will add those information down and we are more than happy to share our stories together and and yeah and help people to hear.

Chris Wark (54:55.406)

That's awesome. we will put links to your website, to your book, to your Instagram in the show notes. And so for anybody that wants to connect with Sasha, just check the show notes, check the blog post, check the YouTube notes, you know, just click around a little bit. You're gonna find her. healthy life.nz is the website. and that's great. Well, thank you so much again for your time. Thank you for.

sharing your story and you've encouraged me today and I just I'm just thrilled, thrilled to meet you virtually and to be a small part of your healing story is is just a wonderful thing and that's why I do it.

Aleksandra Sasha Petrovic (55:42.714)

Thank you, Chris. And it's not small part. You you don't know how huge that part was and how how many times we mentioned you in your journey in our la day to day lives and recommended, because you just have that stuff in life and that th those are real stuff, not not some sort of

as I mentioned, statistics or or numbers or predictions, you have real things and real people with great energy and willingness to change the view of of so many people. So thank you. Thanks to you, we are here and I'm here.

Chris Wark (56:25.474)

That's awesome. Well, I am not gonna stop.

Aleksandra Sasha Petrovic (56:29.73)

Never

Chris Wark (56:30.51)

And I'm glad you're you're on the team now too. So it's great to have just more and more people. Folks, we need more people on the team, right? We need more people who are healing or who have healed that are putting their stories out there to encourage others. we you really

can reach a lot of people, a lot of people you would never know, you know. I just met Sasha. I had no idea, you know, that eight years ago, 2017, is that eight years ago?

Whenever that was. Nine years, nine years ago. Yeah. Had no idea that she she she had found me and was listening to me, paying attention, right? We so you just have have no idea who you're gonna reach and impact and encourage. If you just muster up a little bit of willpower to and encourage to put your story out there and be encouraging to others. yeah, there's impact for sure. So thanks for watching everybody. I hope you have a great day.

Aleksandra Sasha Petrovic (57:02.51)

Yeah. Nine years ago. Yeah, times are fine.

Aleksandra Sasha Petrovic (57:28.346)

Thank you.

Chris Wark (57:29.73)

Sasha, great to connect with you. And we'll make sure again, put those links in the show notes. Please like, share, subscribe, whatever, whatever platform you're on that helps us reach more people if we get good feedback on our interviews. So see y'all on the next video. Bye bye.

Aleksandra Sasha Petrovic (57:46.192)

Thank you.