

Chris Wark (00:00)

Hey gang. Today I'm interviewing Dr.

Chris Wark (00:02)

Shamanie Frickman. She was diagnosed with breast cancer more than a decade ago. She had surgery, but declined chemotherapy, radiation, and tamoxifen, and

Chris Wark (00:13)

pursued a comprehensive healing protocol that was centered on radical forgiveness, nutrition, the Gersen therapy, and restoring her body's ability to heal.

Chris Wark (00:28)

And of course, I love that. That's very similar to what I did, as many of you know. And today, Shamanie and her husband run a functional medicine and regenerative health clinic in Minnesota in a city that I'm not entirely sure how to pronounce, but I'm gonna try Waizata.

Dr Shamanie Thompson DC (00:47)

that's close. Why Zeta? Mm-hmm.

Chris Wark (00:50)

Y Zeta.

Chris Wark (00:52)

Okay. Y Z, Minnesota. So maybe everyone watching or listening already knows how to pronounce that and thinks I'm stupid. But

Dr Shamanie Thompson DC (01:00)

No.

Chris Wark (01:01)

hopefully not. So Shaman, it's good to good to see you. Good to be with you. I'm excited to share your story. Every healing story has wisdom. I know many in my audience are just so encouraged by hearing from other survivors.

Chris Wark (01:18)

Who've healed, who've survived, A, but also thrived through cancer and did it in a way that was unconventional. And you and many others have proven that the body can heal if it's given the proper nutrients and care, and that radical life change really can have a huge impact on your well-being and your odds of survival. And so, yeah, I'm I'm excited to.

Chris Wark (01:48)

Dig into your story. So how did all this, how did all this come about? I'm assuming you were already a chiropractor before your diagnosis, right?

Dr Shamanie Thompson DC (01:57)

It was, yeah. I was doctor of chiropractic and I practiced functional medicine in Denver at one of the largest integrated practices and absolutely loved doing that. My dad was a chiropractor and it was like in my blood. And I helped people reverse chronic disease. And then here I found myself in a similar boat. and it actually

Dr Shamanie Thompson DC (02:22)

started like most marriages start really good, right? but my marriage deteriorated to a place after 17 years that led me to be living in a sympathetic state for nearly five years.

Dr Shamanie Thompson DC (02:38)

When I was diagnosed with stage two breast cancer. And actually your story really helped me because I was on Facebook and I saw that you were a cancer survivor that only did surgery and you were you didn't do chemo, right?

Chris Wark (02:53)

That's right.

Dr Shamanie Thompson DC (02:54)

And you did the Gerson therapy instead. And so that your story did inspire me as someone who had done it to choose that pathway. So thank you for your work.

Chris Wark (03:03)

You're welcome. I'm I'm just glad. It's thrill it's thrilling

Chris Wark (03:05)

to know that yeah, that that you found me at at the right time. You know, I that's

Dr Shamanie Thompson DC (03:10)

Right.

Chris Wark (03:10)

that's my hope is that people will find find me and be encouraged by me at at the time when they need it and not find it too late.

Dr Shamanie Thompson DC (03:21)

Right. So at the end of a three-year divorce, you know, after several years, my husband had become an alcoholic. He was struggling so much with addiction. And he had gone to rehab. He had gotten better. things looked like they might be able to kind of stay intact. I was a person who was very much into staying married, and we had three beautiful children who were quite young, and I wanted my marriage to stay together. I wanted my family to stay together. And

Dr Shamanie Thompson DC (03:52)

living in a sympathetic state, as you know. This is a state where you can't take nurturing in. And I found myself in a very, very stressed state. I didn't I don't think I slept for about five years, which contributed to you know the breakdown of my immune system.

Chris Wark (04:10)

Yeah.

Dr Shamanie Thompson DC (04:11)

my husband started suffering so much that he he actually died and he was resuscitated twice. I was called to the hospital

Dr Shamanie Thompson DC (04:20)

Saying that he had died at work and that to come, he's not conscious yet. And what I realize now is so much of his behavior as the alcoholism progressed, it really triggered my fear of death. And I didn't know then, but my fear of death actually started when I was seven. And this, of course, came out when I was diagnosed with cancer.

Dr Shamanie Thompson DC (04:46)

And I was told that I have a 67% chance of getting it back within the next five years. I declined chemo. I declined, you know, all those treatments. I had a Gerson certified person in my family, you know, and with my dad's help, we made the decision to do Gerson therapy. And that felt right to me. when I said no to the oncologist, he thought I was crazy.

Dr Shamanie Thompson DC (05:11)

But I was lucky to have parents who supported that decision. I I never had someone telling me I should have done anything different, which I'm really grateful for.

Chris Wark (05:20)

Yeah. Not so you didn't have much opposition. That's that's a blessing.

Dr Shamanie Thompson DC (05:23)

No. And actually

Dr Shamanie Thompson DC (05:25)

it it would have been, it would have taken more faith in me to choose chemo, like because I was kind of against it and had seen people, you know, and it is appropriate sometimes and it does help sometimes. But for me, I I was allergic to Windex. I'm one of those weird people that are chemically sensitive my whole life. And I read the book Radical Remission too during that time.

Chris Wark (05:49)

Yeah, Dr. Kelly Turner. Mm-hmm.

Dr Shamanie Thompson DC (05:50)

And yeah,

Dr Shamanie Thompson DC (05:52)

and that was a huge just it boosted my confidence. The the one principle being that you have to listen to your intuition because that was just really I I had known in the past that I could trust my intuition on things. And so for me, it was an easy decision. It wasn't easy to say no to the oncologist. And what really

Dr Shamanie Thompson DC (06:19)

I struggled with is because I said no, I I I met with him every three months. He then did blood work on me. Every time I met with him, he told me I had a 67% chance of getting cancer back. And I I think I had three or four surgeries in the first year because I reacted to that breast implant. My body really kind of rejected it. And that fear of death that I had about getting cancer back.

Dr Shamanie Thompson DC (06:47)

It was in my face. I mean, it was severe anxiety. I couldn't plan for tomorrow. I went through this three-year divorce. While I was on sabbatical, I Googled emotional cause of cancer. I had had so many things right. My diet, my my fitness, so much was right in my life. But my reaction to this divorce, my reaction to all of this that had happened.

Dr Shamanie Thompson DC (07:18)

really took a a toll on my immune system. And in that time period, I got pain underneath my right arm. And Mayo Clinic said you'll always have this pain. It's called postmastectomy pain syndrome. So I lived with this pain for about almost four years. And

Dr Shamanie Thompson DC (07:37)

We could not figure out how to get rid of it. I got another implant. I was on the Gerson therapy. So much of my body was healthier than it's ever been. besides being a little orange, but with the carrot juice. But but for

Chris Wark (07:53)

yeah.

Dr Shamanie Thompson DC (07:54)

some reason, this pain under my arm was just constant and debilitating. I had to stop becoming a chiropractor. I could not work anymore. And this was really the most devastating thing.

Dr Shamanie Thompson DC (08:08)

the pain prevented me from working. I lost my husband. I lost time with my kids through divorce. I lost my home. I lost my car. Because when you don't pay for your car, they take it away, turns out. I lost my financial independence. I had had a successful practice and loved doing what I

did. and I was left with intense pain under my arm that would not go away.

Dr Shamanie Thompson DC (08:37)

And and also I was left with intense anxiety about dying, which I know a lot of people experience that fear of reoccurrence.

Chris Wark (08:45)

Sure.

Dr Shamanie Thompson DC (08:47)

So for me, it was actually more intense because of this past trauma that I had when I was seven. And what I wouldn't have ever thought that that trauma caused this intense fear of death, but what I realize now.

Dr Shamanie Thompson DC (09:03)

looking back on my life is that this intense fear really was the motor of my life. I worked so hard. I overworked. I push, push, push. My mom said, you always run, run, run, run, run. I was always giving. I I never really rested. I never wanted silence because I always was trying to run from this pain. And, you know, that book Radical Remission also talked about

Dr Shamanie Thompson DC (09:30)

suppressed emotions being a cause as well, you know, to suppression of immune system. And so that four years of pain did a lot to my not being able to run, right? Because I was just left with myself. And one it's it's, you know, your story definitely inspired me to have the confidence to go the route that I did. And I had great supportive family. But when I was on Facebook one time,

Dr Shamanie Thompson DC (09:58)

I've heard the story of another cancer survivor. His name was Bryce Royer. Did you ever hear about him?

Chris Wark (10:04)

No.

Dr Shamanie Thompson DC (10:06)

Okay, so he was a Canadian, and his story came up on my feed. And he also did the Gerson therapy, and he added love to his protocol. He was dying. He was emaciated. He had a tumor that was inoperable. And he was like in his late 20s, I believe.

Dr Shamanie Thompson DC (10:26)

So I did something that was very unlike me. I wasn't someone who used to ask for help. I would be the person always helping. And I Facebook messaged this total stranger and I said, I want to add love to my protocol. I am a 38-year-old young mother of three children, diagnosed with stage two breast cancer, and I'm afraid.

Dr Shamanie Thompson DC (10:49)

And I want to add, I want to do what you did. And so what his story was is, you know, he had kind of the odds of living were pretty low. And he was gonna go out just loving. And so what he ended up doing was giving love, unconditional love for zero dollars. He put an ad on Craigslist and he started doing all these acts of love for people.

Dr Shamanie Thompson DC (11:13)

And over time, this just improved his outlook. This improved his quality of life. This people were coming and loving him back as he was loving others. And his story is that he is still alive today. And he did the Gerson therapy as well. And so we became friends on Facebook. And the funny thing is, he said,

Dr Shamanie Thompson DC (11:37)

Just right when I met him on the Facebook, he said, Well, can I share your story? And I'm like, Well, what story? I don't even have a story yet. But he knew that something big was gonna happen if I did what he did. And so he said, Meet me on FaceTime in a couple of weeks. So he said, Before you meet me, I want you to do this one exercise. So I was

Dr Shamanie Thompson DC (12:01)

I mean, severe anxiety about dying. Okay. I had three small children, not able to work. My whole life was falling apart. And he had me do this exercise first before I met with him. And again, he's kind of a total stranger to me, right? I just like read about him on Facebook, something I never would have reached out to a stranger before. So he said, I want you to pretend that you're 65 years old. I want you to pretend. So go in your mind.

Dr Shamanie Thompson DC (12:30)

And I want you to see yourself when you're 65. And I want you to write down what that looks like. Who is coming to your 65th birthday? What do you feel like? You know, what is your life like? And so this really simple exercise, Chris, like you wouldn't believe. As I wrote it, I was just bawling because.

Dr Shamanie Thompson DC (12:51)

I couldn't even plan for tomorrow, let alone imagine that I could still be alive at 65, because that anxiety was so paralyzing. And so I wrote it all out. I saw myself at my 65th birthday. I saw all my friends and family there, and I was so grateful.

Dr Shamanie Thompson DC (13:13)

I felt the gratitude of still being alive and that I survived this cancer and I survived this time of loss, and that I was, by the grace of God, still here. And that I know it sounds like this most simple exercise, but it was one that propelled me to see that it was possible. Plus, hearing your story about the Gerson therapy, plus, I was in natural healing. I've seen people be healed of.

Dr Shamanie Thompson DC (13:41)

Really bad things, right? The body is incredible. so then I met with him on FaceTime and he said, Okay, what I want you to do is I want you to go to a place where there's a lot of people, and I want you to hold a sign that says, I'm giving unconditional love for zero dollars to heal my fear of cancer.

Dr Shamanie Thompson DC (14:05)

And I think he was inspired to, you know, to tell me to do this. And then he said, everybody you meet, I want you to give them a little card with some words of affirmation. So my daughter helped me write a bunch of different cards, you know. And so we went to this festival. My sister came, my my three kids came, and there were just a ton of people. So again, I had this amazing, intense, tremendous fear of death.

Dr Shamanie Thompson DC (14:34)

But it didn't start with cancer. It started back when I was seven. So I'm going to tell you what happened when I was seven. Because I think a lot of these old traumas keep us stuck in that sympathetic state too, right? So we have to look at these old things. We have to clear, clear our hearts of suppressed emotions and things like that. So when my when I was seven, my mom, she, so I come from a family of four, my older brother and then two younger sisters. So my mom was pregnant with her fifth baby.

Dr Shamanie Thompson DC (15:04)

And he died two days before he was born. So my mom had a stillborn. She delivered a dead baby. And we were so excited for this baby to come into our lives. And I had never had any death in my life before that. And you couldn't have told me that that affected me in any way back then. But when I was diagnosed with breast cancer,

Dr Shamanie Thompson DC (15:27)

I saw how that intense fear of death actually affected my marriage in a negative way. I became so codependent, so afraid of him dying. And so I had to go back to, you know, that place of when I was seven and heal that. So I'm out here at this festival with all these people. And I had been a person.

Dr Shamanie Thompson DC (15:52)

That was really a do-it-yourself person. Like I was always the one helping others. I wasn't relying on anybody. I was always the one on the other side of that. And this was very humbling to take a sign and like ask for help. It was actually much more difficult for me than I thought. And I had to admit to the world, to these strangers, to myself, that I am so afraid.

Dr Shamanie Thompson DC (16:18)

And that fear had been really running me my whole life up until then. And so I did it. I did it. And it was the most spiritual moment of my life. It literally was the pinnacle moment. Every single stranger that I went up to, I, you know, was holding my sign. They read it. I gave them the card. I

spoke those words on the card.

Dr Shamanie Thompson DC (16:44)

And many of those words like meant a lot to the people because like every human is going through something, right? I mean, we're all going through life's challenges and obstacles and things. And so some of the cards said, you know, you're stronger than you think, you know, you're gonna make it. You know, they were encouraging words. And I read that to the person and gave them the card, and every single stranger.

Dr Shamanie Thompson DC (17:11)

They not only gave me back that love, they said it back to me. They said it with love, they said it with intensity, they said it with surprise about my vulnerability. And they gave me the biggest hug you could ever imagine. Every single person, and it was dozens and dozens of people. And I just kept going until there was like no one else to do it with. And I left, I left that.

Dr Shamanie Thompson DC (17:41)

That park. my heart felt three times as big. I I mean, it was so healing to admit that I was afraid, something that I hadn't been able to do since I was seven. and so afraid of cancer's return. So my heart is three times bigger. So then I go to my ex-husband, we we go to a football game for my son. And we had such a conflictual divorce. I mean, it was a nightmare, three years, three years long.

Dr Shamanie Thompson DC (18:10)

so my cancer started one year into that three-year divorce. It was a very aggressive fast. And when I was on my sabbatical googling emotional causes of cancer, I found German New Medicine, and it said, for a right-handed woman for a right-sided breast cancer, it said separation conflict with partner.

Dr Shamanie Thompson DC (18:31)

And man, did those words ring the bell for me? Like that made really a lot of sense to me. And so I knew I had to heal that part of me that I because I was really mad. I was still so angry about the divorce. His alcoholism just kind of ruined everything. My addiction to wanting him to.

Dr Shamanie Thompson DC (18:52)

Not drink ruined everything. there was infidelity there with a neighbor across the street. You know, I lost everything that you can kind of identify with in this world. And it I was so mad. I mean, I was so angry. I'd had a really like nice perfect life before then, and everything just got ruined. And I knew I had my dad

Dr Shamanie Thompson DC (19:18)

He he one time we had this conversation and he says, Shamanie, you have to deal with this anger. this anger is killing you, you know, this unforgiveness. And and a lot of the anger was justified because those were bad things that happened. but he knew that you know that all of

this causes disease. He wrote a book about it. And it helped me definitely go down that path to forgiveness. So

Dr Shamanie Thompson DC (19:43)

Back to the football game. So we go to the football game. My heart is swelling with love. and my ex-husband comes to the door to get my son to go to the football game. And in that moment, and again, the most conflictual divorce ever you can ever think of. It was just horrible. I grabbed his hand through the window and I said, Hey, Nick, I just need you to know that if I die early,

Dr Shamanie Thompson DC (20:12)

I need you to know that I love you and I love our children. And it's just like I just needed to say that, and I instantly forgave him in that moment. I didn't even like consciously choose, like, I'm going to forgive him today. It's like all that love that was in me and all of the fear that had now escaped by doing that was.

Dr Shamanie Thompson DC (20:38)

Was the impetus for the forgiveness. And I mean, other times I've had to very consciously ask the Lord, like, help me to forgive this person. Please cleanse my heart of the anger and the bitterness. But this was like a, it was an automatic situation. So he so he looks at me, he said, Shimani, it's gonna be okay. You're gonna be okay. And then he said, I'm gonna be okay too. And now again, he was still in addiction.

Dr Shamanie Thompson DC (21:08)

But for some reason, I believed him. I believed that he was gonna be okay. And he actually did get sober eventually and is a great dad to our young adult kids. and it was such a healing, a healing moment for me. And and it was from another cancer survivor that, you know, that I was able to kind of walk down that road, which I was so grateful for. just seeing his.

Dr Shamanie Thompson DC (21:37)

His ad on Facebook.

Chris Wark (21:40)

That's amazing. I love that so much. There's so much in there that's just rich. and I love that you were willing to step out of your comfort zone and you know, stand with a sign and show love to strangers. And I mean, what a powerful thing to do.

Chris Wark (22:02)

I didn't do anything that dramatic, but a big part of my healing was absolutely addressing anyone that I had resentments towards and bitter bitterness and anger towards and forgiving those people and just, you know, taking a mental inventory of every person in my life that I that had ever hurt me in any way and choosing to forgive them and just letting them go and saying, just you know, God, they're all yours, right? I'm just you can deal with them, right?

Chris Wark (22:31)

I'm releasing my need for justice and just trusting you with my life, my health, my future, and and with these people that have hurt me. And you know, something else that I learned a long time ago along these lines is that when people hurt you, they actually set you up for blessing.

Dr Shamanie Thompson DC (22:51)

Yeah.

Chris Wark (22:52)

And once I had that revelation, I was like, yeah, you know, I can forgive them. I can, I don't have to hold any animosity toward them because they have set me up for blessing. And there's a blessing coming, right? They might have

Dr Shamanie Thompson DC (23:05)

Yeah. Right. Right.

Chris Wark (23:08)

hurt me in a in a temporary moment, right? Or in a season. but there's a blessing coming. And and you know, God's got my back and he works

Dr Shamanie Thompson DC (23:19)

Yeah.

Chris Wark (23:19)

all things for my good.

Dr Shamanie Thompson DC (23:20)

He does, yeah.

Chris Wark (23:22)

And

Chris Wark (23:22)

so just those revelations were so powerful to me. And it sounds like you had them as well, that it just enabled me to just to to be free of bitterness and anger and resentment and to be quick to forgive people, you know, because people are always, you know, they're constantly

Dr Shamanie Thompson DC (23:38)

We're always happening.

Chris Wark (23:40)

doing things that hurt your feelings or whatever. And whether it's deliberate or unintentional, like it's just it's just life.

Dr Shamanie Thompson DC (23:49)

Well

Dr Shamanie Thompson DC (23:50)

what was interesting in that moment is like we continued to have conflict in the proceedings of everything with co-parenting because he didn't end the war with me, but the war was ended within myself. And that was a marked day. And I felt so free. And I called my dad and I it was like the pinnacle, really like the most freest I'd felt, you know, in a long, long time. Yeah.

Chris Wark (24:18)

That's amazing. I love that. I know there's people listening and watching that needed to hear that exact thing and need to do that exact thing, right? Need to forgive, need to show love to their enemies, as Jesus said. Love your enemies, pray for those who persecute you, bless those who curse you. Straight

Dr Shamanie Thompson DC (24:37)

Yeah.

Chris Wark (24:38)

out of Jesus' mouth. That's his advice. Like there's no better way, right? There's

Dr Shamanie Thompson DC (24:41)

Yeah. Yeah.

Chris Wark (24:44)

no more godly or righteous way to live.

Chris Wark (24:48)

than

Dr Shamanie Thompson DC (24:48)

Yeah.

Chris Wark (24:49)

loving your enemies, praying for those who persecute you, blessing those who curse you. And it's hard. I get it. Like that's the last thing you wanna do.

Dr Shamanie Thompson DC (24:57)

Right, right. And when I, you know, to have that be, it it kind of gave me this freedom to see that now I can live free of that pain. and then my focus really became began to be taking care of myself and nurturing myself because I'd been in that sympathetic state for so long, taking care of everybody else. And

Dr Shamanie Thompson DC (25:24)

Now I didn't want to run from myself. You know, having that fear inside me, that suppressed fear, there's a saying that says, When you suppress a truth, it gives it force beyond endurance. When you suppress something, it gives it more power, right? And I was suppressing this intense fear of death.

Dr Shamanie Thompson DC (25:46)

And it actually was just controlling my intensity, my my force, my behavior. So after that happened, I was able to be more present in a way that I hadn't been present since probably I was a child. And so then I was present to my pain under my arm, right? And and and present to all of the loss. And it's funny because I would say, like, I don't know, my my my life looks so bad on paper.

Dr Shamanie Thompson DC (26:14)

I mean, I was like, is this the book of Job? This is like insane. Like losing everything. And I am in

Chris Wark (26:18)

Right. Yeah.

Dr Shamanie Thompson DC (26:20)

the darkest time of my life. And and I was a believer like since I was 17. And I de definitely questioned, like, what in the heck? Like, why is this so hard? and growth happens in those very dark places, like a seed that's planted in the dirt.

Dr Shamanie Thompson DC (26:38)

And I was forced to really face a lot of those suppressed emotions and a lot of those things. And, you know, I said sorry to my husband for being a part of our divorce. Before that, I would have been like, no, that's all your fault. You know, it's easy to blame other people.

Dr Shamanie Thompson DC (26:58)

for everything, but I had to take really radical responsibility for my health, my life. And being in the present moment then allowed me to, I learned how to meditate and be present. I thought, well, Mayo Clinic said I would never have this pain go away. and for four years it really sat with me and I had to learn how to live with it. You know, I still didn't work for four years, which was devastating. But then

Dr Shamanie Thompson DC (27:24)

So we tried everything you can imagine. We tried chiropractic, we tried acupuncture, we tried you know, everything, lidocaine patches. Like they thought maybe it was a nerve or something. And I was kind of, I mean, I was just so desperate. I went to the basilica in Minneapolis, this beautiful Catholic church. I and I come from a very Catholic, huge family, and I did anointing of the sick session at the church.

Dr Shamanie Thompson DC (27:52)

Had never done that before, had never considered doing it before. And I was just so desperate because like I wanted my life back. So I went to this and the priests anointed my head. And there were a bunch of other people who were sick and dealing with different chronic diseases. It was a very moving time. it was a beautiful experience. And that next week, so my husband now actually met right before I was diagnosed with breast cancer.

Dr Shamanie Thompson DC (28:18)

And I don't know why he stayed with me. Like, what a guy. You know, a lot of people leave women with breast cancer, like right in the middle of their stories. And here, my husband, who was my man friend at the time, he stayed with me. And that love also propelled me. and he he didn't question what I was doing, he believed in it.

Dr Shamanie Thompson DC (28:42)

And he also he believed the healing was possible, you know, which is a beautiful thing. So I go to this anointing of the sick, you know, church session. And that next week, Chris was at a holistic medical association. So he's a chiropractor and also a a nurse. And he met this met this holistic dentist. So he's like, I don't know what is wrong with Shamanie. She still has this pain under her arm.

Dr Shamanie Thompson DC (29:11)

We have done everything you can think of and it's still there. So this holistic dentist says, We'll have her come in and do a cone scan. And so I went in and he did a cone scan of my my whole mouth. And when I was diagnosed with breast cancer, I did get a root canal removed because I had learned that root canals, you know, suppress the immune system. And I was like doing everything I could to like get rid of all the things that suppress my immune system. So I had gotten rid of that and

Dr Shamanie Thompson DC (29:39)

So I went in and I had this. He gave the scan for free. He was so kind and found out that there was a a root tip left in there from the oral surgery. And I had massive infection in my jaw that was draining down into my armpit, where they had actually taken out some lymph nodes. So I didn't have kind of like my full lymph nodes to deal with those toxins. I had surgery on a Thursday, and this was the week after I had that anointing of the sick prayer.

Dr Shamanie Thompson DC (30:08)

I had the surgery on a Thursday, and by Monday I am throwing up my arm. I am like, my gosh, I cannot believe this. This is insane. This is so amazing. My pain was gone. So, what that was was toxins from this infected root canal tip that was left in there. And it was trying to drain through these lymph nodes.

Dr Shamanie Thompson DC (30:33)

And it it wasn't just causing pain. It was making me feel sick. Like I had my eyes, you could tell, they weren't healthy, even though I was doing the Gershon therapy. And to be out of pain after four years was, man, my biggest blessing in my life. You know, not really, but a huge blessing.

Chris Wark (30:53)

Yeah.

Dr Shamanie Thompson DC (30:55)

Huge to to become pain free again was incredible.

Chris Wark (30:59)

I get it. And you know, that's that's also that's a some really important insight because I think there may be some people watching that have pain problems that may be connected to their oral health and they've never

Dr Shamanie Thompson DC (31:11)

Yes. Yeah.

Chris Wark (31:13)

thought about it, right? They've never thought, you know, wait a minute, maybe there's something going on in my mouth, because your mouth is connected to all you know, all these different parts in your body. It's really fascinating if you go down that rabbit hole. But

Chris Wark (31:26)

The point is, yeah, root canals, mercury fillings, infections, unknown infections, all that kind of stuff. I've interviewed several holistic dentists. I can put links to those in the show notes. But yeah, that's really awesome. That's so great. I mean, I get it. Four years of pain, you feel like you're never gonna get out of it. And then then and then having it resolve is like miraculous. And that's so cool.

Dr Shamanie Thompson DC (31:51)

Yeah, I mean I got my life back. And so then you say, you know,

Chris Wark (31:55)

And was that why you weren't working? Was the pain like preventing you from working?

Dr Shamanie Thompson DC (32:00)

so, so terrible. It was like a poker from a fireplace, just underneath and it was unrelenting. It was day and night and nothing helped. And with three from three days of that surgery, it was gone.

Dr Shamanie Thompson DC (32:16)

So that was pretty incredible. And I'm so grateful for that. And I and I got my I got my future back.

Chris Wark (32:22)

Hmm.

Dr Shamanie Thompson DC (32:23)

I was in so much pain. You know, it it was very difficult to plan anything and to it that time looking back, it was some of my darkest time, but it was also time of deep spiritual growth and a lot of patience, a lot of enduring, a lot of perseverance. And I tell people now, you know.

Dr Shamanie Thompson DC (32:45)

You don't need hope when things are going well. Hope is literally grown in times of hopelessness. And one of the things that, you know, the Holy Spirit whispered to me during this time of all this loss was things aren't always going to be this way. And I had that promise kind of like in my spirit. And

Dr Shamanie Thompson DC (33:09)

That has proven to be true. You know, we we do go through different seasons. And part of why it's a prolonged suffering is we just think that we'll never change. We get stuck in hopelessness. And and change is actually probably one of the things we can count on, you know, and even the good times, you have to realize that things aren't always going to be this way as well. And so being present now, one of the things that

Dr Shamanie Thompson DC (33:37)

Breast cancer definitely, I call cancer my anti-hero because it did come to destroy and you know, took a lot from me. But by doing the work of dealing with those past traumas, healing these different relationships in my life and within myself, I was able to experience like.

Dr Shamanie Thompson DC (34:00)

A gratefulness that that I and I in the present moment, and I don't know if all cancer survivors feel this way. I feel like some do, and maybe you could tell me if you do. I will have just an overwhelming sense of gratitude like fall upon me. It's not like I consciously think I'm so grateful for that. It's like I'll be at a yoga class at 6 a.m. with my 22-year-old, and I look at her.

Dr Shamanie Thompson DC (34:27)

Across from me, and I just think I'm still here. Like this moment, this is such a gift. Every single day that we live this life is just like an incredible gift. And I did get married. I had another baby after breast cancer. And you know, that's another gift. And you talk about like blessings after hardships.

Dr Shamanie Thompson DC (34:53)

Everything that was taken from me, I have back and more. And that is the grace of God. And you know, I wouldn't change any of it for how grateful I am now and how I experience life now. So I was told I had a 67% chance of getting cancer back. I was told you know, what a fool I was

for not doing chemo and all those therapies. And I had one fallopian tube.

Dr Shamanie Thompson DC (35:21)

We had a oopsie doopsie toopsie and I was pregnant with Anya. And we get to my five-year checkup, and the oncologist basically kicks me out of care. He said, Well, because you had a baby after breast cancer, you know, your risk of reoccurrence goes down to pretty much nothing. And

Chris Wark (35:42)

Wow, that's interesting.

Chris Wark (35:43)

I d I've never heard that.

Dr Shamanie Thompson DC (35:45)

Well, this was interesting. And because I was such an avid reader and a researcher and a little worrier, you know, I was in PubMed myself looking the night before this oncology meeting. And it's someone called it a well mama effect. And that, you know, it's like you have purpose again. You know, it's like you have a will to live.

Dr Shamanie Thompson DC (36:09)

And you know, it was also it was also scary to bring new life in when there was just so much, but it's like I had to have faith. I had to surrender, I had to let go of the false control that I had about my life, you know, and all the stress that I caused myself. And you know, going home from that appointment, I said, Anya, the doctor said you saved my life. And she goes, No, dad did. That's what she said.

Dr Shamanie Thompson DC (36:39)

So and she has been like this my greatest blessing. Like I I never would have imagined having another baby after my divorce. And and I'm 50 now and I have a nine year old. and so I I will often have these immense feelings of gratitude just over the most mundane things, and it feels like bliss, you know. Yeah, do you experience that too? Do you yes.

Chris Wark (37:02)

I get it. yeah. Absolutely. yeah. I get waves waves of gratitude that'll hit me to and bring me

Chris Wark (37:08)

to tears.

Dr Shamanie Thompson DC (37:09)

Yes.

Chris Wark (37:10)

I mean, I'll I'll get choked up. I mean, it's funny. I I can get choked up talking about gratitude, but my my daughter and my wife, they love to make fun of me because I'm always getting choked up. I'm always getting

Dr Shamanie Thompson DC (37:24)

Yes.

Chris Wark (37:25)

teared up over just nothing. But it really is, you know, I and here it goes.

Chris Wark (37:31)

Right here.

Dr Shamanie Thompson DC (37:31)

Yeah.

Chris Wark (37:32)

because God has been so gracious to me in in preserving my life and sustaining my health and blessing me with just my family and all the things, right? Anything that I could ever want or need. I have. And and so yeah, I I mean, I just it's still so fresh and almost feels raw in a way.

Dr Shamanie Thompson DC (37:58)

Yeah.

Chris Wark (37:58)

to me because and he's just changed my heart. You know, he's he's completely softened my heart and transformed my heart and and so I'm right there with you. I I I still have those yeah just blissed out moments that that surprise me, you know, they just where I just I'm just so deeply, deeply thankful to God for my life and my health and my family and and

Chris Wark (38:27)

Yeah. And so many of us, you know, as as you know, we have so much to be thankful for and we take so much for granted and you know, and we we spend so much time thinking about all our problems and all the stuff we have to do and and not just taking stock of all the good things in our life. And one of the encouragements that I am constantly putting out there to cancer patients is, you know, look, you you can choose where to focus.

Chris Wark (38:53)

your energy and your attention and your thoughts. And if you focus your thoughts on your problems, it just amplifies your misery.

Dr Shamanie Thompson DC (39:02)

Yeah.

Chris Wark (39:03)

But in those moments, you can redirect and you can start counting your blessings in that moment and start saying, you know what? Okay, this is bad, but what's good? Right?

Dr Shamanie Thompson DC (39:17)

Right.

Chris Wark (39:17)

What's good in my life? Let me just remind myself.

Chris Wark (39:22)

and count my blessings.

Chris Wark (39:23)

that will shift my perspective so fast.

Dr Shamanie Thompson DC (39:26)

Yes, for sure. I had this experience. So, like it's good to hear that it just happened to you, right? And I think the reason why is because because I face my fear of death and I am in the present moment, God really gives us everything we need in this present moment. When I get disconnected from this present moment, disconnected from myself, I get into the future with worry or anxiety, or in the past with like anger and regret, I don't have everything that I need. Well, one of the times.

Dr Shamanie Thompson DC (39:55)

That this came upon me and it surprised me so much. And it's just exactly what you're talking about. This was early on where the kind of conflict still was occurring with co-parenting and things like that. And I, it was a spring day, and it was very rainy and heavy, and it felt kind of gross out there in Minnesota, dreary weather. And I did feel very heavy about the problems in my life. I so I looked outside.

Dr Shamanie Thompson DC (40:24)

And was kind of feeling it. That's the other thing. I allow myself to feel it. I just don't pretend that things aren't hard anymore, you know, and muscle through it. So I was feeling the pain and the sorrow of that moment and thinking about all the problems that I was having. And then all of a sudden, this thought came but wait a second, you're still here. Having problems is actually part of life.

Dr Shamanie Thompson DC (40:49)

And if you have problems, that means you're still alive. Actually, that's amazing. And my my mindset just changed immediately. And it was like it happened to me, instead of like me like choosing to have a better, you know, mindset or something. And it surprised me. And I thought,

you know, that is so true. My, as like the my mortality, it was in the front of my mind.

Dr Shamanie Thompson DC (41:17)

If it's here, I am so in the present moment. If I really accept that this life is has brevity, is short, and then I can be fully present, right? And so grateful for this moment.

Dr Shamanie Thompson DC (41:32)

As that mortality idea goes to the side of my mind, then things that are not important, things that aren't the most important thing in life, they come out of focus, right? And I do think that a lot of people a lot of us think we have more time in the world than we think. And so then we end up, you know, being disconnected from people that we had maybe conflict with in the past. We stay mad.

Dr Shamanie Thompson DC (41:59)

For like 50 years sometimes. You know, we hold on to regret, disappointment. We stay disconnected from these really important relationships. And relationships, it turns out, at least that I can tell, relationships are the most important reason why we're here. You know, and having mortality in my face is one of the ways that I can stay very present to the brevity of life and really be alive.

Dr Shamanie Thompson DC (42:29)

So by facing my fear of death, I actually became more alive and I actually became more present and more fun. I I was actually like super serious. I have like a BC before cancer and then an AC after cancer. You know, and and I dance like a nut now. Whereas before I was like, I wouldn't dance in front of anyone. That's embarrassing. I I, you know, jump off a diving board.

Dr Shamanie Thompson DC (42:55)

with my nieces back last summer. I just I try to live like like the in in the reality that this life is short and it is such a gift and I am so grateful to still be here.

Chris Wark (43:10)

Me too. It's like the country song Live Like You Were Dying, right? Which is a cancer song, right? It's about being Yeah, it's being about a guy who's diagnosed with cancer and he decides

Dr Shamanie Thompson DC (43:13)

Yeah. Yes. Is it really? Well, I don't think that

Chris Wark (43:20)

to live like he was dying, you know. Yeah.

Dr Shamanie Thompson DC (43:24)

Yeah,

Dr Shamanie Thompson DC (43:25)
it's exactly that song. Good old country.

Chris Wark (43:27)
Yeah.

Chris Wark (43:28)
Yeah, it's that's a good one. I think that's who sang that? I can't remember, but I'm sure my audience knows. it's the guy that's

Dr Shamanie Thompson DC (43:37)
Yeah, it's a good one.

Chris Wark (43:38)
married to Faith Hill. Whatever.

Dr Shamanie Thompson DC (43:40)
Tim McGraw?

Chris Wark (43:41)
Yeah, I think it's Tim McGraw.

Dr Shamanie Thompson DC (43:42)
but I don't really know. I just guessed that. Don't quote me on that.

Chris Wark (43:44)
Yeah, we may we may both be wrong.

Chris Wark (43:47)
Don't go feel free to fact check us, folks. But

Dr Shamanie Thompson DC (43:50)
Yeah.

Chris Wark (43:50)
yeah, no, we I just love your story. I love your perspective, your insights. I mean, because it's you know, everything you're sharing is I is been true for me as well. And one thing I wanted to double down on was, you know, this,

Chris Wark (44:05)
every every hero of the faith s suffered tremendous adversity, right? Obstacles, afflictions, persecution,

Dr Shamanie Thompson DC (44:12)

Yeah, yes, yes.

Chris Wark (44:18)

right? If you read the Bible, it's like every hero of the faith really suffered quite a bit, but that but God used that suffering to change them, to teach them to trust him.

Chris Wark (44:30)

And to eventually elevate that person to a an incredible position of blessing

Dr Shamanie Thompson DC (44:35)

Yeah.

Chris Wark (44:37)

and sometimes, you know, incredible power. I mean, look at Joseph sold into slavery and then thrown in prison falsely. But the those had those things had to happen to put him in the position to become second in command over Egypt and then

Dr Shamanie Thompson DC (44:52)

Yeah.

Chris Wark (44:53)

save his whole family from the famine that was coming. Like, you know, and so it's like.

Chris Wark (44:58)

When you just step back and think about having an an eternal perspective, like about what's happening to you. It's like, this is adversity, this is a test, this is a trial, it's difficult, right? You can acknowledge all those things. I don't like it, but God is working this for my good. He's using this to to change me, to teach me to trust him, to teach me patience, to make me wiser and smarter, more loving.

Dr Shamanie Thompson DC (45:28)

Yeah.

Chris Wark (45:28)

Whatever

Chris Wark (45:28)

it is, right? He's using it for my good. And there's a blessing coming. And so I just need to embrace this season and trust him to get me through it and keep that eternal perspective, right? Like you said, that life is short and that we have no guarantee of tomorrow. And and it's it's a it is a blessing to be alive. And you know, when you mentioned having problems, one of the my gratitude hack is that

Chris Wark (45:57)

Right now there's someone in the hospital who's dying who would love to have your problem.

Dr Shamanie Thompson DC (46:02)

Yeah, yeah, a hundred per yes. Yeah. Yeah. Right? Yeah.

Chris Wark (46:04)

Right. There's someone that would love to trade places with you to have whatever problem you got right now. Right. Even if

Chris Wark (46:11)

you have a cancer problem, there's someone dying that would rather be in your spot today than literally on their deathbed in hospice.

Dr Shamanie Thompson DC (46:19)

It does give

Dr Shamanie Thompson DC (46:20)

perspective. Yeah, for sure. And when my my one of my friends who had gone through a very difficult time, she met me in what in like some of that dark time. And she said, she goes, Shamanie, I know you're not gonna believe it, but she said, What you learn here in these times, this will this is it. You know, like this will become your greatest blessing, like you said.

Dr Shamanie Thompson DC (46:46)

And it's hard to know that when you're in the darkness. It's hard to know when you're in pain. And it's hard to know when you feel hopeless. it's very difficult to to believe that things can change, you know. And think of all the saints. Yeah, like you said, the saints and all their stories. I I think about Mary this last year, just contemplating the mother of Jesus. How

Dr Shamanie Thompson DC (47:11)

She watched Jesus on the cross die in front of her. The worst thing that can happen to a mother is to watch her child die. And yet she still believed. Like that's amazing, you know? And there were times where I I questioned, I was, I questioned a lot. I was like, what? Like, what is this? This is insane. every foundation, everything that I had identified myself with in this world was taken from me.

Dr Shamanie Thompson DC (47:41)

And I had to then really find out who I was without all those things, you know. And I am I am a divine spark created by God. I am a child of God. And I what is real cannot be threatened, right? When we are in obstacles, when we are in challenges, when we're in pain. The the deepest, truest parts of us that God created, that can't be, it can't be destroyed.

Dr Shamanie Thompson DC (48:08)

It feels like everything's being destroyed, you know, and you find out who you are in those hard times.

Chris Wark (48:16)

Yeah. And you know, the expression trial by fire, right? I mean, this is what this is what trial by fire is. It's like you are the when the when life cranks up the heat, you're in the fiery furnace, it burns off some it burns off the impurities, right? Like it's gold and silver being refined. And

Dr Shamanie Thompson DC (48:36)

Yeah.

Chris Wark (48:37)

that heat, man, I'm telling you, it it reveals things to you about yourself that need to go, you know.

Chris Wark (48:44)

It just it just burns it all up and you realize what's important, what's not important, what needs to change, you know. And it's ultimately at the you know, when you come out of the fire, you're refined, right? You've been purified by it.

Dr Shamanie Thompson DC (48:59)

Mm-hmm.

Chris Wark (48:59)

And of course, can you slide back into old bad habits and things? Yeah, you can. But, you know, I am thankful for my cancer experience because it really changed me in profound ways that

Chris Wark (49:13)

And taught me so many valuable lessons as as you've learned as well, that I'm certainly not perfected, but I have perspective and a lot of tools that I can use in like gratitude being a big one, and forgiveness that have just been absolutely life-changing for me.

Chris Wark (49:37)

And

Chris Wark (49:37)

really learning how to trust God in in the middle of difficulty. And the str the that's another thing that trial does. Like it strengthens your faith. Because when you realize, okay, I can't fix this. I'm in the wilderness. I've got to trust God to lead me through it completely. I've got to trust Him to provide for me, to protect me, to sustain my life, right? To just make a way for me. And there looks like there's no way. Right.

Chris Wark (50:03)

And then when you see him do it, when you see him working and and fulfilling his promises to never leave you or forsake you and to supply all of your needs, man, I mean that really strengthens your faith. And

Dr Shamanie Thompson DC (50:18)

Mm-hmm.

Chris Wark (50:19)

I I think people who have never suffered have pretty weak faith or no faith, you know, and the suffering, the suffering is where your faith is tested.

Chris Wark (50:31)

And you may fail the test, you know, initially, but I've and you know, you look at the the Israelites in the wilderness. I mean, they they went in circles for 40 years because they complained, they were faithless, they they dis disobeyed, they didn't trust God. You know, it's like that's an example for us. You know, don't do that when you're in adversity. You've got to surrender and obey and trust.

Dr Shamanie Thompson DC (50:56)

And that surrender,

Dr Shamanie Thompson DC (50:57)

the surrender is the what I had to do because I had lived because of that intense fear, I had lived a life of control so that I could feel safe in the world.

Chris Wark (51:08)

Yeah.

Dr Shamanie Thompson DC (51:09)

And surrendering and letting it go and trusting God that if I do die, well, that's okay too. And I mean, I don't prefer it. I prefer the longest life possible. I'm I'm aiming for that. But

Dr Shamanie Thompson DC (51:24)

the just realizing that I'm not in control of that, you know, and how that is a different disposition than someone who has, you know, the reins of life so tight and so serious. And that really that attitude affected my first marriage, you know,

Chris Wark (51:42)

Mm.

Dr Shamanie Thompson DC (51:43)

and it affected my relationships. And so surrender has been really the vehicle to to my deepest

growth.

Dr Shamanie Thompson DC (51:54)

For sure.

Chris Wark (51:55)

It's a good word. Surrender, surrender to cancer. It doesn't mean surrender and die, but you know, surrender your power and your control really ultimately to God and trust Him with it. I think that's the big word. It's like you just say, I you know what? I can't fix this on my own. I need your help. I need direction. I need miracles, right? I need help.

Dr Shamanie Thompson DC (52:22)

Yeah, I needed circles.

Chris Wark (52:24)

I need people to come in my life and tell me to check my root canal. You know, it's like, you know, he when you're when your antennas up and you're really aware, you're really paying attention, you just see God working in your life in all these ways. And it's so when you're in a crisis, I mean, it's just so obvious, you know, all these little mini miracles. Or I've just seen them happening around me and and

Chris Wark (52:51)

times of crisis,

Dr Shamanie Thompson DC (52:51)

Means.

Chris Wark (52:52)

not just cancer, but in other really challenging times. We all have you know. And it's awesome.

Dr Shamanie Thompson DC (52:57)

gosh, I have to tell you one other

Dr Shamanie Thompson DC (52:58)

thing. I have to tell you something about. So after I had this experience with loving these strangers and then loving me back, I started seeing hearts everywhere. And it is so hilarious. I mean, it is like, it is just the funniest thing. I have pictures and my friends like, you shouldn't make a book of this because I'll take a bath with bubble bath and I get out of the bath and there will be bubbles that are made making hearts.

Dr Shamanie Thompson DC (53:26)

Have you ever heard of that? I will like I the other day I had a lime. I turned it around to cut it, and there was a heart, like a yellow part that was a perfect heart. I see hearts everywhere. And

and like you talked about, that our minds being wired for good. That is something that because our our brains are actually wired to see the bad, to protect ourselves, right? For survival.

Dr Shamanie Thompson DC (53:52)

And what we focus on amplifies. And so when you're focused on your problems, they amplify. And when you're focused on being stressed and and everything, trying to control. So that really it's kind of funny. It tickles me every single time. And now my daughter looks for hearts. my husband's a little skeptical because that's his nature. And and one time I was like

Dr Shamanie Thompson DC (54:15)

yeah, my friend thinks I should make a book out of all these hearts. And he's like, I don't know. Like, he I don't know if that really looks like a heart. Well, then he walks out of the room and on the floor, in the on the carpet in the hallway, was this little dust bunny in the perfect shape of a heart. He takes a picture of it and he's like, Is this what you're talking about? I was like, Yes, that's exactly it.

Chris Wark (54:40)

Mm-hmm.

Dr Shamanie Thompson DC (54:40)

So we see hearts everywhere. It's just

Dr Shamanie Thompson DC (54:44)

amazing. It's hilarious. and it, you know, it's one of those things that it just brings me little joy and bliss. And my daughter's always finding them too.

Chris Wark (54:56)

And it's it's like a reminder. It brings you back to that place of gratitude and you know, remembering that you know, God has brought you through this. Yeah.

Dr Shamanie Thompson DC (55:05)

Yeah. It's it's awesome.

Chris Wark (55:07)

That's so cool. That's so great. So amazing. I love it. Well, Shamanie, this has been way better than I thought it would be. I thought it would be good, but it's been so, so good. deep.

Dr Shamanie Thompson DC (55:16)

Well, there you go. Well, I hope

Dr Shamanie Thompson DC (55:20)

I hope that there's a person out there who has listened to my story and is inspired, you know, to

Chris Wark (55:24)

Hmm. Yeah.

Dr Shamanie Thompson DC (55:28)

like I was with Bryce Royer when I heard his story or when I heard your story and can find some hope in, you know, dark and hopeless times. so I'm happy to share my story.

Chris Wark (55:40)

I love it. And you'll have to connect me with him. I think it sounds like he'd be a great interview as well. Mm-hmm. Well, how can people

Dr Shamanie Thompson DC (55:44)

Yeah. Yes.

Chris Wark (55:47)

connect with you?

Dr Shamanie Thompson DC (55:49)

Well, so well, the other thing I wanted to tell you, so I am not a chiropractor anymore, which is actually so sad. But that is, you know, when cancer comes, it kind of it disrupted my life in like a serious way. And God put me on a completely different path. I do work with my husband's business at Drip IV, which we own a functional medicine IV clinic. And so I do that, but also

Dr Shamanie Thompson DC (56:14)

I became the poster child for my dad's work, which is called relationship medicine. And relationship medicine is about enlivening the health of an individual by identifying and reducing relationship stress that causes illness. His third book is literally about the healing of cancer, heart disease, and chronic illness by addressing relationship stress. So before he died, he and he was a chiropractor and an acupuncturist and a

Dr Shamanie Thompson DC (56:45)

Ayurvedic practitioner. Before he died, he asked me to carry on this work. Up to which I said yes. It was just like a no-brainer. and so that is what I do as my heart's purpose now. I don't do chiropractic anymore. that was something that you know was was on the the left on the wayside. So I help people improve their relationships that then improve their lives and

Dr Shamanie Thompson DC (57:13)

That has been something so powerful to participate in. And it's all of his curriculum that he's left and helping couples who are on the verge of divorce or having workshops with people wanting to improve. Every single one of us have had a relationship in our life that is not ideal, right? And I feel like Chris, even nowadays, there's even more of that. Like post-COVID, there's more division.

Dr Shamanie Thompson DC (57:42)

There's more, you know, more like more young people are just cutting their parents off. That's happening just so much and and

Chris Wark (57:52)

A lot

Chris Wark (57:52)

of political tribalism. It's gotten

Dr Shamanie Thompson DC (57:54)

Yes, yeah.

Chris Wark (57:55)

it's gotten very, you know, it's it's it's sad because I remember, you know, I mean, I'm 50, I'll be 50 next year. I shouldn't round up. I'm 49. We're cl we're, you know, close in age. But I remember

Dr Shamanie Thompson DC (58:03)

Okay. It feels good. Yeah.

Chris Wark (58:09)

when Republicans and Democrats were pretty similar, you know. They were they

Dr Shamanie Thompson DC (58:13)

Yes, yes, exactly.

Chris Wark (58:14)

agreed on most things. And it was like, yeah, they had a few, there was a few issues they disagreed on, but

Chris Wark (58:21)

Now it's gotten so polarized, so contentious. And,

Dr Shamanie Thompson DC (58:25)

Right.

Chris Wark (58:26)

you know, you have these giant media channels that are, you know, constantly fighting and disparaging the other side. You know, very there's just very biased reporting on both sides. And it's really it's really sad. It's really unfortunate that that's what our culture has devolved into. And so yeah, what the relationship obviously it's it's it's hurt relationships, it's separating people.

Chris Wark (58:51)
for

Dr Shamanie Thompson DC (58:51)
Mm-hmm.

Chris Wark (58:51)
reasons that don't matter that they think are important but really aren't. And yeah, I love that that's your mission now. And so what you know, where can people connect with you r regarding that? And I wanna make sure we link to the books and the resources and all that in the show notes.

Dr Shamanie Thompson DC (59:05)
Yeah.

Dr Shamanie Thompson DC (59:07)
So yeah, so people can reach me at my loveintelligence.com and I do workshops and one-on-one virtual consults and I do team trainings for businesses, helping improve relationships. And it is something that is makes my heart feel alive. You know, it's like who we do our life with and what we do with our life are the most important things.

Dr Shamanie Thompson DC (59:31)
and so I feel really lucky that I can do both. And relationship medicine, my dad's curriculum, the love intelligence code, it really helped to put me on the path to healing, you know, to face how this relationship, how my reaction to that relationship affected my health, which is why he asked me to carry it forward. So that's where you can find

Chris Wark (59:54)
That's awesome.

Dr Shamanie Thompson DC (59:55)
me.

Chris Wark (59:56)
Well, folks, we'll we will put links to all that in the show notes. If you're watching on YouTube, you can just click the link and go to the blog post with the notes. if you're watching on you know, on Chris Beat Cancer, you'll see the the the links in the show notes below the video. So and then if you're listening on the podcast, we'll put a link in the show notes there. So yeah, that's amazing. I'm so glad you're doing that. I you know

Chris Wark (01:00:19)
I mean, most of our conversation today, almost all of it, was about the spiritual and mental and emotional aspects of healing. We didn't get into Gerson therapy at all, right? Which if anyone

doesn't know, it's a nutritional protocol for healing cancer. It's basically plant-based with lots of juicing and very similar. I didn't do strict Gerson but it's very similar to what I did. And and I love talking about that side of health and healing, but you know, you can do

Chris Wark (01:00:47)

all the the the healthy stuff, right? And still not get well if you don't address the mental, emotional, and spiritual issues and social, right? The relational conflict

Dr Shamanie Thompson DC (01:00:58)

Mm-hmm.

Chris Wark (01:00:59)

issues in your life. I mean these these things can overwhelm anything, any therapy you do, whether it's conventional or alternative, you gotta get to the root cause of illness. And so much of it is mental, emotional, spiritual and social.

Chris Wark (01:01:16)

And so Shamanie, you're awesome. I'm so glad we did this.

Dr Shamanie Thompson DC (01:01:21)

nice to meet you and so great to talk with you. And do you still do the Gerson therapy or not as much anymore? Okay.

Chris Wark (01:01:28)

Well, I never did Gerson specifically. because

Chris Wark (01:01:31)

I fan when I started, when I learned about Gerson, I was already on a different path, which was

Dr Shamanie Thompson DC (01:01:36)

Okay.

Chris Wark (01:01:36)

a little bit more liberal in the sense that Gerson was is has some restrictions on some of the fruits and vegetables that you're not allowed to eat and has some restrictions on spices. And and so I went all raw and was all plant based and you know, drinking sixty four ounces of juices every day. So it was a you know, very similar to Gerson,

Dr Shamanie Thompson DC (01:01:53)

Yeah. Right.

Chris Wark (01:01:54)

but it was more raw food and Gerson has more cooked food i you know.

Chris Wark (01:01:58)

Slight variations, but but no, I still

Dr Shamanie Thompson DC (01:02:00)

A lot of the place.

Chris Wark (01:02:01)

still eat a predominantly plant based diet. You know, I still am very conscientious about what I'm eating and you know, avoiding environmental toxins and pesticides and fungicides, all the stuff they're spraying on food and exercising and taking care of myself and living, you know, a long, healthy life. My I've got two adult daughters now, but they're barely adults, 18 and 21.

Chris Wark (01:02:25)

And and my wife and I've been together since two thousand one, married since two thousand one. So like I wanna,

Dr Shamanie Thompson DC (01:02:31)

Amazing.

Chris Wark (01:02:32)

you know, I wanna be around a long time to take care of my wife and be eventually be a granddad and all that stuff.

Dr Shamanie Thompson DC (01:02:37)

Yeah,

Dr Shamanie Thompson DC (01:02:38)

that's amazing. Amazing. Well, God bless

Chris Wark (01:02:41)

Yeah.

Dr Shamanie Thompson DC (01:02:42)

you and God bless all that you do. And thank you so

Chris Wark (01:02:44)

Thank you.

Dr Shamanie Thompson DC (01:02:45)

much.

Chris Wark (01:02:45)

You too. Well, thanks everybody. Thanks for watching. Please share this with people you care about. Obviously, if you've gotten this far in the in the interview, you know how powerful this information is. And I hope you were encouraged and inspired. And please help us reach more people with Shamanie's incredible message, which I share. It's the same message. We have the same message. And it's a message of hope and healing and and radical life change and and restoration of health.

Chris Wark (01:03:12)

And so we need your help to reach more people. Please like and share the video and subscribe and just, you know, send it to everybody you know, especially anyone you know with breast cancer. And thanks for watching. We'll see you on the next one.