Chris Wark (00:00)
Hey everybody, I am here with Paula Black. This is our second interview. The first time I interviewed her was several years ago. And Paula was diagnosed with breast cancer 29 years ago and given three to six months to live if she didn't do aggressive surgery, chemo, and radiation. After researching, she learned that her diet and her lifestyle had unknowingly contributed to her cancer.

And she realized that she could make changes to help reverse the damage. She also realized that true healing meant addressing the whole person, body, soul, and spirit. Paula walked away from the medical system and chose a natural path to healing. She has a ministry called Winning Over Cancer, a coaching program and ministry. And she's the author of a book called Winning Over Cancer. And that's her new book, by the way. And she also wrote a book called Life Cancer and God.

And I'm excited to interview Paula again. I mean, 29 years is amazing. Although we should have waited till next year, then it'd be 30 years, right? It's like a nice

Paula Black (01:03)
Be thirty years, yeah. Yeah.

Chris Wark (01:05)
round number, you know, three decade milestone. But anyway, maybe we can do it again next year. But it's great to see you again. Uh great to catch up. And I'm excited to talk about your new book, Winning Over Cancer, 10 Facts I Wish I Knew Before Being Diagnosed.

How's

it going up there in Courtaline, Idaho?

Paula Black (01:23)
it's beautiful. I love it. It's getting cool, a little chilly. All the trees are turning though. It's gorgeous. So it's a beautiful time of year.

Chris Wark (01:32)
I've never been there. Been to Boise multiple times. and b been around,

Paula Black (01:36)
Yes, yes.

Chris Wark (01:37)
but never been to Cordeline.

Paula Black (01:39)

Yeah.

Chris Wark (01:40)
and you're up near what what's what's the state? I I'm embarrassed to say this. What's right above you? Is it Wyoming or? you

Paula Black (01:45)
It's Canada. We are close

to Canada.

Chris Wark (01:49)
You

know, I I don't know why I didn't realize that Idaho shares a border with Canada. A little part of it.

Paula Black (01:54)
It does, it does. And Montana is to our east.

Chris Wark (01:58)
Okay.

Paula Black (01:59)
Washington is to our west. But we're up here in the panhandle of Idaho, so way up north.

Chris Wark (02:04)
Yeah.

I can picture the panhandle. Yeah. That's

Paula Black (02:07)
Yeah. Yeah.

Chris Wark (02:09)
amazing. so I'd love to to revisit your story for folks that haven't seen our other interview. Um, and just uh, you know, go back 29 years and talk about your life, what was happening, cancer diagnosis, why you made the decisions you made. Uh, and then we'll talk about the new book and these lessons that you've learned and that you're sharing with other people to encourage them. And

Folks, I love interviewing people who have survived and thrived against the odds. That is my favorite thing. Uh as you know, I try to post a new interview every week, multiple times a month at least, with uh with radical remission survivors, also known as exceptional survivors like Paula.

And there's always so much wisdom and encouragement and hope that you get from these interviews. And and so I'm encouraged by them. If if nobody else cares, uh

I'm having fun.

Paula Black (03:02)
Me too. I love talking to people who've been on the same trip that I have and understand the whole concept so easily because it's such a life changer, transforming information that you never let go of again. And so it's always exciting to talk to someone who's already there. I do a lot of coaching, but the people I'm coaching for the most part are in the journey.

So I'm encouraging and and trying to guide. But I just got a call from one of my coaching clients last week and she said, I'm a miracle. I'm a miracle. And she has had such a long road of healing, but she made it. And it was just she was so bad when she started. And it's such a victory. And and I don't look at it as me. I look at it as she got the information and personalized it. She took it into her own life.

And begin to live it out. And that's what works. It's the principles of truth about healing. So it's very exciting.

Chris Wark (04:07)
I love that.

Yeah, I love that so much. And you know, the the holistic healing, the foundational principles are they're universal. You know, they

Paula Black (04:18)
They are.

Chris Wark (04:19)
they apply to everyone. And

Paula Black (04:21)
It's true.

Chris Wark (04:22)
it doesn't matter what type of cancer you have uh or

chronic illness you have. Like I know the what you're teaching and what I'm teaching, these are do no harm therapies. Do no harm.

Principles, diet and lifestyle, emotional, mental, and spiritual principles that

can only help you. They can only help. They

Paula Black (04:44)
That's right.

Chris Wark (04:46)
will not hurt ya. And I love the fact, you know, um i I think our big mission, and I'm not telling you anything you don't know, but I think our big mission is

in the cancer community is to empower patients to help them realize that there's so much they can do to help themselves survive and thrive. And they're not

Paula Black (05:09)
Yes,

Chris Wark (05:11)
powerless victims of disease. And they, you know, they can do treatment. You can do all of it, some of it, none of it. That's their choice. But there's so much more they can do to help themselves. And um, so I just love that you have been doing this for so many years and longer than me. And um

Anyway, so folks that don't know your story, let's let's revisit that.

Paula Black (05:33)
Okay. Well, I was 45, uh, a workaholic, had a lump in my breast that kept growing and I thought, well, this is just another cyst. I'd had some of those, so I wasn't taking it too seriously. And that's my MO, you know, kind of bury my head and ignore it as long as possible.

Eventually I couldn't ignore it. So I went to the doctor, had an exam, and lo and behold, they scheduled me very quickly for a lumpectomy. So when I did that, uh of course the prognosis was aggressive breast cancer. We've got to do more surgery. We couldn't get there's still so much in there, and we have to put you on chemo, aggressive chemo and radiation. And the doctor made the statement.

that if you don't do this, you you'll likely not live longer than three to six months. That's quite a statement to give someone who didn't even know before that day that they had cancer.

Chris Wark (06:37)
And by the way, you were feeling fine, right? Yeah.

Paula Black (06:37)
And I was, I I felt

good. I didn't feel sick, I didn't feel like I was struggling with anything. I was a very active person. And so I thought, well, this'll be nothing. And then when you hear that, of course, my default.

I think that's a typical response. Okay, okay, I will beat this. I will beat this. And you just assume you're gonna do whatever it takes to be one of the ones that survives. And uh, you know, we talked about this eight years ago was when we did our interview. And wow, I know it's so amazing. So much has changed.

Chris Wark (07:17)
Wow, I can't believe that was eight years ago. You look the same.

Paula Black (07:22)
I haven't watched it since then. And so I watched it yesterday. So I thought I'm going to talk to Chris again. I want to know what I said. So I watched it and I thought, oh my goodness, this, you are such a good interviewer. You choose good questions, you engage, and you really try to bring out information that's going to help the viewer, really help them. And um I thought, this is amazing how much information we packed into that interview.

That was so powerful. And yet so much has changed in the world since then, that it's a different world. And so nowadays, when someone's diagnosed with cancer, after they tell their loved one, I have cancer, I've been diagnosed with cancer, where do they go? The internet. That's the next stop. Trying to suck in all the information that they can to figure out what to do, get answers. And

When I had cancer, there was no internet. That's I'm old days. Old days.

Chris Wark (08:25)
Hey, there was an internet but it wasn't helpful to me.

Paula Black (08:28)
yeah, you were just a few years behind me and um and younger. Uh so yeah, you it was not helpful at all. I use the library, back to the library. And I'm so grateful. Now I look at the internet and it is a scary place. With AI, with all the bots, with all the propaganda, the

lobbyists that have put in all the data to try and steer people in a certain direction. I am so glad I didn't have to deal with that. it's dangerous. It's it's dangerous.

Chris Wark (08:59)
Yeah. And there's a lot of just

there's a lot of just misinformation. There's a lot of just bad,

Paula Black (09:04)

Absolutely.

Chris Wark (09:05)
there's there's more miracle cure, quick fix, quackery than ever. And

it it yeah, and and I we're, you know, helping people navigate those things. And and there's a whole new segment of, you know, wellness and or cancer influencers. People have realized, oh.

This can be my profession. I can make videos for Instagram or whatever, YouTube, and talking about health or cancer and make money doing that. And it doesn't matter that they haven't ever healed cancer or helped anyone else heal. They can quickly establish

themselves as an expert, right? They can present themselves as an expert, you know, do the research, you know, do some research.

present it in a way that looks professional and knowledgeable and convince a lot of people to do stuff that is completely unproven.

Paula Black (10:00)
So dangerous. It's it's like we've come back around to now, you know, everything's become so controlled and fake and deceptive that we're looking for authentic. What's authentic? What's real? And what's real is people who went through it, who found the information and used it and got well and have stayed well. So

Chris Wark (10:22)
Yes. Paula, this is

what I've been saying for years to combat all the misinformation. It's just very simple. I just say follow the survivors,

Paula Black (10:33)
Yes.

Chris Wark (10:33)
right? Listen to people who've healed against the odds. Watch my interviews with them. Find them on your own. Doesn't matter. But this

is who you need to learn from. People who've done it, who've been successful. Don't listen to anybody else. I don't care how.

you know, credentialed they are or how convincing they are, or how attractive they are. If they haven't done it, that should

not be your guiding light.

Paula Black (10:59)
That is so true. That is so true. And I was following a doctor who'd had cancer the year before I was diagnosed, who we've talked about, Dr. Day. And so

Chris Wark (11:11)
yeah.

Paula Black (11:12)
she's the I ha I knew no one that was healing naturally. I hadn't heard of one person ever doing that. I I knew nothing. I was so oblivious to the cancer industry and never considered that I would get it. Um and so

God was faithful to me as I sought Him to for guidance and direction. He brought me into her path and her into my path to where she said, This is what I did. She was a doctor who chose to heal naturally. She said, I'm not going to the medical system. She knew too much about it. She said, That's not the answer for chronic disease. So she figured that figured it out and she got well the year before I was diagnosed.

And she said, this is what you need to do. And she told me exactly what to do, which I did exactly what she told me. I didn't understand why it worked back then. I just knew that God had brought her into my life to give me that information and instruction. So I just did it. And I've learned over the 29 years why it worked.

Chris Wark (12:18)
Yes, same. I mean, we have the same story. I found Dr. Lorraine Day too in the f you know, first few months of my journey. It was George Malcolmus, Ann Fromm, Dr. Lorraine Day, Dr. Richard Schultz. It was a very short list, but they were all teaching the same holistic health principles raw foods, juicing,

forgiveness, exercise, you know, sunlight, fresh air, detoxification. Yeah.

Paula Black (12:45)
The real stuff.

Chris Wark (12:47)
This is the foundational stuff. And that's like, you know, this these are the there's so many fads that have just come and gone in the last twenty years, you know, of my uh cancer experience and uh twenty three years and those principles have remained true.

Paula Black (13:09)
Yes. Well, God created us. That's my belief. God created mankind. He created our bodies and

he created them to heal. He gave us this incredible immune system that corrects what's broken inside, what's wrong inside, what's hurting us inside. So it's constantly at work. But what Dr. Day taught me, and now I teach others, that is the key that unlocks the door.

Building back the immune system. You don't have cancer unless you have a weak immune system. I mean, if you're sick with a chronic illness, your immune system's not working. So when you get on the path of healing, your goal is, I had one goal. One goal. Heal my immune system as quickly and effectively as I could. Um, that was my journey. And every decision I made was based on is this going to help my immune system or hurt my immune system?

And sure enough, as I as I took care of my immune system through nutrition, clean water, rest, managing stress, so many natural things, uh it regenerated and the cancer started going away. It it is a lifestyle change, there's no doubt. And a lot of people don't want to take the responsibility. You know, when you do this naturally, you let go of your

training wheels, the medical system, the guardrails, you you let go of other people managing your health and you say, I'm gonna own this. This is my body. Nobody's gonna care about it more than I do. And I'm willing to educate. And that was the key. Educate yourself about how your body heals. It's not that complicated. About what it is that God created us to do heal. Immune system helps us heal. So we rebuild that. And

Yes, it's diet, but it's just as much how we think, how we manage stress, that we forgive, that we aren't harboring trauma that's unhealed. Those things play a huge part in sickness and disease.

Chris Wark (15:21)
Huge. Absolutely. I mean, everything you're saying are the things that I did and came to understand. And I'm so thankful for, you know, again, a handful of people like Dr. Lorraine Day, who was courageous enough to, you know, go out on a limb, healed herself, and then, you know, started evangelizing, trying to help other people get well. And she passed away recently.

Paula Black (15:42)
Yes, yes.

She did, she did, but she was such a pioneer in this. And of course back then uh she was scary to the medical system.

Chris Wark (15:54)
Yeah. VHS just VHS

tapes and you know, speaking at little

Paula Black (15:58)
Yeah.

Chris Wark (15:59)
I'm sure little just conferences to, you know, twenty-five people, you know. Yeah,

Paula Black (16:02)
Uh-huh. Change a few.

Chris Wark (16:05)
yeah. I mean, really is she was pre sort of pre-internet, pre-social media. You know, she never she didn't find

Paula Black (16:12)
Yes.

Chris Wark (16:13)
fame uh on the internet and social media. like so many people have now, but um yeah, that's that is just so great. And

What did your what did your doctor say? I mean, what how did that go? The whole medical conversation? Did you just never go back or did you do monitoring? Like how did that work out?

Paula Black (16:33)
I at the beginning, of course, I was in his office often as we were

frantically trying to get treatment. I thought that I needed to get the cancer out of my body. I thought that it was the tumor. I thought that, my gosh, I've got to get this out as fast as possible. We can't waste a day. So I got right into surgery and then he's telling me, okay, we need another surgery. There's too much there. We couldn't get it all.

So we scheduled it as fast as we could, you know. And of course, the medical system is all about let's do this quick. So I was all for it because, in my understanding, I thought that I had been struck with this cancer from who knows where. I was just one of the unlucky ones, got zapped with cancer. I gotta now get it out of my body. That is one of the most misunderstood things about cancer. It's our own cells that have become damaged.

But I didn't understand that at the time. So I was all about getting it out. So we got back into surgery as quickly as we could. And next thing I know, he's waking me up and saying we couldn't, we didn't do the surgery. We had to abort because we had a staph infection from the last surgery. So now I have to wait 30 days on antibiotics. And I was panicking, thinking it's growing, it's growing in my body. Wow, that 30 days was the best 30-day hiatus ever.

Because that's when my husband and I were at the library every day learning what cancer is. That's when I figured out, oh, it's my own cells. They've become damaged and now they've

mutated and now the DNA has changed and now they're doing the wrong things for me. They're hurting me and growing. And so when you learn what cancer is, that's step one, that it's your own cells, and that it cutting it out isn't going to take care of it.

The tumor is nothing more than a symptom of the cancer. The cancer is your body sick, it's the stomach. So you can't solve cancer by cutting it out. Um so I was learning about that. I studied the treatments the doctor was going to put me in. I went, visited the oncologist. I sat in the chair, I tried it out, I talked to everybody. So I was getting ready to go full bore into this. I went wig shopping, you know, I did the whole thing.

But then the more I learned, the more I learned about what cancer is and what the medical system's treatments were offering me. Okay, well, that put the brakes on real fast because I realized chemo and radiation both cause cancer. They can cause cancer. They cause it in a certain number of people, and they weaken your immune system. And they cause nothing but side effects and problems. So I thought, well.

I'm not going to do that because there again, that key question, what rebuilds my immune system, it's not those. Those hurt my immune system. So I was quickly determining, okay, I can't do that. I'm not going to do that. I need to do this. I'm not going to do that. I was figuring it out which path to walk in. And by the time that 30 days was up, I did go back in for one more surgery, but he said it's not enough again. And I never went back. I just

I said, okay, I found my path now. I'm gonna go heal my body. And so I never went back to the doctor, not one time. And of course, the people that loved me, that were around me, my family, they were freaking out because no one I knew understood there was another way besides the medical system. It's all we knew. So when Dr. Day came into my life and started sharing with me her journey and what I could do.

Well, knew that was the answer. I knew that was what I was looking for. But the problem with healing naturally, there's some problems with it. You have to be willing to change. There's no way

Chris Wark (20:34)
Yep.

Paula Black (20:35)
around it. You have to be committed to changing your life. Body, soul, spirit. I'm so grateful for that journey. I have loved the person I became through that journey. I would not trade that journey as hard as it was, and it was hard. But my goodness.

I learned how to deal with fear. I learned how to what my body needs to heal. I've stayed healthy. I've never had fear about cancer coming back. How many people that go through the medical system can say that? That they don't worry about it coming back? They all do.

Chris Wark (21:12)
Yeah.

Paula Black (21:13)
Um, but I didn't because I'd already I beat it. I reversed it. I mean, your your title is for crispy cancer. You did that. You actually literally.

Did that. That's what I did. Reversed the cancer in my body so that I wasn't afraid of it anymore because I learned what turned the tide. I learned what healed the body. So you live your life with new decisions, new beliefs. You now realize that, oh, if I just take care of my immune system, avoid toxicity as much as I can. I mean, I used to juice when I was healing how many times a day, you know.

eight to ten glasses of carrot juice a day. Um,

Chris Wark (21:56)
Same.

Paula Black (21:57)
but I didn't keep doing that the rest of my life. I I've

Chris Wark (21:59)
Right.

Paula Black (22:00)
eaten more normally, but it does change your awareness so that you're cautious about what you do and you don't do. So it just changes your habits because your beliefs change, because your decisions have changed. And and that allows you to go forward in life feeling comfortable with your life and not afraid of sickness or disease taking you out.

So

Chris Wark (22:23)
Yeah, that's

that's great. I mean, the massive action is a is a huge thing. And and I know there are a lot of people that are having a hard time taking that massive action, but I can tell you massive action produces massive results. You gotta you've gotta really pull out all the stops if you want to get well. And

we've been conditioned by the medical industry to look for the quick fix, magic bullet, miracle cure, right? Like, don't you just have a pill you can give me? Can't you just give me one

treatment?

Is there one cure? And and a lot of people take that same mentality into the natural world, right? And so they're looking for, well, isn't there just one herb I can take, right? Or one supplement. And so the silver bullet, like, where's the

miracle cure in in the alternative world? And I think that's a really dangerous strategy. And it's you're prone to fail. I of

course I've heard a few stories here and there about, you know, someone took one thing or something and they're they're

healed their cancer, but I tend to

Paula Black (23:23)
That's not the odds. That's against the odds.

Chris Wark (23:26)
yeah, that that's that is a rare occasion. But most of the people like yourself that I know who who have healed cancer, survived and thrived against the odds, long-term survivors, it wasn't because they just took one s herb or supplement or made one change to their life. They decided I'm changing my whole life.

Paula Black (23:49)
Mm-hmm. Mm-hmm.

Chris Wark (23:50)
I'm changing

Everything in my power. I'm gonna investigate my life. I'm gonna be honest with myself. Am I am I living in a way that's self-destructive? What are my bad habits? What are my my bad thought patterns? What are my bad eating habits? My, you know, like what am I doing that is that is not helping me? What do I need to change? And like my prayer life, it was like, Lord, show me what to do, show me what to change.

Right. What do I need to change? What needs to change in my life? Who do I need to forgive? And

Paula Black (24:23)
Uh-huh.

Chris Wark (24:24)
that was just a repetitive sort of daily prayer, just kind of checking in, you know, show me what I

need to change, what do I need to do? Like, because you can't change it all in one day. Right? That feels impossible and overwhelming. And then it's okay. Like,

Paula Black (24:33)
No, no, it's

Chris Wark (24:36)
don't worry. You can't change it all in one day, but you can start making making changes quickly. I mean, you can change your diet in one day.

Paula Black (24:44)
Yes.

Chris Wark (24:44)
Right? And that's a big change. You can change what you're eating.

Starting at the next meal and continue on. Like that, and that is a huge change that builds

momentum over time. You can also start exercising, unless you're in a, you know, an invalid, you can start exercising today and then continue daily, and that builds momentum. So those are two really big changes that you can make right away. And then you work

Paula Black (25:06)
Yes.

Chris Wark (25:11)
through all the little stuff like detoxification and

You know, adding supplements and doing other therapies and stuff like that and then working through forgiveness. And I know these are all the things you did, right?

Paula Black (25:22)
Yes, they are. I mean, uh, cancer is cause and effect, just like everything in life. Uh, but if you've been diagnosed with cancer, you have a big effect. That means there's been a cause to that big effect that's manifesting. And you can't get rid of it without another big cause and effect in the other direction. It's not going to just go away because you drink this one thing or take this one thing or do this one detox.

that's not adequate for something that big that took years to manifest. ah So you have to push. And I I in coaching I I'm I'm seeing people want to just do the even Steven thing, you know, push back a little bit, kind of halfway, you know, yeah, I'll I'll do this and I'll do this. And I said, no, no, you have to overwhelm the negative with the positive.

Do you want to live? Do you want to get rid of this? You do want to deal with it for two, three, four, five, six years, and do you want to get rid of it? Then be aggressive. Get aggressive and overwhelm it because it's not that hard to do. It's not that complex. Anyone can do it if they're willing to make the changes. It's just about us growing, being willing to grow and investigate our lives and change things. And it makes you better. It brings more joy.

It improves your life, but it's work. Where if you just go sit in a chair with a needle in your arm, okay, you can sit there and get sicker, lose your hair, and okay, you're treating the symptoms. You're not solving the problem. In fact, you're making the root problem worse because that depletes your immune system. It just kills fast-growing cells, but then they grow back again once you stop. So it's a band-aid.

on a forest fire. And why not just completely heal and get be get past the whole uh drama of cancer or any and the beauty about it too, when you heal from cancer, whatever else you're dealing with tends to heal too, because your body becomes healthy. So it's

Chris Wark (27:36)
Yeah.

Paula Black (27:37)
this isn't a cancer protocol specifically, it's a healing protocol. It's healing

Chris Wark (27:42)
That's right.

Paula Black (27:42)
your body.

Giving your cells the nutrients and the water and the things that it need they need to be healthy, giving your immune system all those things that build it back into a strong immune system to fight for you. And then doing the work in the mind and the soul, the mind, will, and emotions to heal of past trauma, to heal of unforgiveness, to heal of those things that you've drug around. You may not even consciously think about, but they're.

depleting your immune system with toxic stress hormones because they're unresolved. So, you know, so many people have these things. It's it's been interesting to do coaching because you see, which you did, I know some for a while too,

after we get the body doing the juicing and the change in diet and all that, which is pretty fast, you know, you get on the right protocol. And then everybody tends to gravitate toward these emotional things.

That that they're struggling with that have been causing them turmoil for years, many times. And

that's the majority of the work that we end up doing. Uh that's it wasn't my intent, but it's their intent. They now become, I now see that this that I have to deal with. And it's in doing that that they really get free and they really start feeling like they're becoming healthy. because those emotional and mental.

Issues that people deal with, they have an effect on your immune system. They deplete your immune system. They they inhibit healing because you're not thinking right. Two, you have to start thinking correctly. I I'm in in my new book, I wrote one whole chapter on having the ability to choose, to make a decision. Decisions are so powerful. And for a long time I struggled.

Feeling like I had the right to choose to live, that I could say, I'm gonna live. Because I had this disease and I thought, Do I do I have the power to say it's not gonna take me out that I'm gonna live? Do I have that power to do that? And it was a struggle to get to the point where I said, if I don't choose, it's gonna choose for me. So who who do I want to make the choice? You know, there's a scripture that's Deuteronomy thirty, nineteen that says, I've set before you life and death.

blessings and curses. Therefore choose life. God's

Chris Wark (30:13)
Yeah.

Paula Black (30:14)
telling us we get to choose. He gave us free will. We need to use it. And I needed to choose life because that was in line with him and his will for me. Um but it was gutsy. I I struggled to do it. Did you go through that at all?

Chris Wark (30:29)
Yeah. absolutely. So it's funny, I I talk about this in my book. I was working with a a practitioner and this is it was a holistic practitioner and she looked at me and she said, the first visit, she said, um, I need to ask you something. Do you want to live?

And I was that was kind of terrifying in the moment.

Paula Black (30:53)
It's a huge question.

Chris Wark (30:55)
Yeah. And I was like, uh, you know, I was like, I've never thought about this before. And and and the implications of the question, it was almost like time froze. Right? It was it was this

very weird, kind of like my life flashed before my eyes, and I had this download of sort of.

Revelation and the the revelation was the way I was living might have been killing me. That I've that I may have been on a self-destructive path, that maybe I secretly had a death wish, right? And that you know, all that was like very scary to think about. And like, what if I don't really deeply want to live? What if I secretly want to die? And I'm and and so it's like all that swirling in this like split second.

But then I also realized, wait a minute, I can choose to live, right? I can choose now.

Paula Black (31:52)
Yes.

Chris Wark (31:52)
Like I can decide now, today. And so I was like, yes, yes, I do want to live. And by the way, some cancer patients

don't want to live, right? And it's okay.

Paula Black (32:03)
It's true.

Chris Wark (32:05)
Some people they're at they feel like they're they're at the end of the line, that they've accomplished their life's mission, or they're just so depressed and discouraged that they can't really muster up a sense of purpose. And

That's really hard. And there's no judgment there. I just, you know, just want to acknowledge if somebody's watching and you're trying to help someone else, sometimes that person, and sometimes they have a strong will to live, but then they suffer so much under treatment that they just lose the will to live. They just are ready to die because they're so tired of suffering. But

Paula Black (32:29)
Mm-hmm. It's true.

Chris Wark (32:34)
anyway, I I chose to live and I would repeat that to myself. I am going to live. I love the verse in, I think it's Psalm 119 where David says.

I will not die, but live and declare

Paula Black (32:50)
I think

Chris Wark (32:51)

the works of the Lord. He has

disciplined me severely, but not unto death. And it's like, whoa, man, that's that is so strong. Because there's two

Paula Black (32:58)
Yeah.

Chris Wark (33:04)
parts of that, right? The first is the declaration, right? He's,

Paula Black (33:07)
Mm-hmm. Mm-hmm.

Chris Wark (33:09)
you know, people say, don't name it and claim it. Hey, that's all David does in the Psalms.

Paula Black (33:14)
Yes.

Chris Wark (33:14)
He

names the promises of God and he claims them for himself. No.

Paula Black (33:18)
Yes. No, you can't you can't minimize that. You cannot

minimize that name it, claim it thing. The words of our mouth, there's life and death in the power of the tongue, the Bible says. It is a powerful thing what we choose, the decision we make, and then how we carry that out. But it has to start with a decision. Uh and choosing to live no mat you know, we don't know. We don't know what we're gonna have to go through.

But we have to make the choice at the beginning, where's the race end? We have to know it's going to end with life in order to run the race. Because every decision we make, all the little bitty ones and the big ones, all come back to, well, what do I believe? And I believe based on what I decided.

Chris Wark (34:05)
And all those little decisions add up, right? They either add up positively, right?

Paula Black (34:07)
They do, they do, they matter. Mm-hmm.

Chris Wark (34:10)
Because you're sowing a bunch of seed, they put they they add up to a harvest. It's a that's a harvest

of fruit, or it could be a harvest of thorn bushes, right? And so like

when we really look at all of our daily decisions, our thoughts and our actions, and we want to orient all of those to be to produce a harvest of health in the future, not a harvest of disease. And jumping back to Psalm one nineteen just for a second, because I'm

Now I'm thinking about I want to close that loop. It's like, so David declares, I'm not going to die. I'm going to live and declare the works of the Lord, right? And give God glory for my survival. And we don't know what he was dealing with in that moment. Was he sick? Was it because he was being persecuted by Saul? You know, I don't know. But he was declaring and speaking life ah

Paula Black (34:55)
Yes.

Chris Wark (34:55)
over death. But then the second part, he says, you know, you've disciplined me severely, but not unto death. So he's acknowledging.

You know, God does discipline us. He allows us to go through difficulty,

right? And the root word of discipline is disciple. Right. And so discipline

Paula Black (35:15)
Yes.

Chris Wark (35:16)
isn't necessarily punishment. Okay. Because that's how we think. We think, oh, you need to be disciplined, right? Like you need a spanking, right? Think about discipline is punishment, but discipline isn't necessarily punishment, but it's also training.

Paula Black (35:33)
It is training

Chris Wark (35:34)
Right.

Paula Black (35:34)

and we're told that we're gonna have trials and tribulations in this life. We're forewarned that we will. But greater is he who's in us than he who's in the world. And always God's

Chris Wark (35:46)
Yes.

Paula Black (35:47)
will is life. So we start adjusting all the little things and the big things to be in agreement with that. We come in if if we're a Christian or we w serve God, we we want to be in agreement with Him.

And his will is for life. He is life. He created our bodies to live, to heal, to continue. But does that mean we won't ever get sick? No. Does it mean we'll never have a tough time and a tribulation over something? No. It means we will because he loves us enough to grow us up. Uh, we don't learn when everything's easy. We just don't.

Chris Wark (36:22)
That's right.

Paula Black (36:23)
I would have never learned how to take care of my body if I got zapped, healed, you know.

It would have not been good for me.

Chris Wark (36:32)
Yeah. If I had I say the same thing, if I had been healed miraculously, uh, I would not have learned anything, right? I I

Paula Black (36:40)
Yeah.

Chris Wark (36:40)
wouldn't have read the first book, you know. I'd it'd be a great testimony for sure. Uh, and I that I'd love to share, right? If I was healed in an instant, which people are. But, you know, God knew what I needed. He knew

Paula Black (36:53)
Yes.

Chris Wark (36:54)
I needed discipline. I needed to repent, I needed to humble myself, I needed to um

Learn. I mean, there was, you know, he prepared a ha a path ahead of me, right? He goes

before us. He directs our steps. He prepared a path for me that I didn't understand. And I didn't know I'd be here talking to you, you know, 23 years later. But he knew. And so it's like, hey, man, you're you're you're headed down a different path. You're gonna need to prepare. You're gonna need to learn some stuff if you wanna be encouraging and helpful to others, which that he he, you know.

Planted that seed and that desire in my heart way back then, and it has now come to fruition. Um, but yeah, you know, the the beautiful promise is is not that you'll have a carefree, easy life. It's that he works all things for our good, right? He that's

Paula Black (37:48)
Yes, yes.

Chris Wark (37:50)
Romans 8 28. He's no matter what difficulty, you can trust him to work all things for your good. And I wouldn't

Paula Black (37:57)
That's right.

Chris Wark (37:59)
I would not know how to trust the Lord had I not gone through in just very difficult seasons, cancer, and then some others. You know, and he has taught me to trust him completely and to cast my cares on him and how to have peace and joy and and be free from worry and anxiety and fear in the midst of turmoil.

Paula Black (38:22)
Yes. That's the beauty of this journey that we're on. We're on a journey on this earth and God loves us enough to grow us in the process. First Corinthians ten thirteen was kind of my signature scripture when I started the journey. I was in the Bible, I was praying. What do I do? What what's your message for me? How do you how are you gonna lead me? What's what do I need to do? And that scripture was one that I've been reading the Bible on and off.

You know, for a couple or three days. And that just kind of jumped off the page at me. And I knew that that was something that he was giving me for my for my use. And it says, I'll not allow you to be tempted beyond that which you're able to endure without making a way of escape. He was telling me, Yeah, you're gonna go through this, but it's not gonna beat you. It's not gonna overwhelm you. I'll give you a way through and a way of escape. And then Dr. Day was came into my life, and that was my way of escape.

She gave me information and when I heard it, I said, that's real information that leads to life. That's what I want. That's what I knew I wanted. And so I made the decision, which changed my beliefs about a whole bunch of things. That's how I was gonna heal. And then that trickled down

to everyday decisions, decisions every day, all day long. I was making decisions, but all of them were in agreement for the same purpose of living.

And being healed. So it was a gradual process. Took me 12 months. Uh, it was 18 months before I had a clean bill of health, but it took me 12 months to feel well, to feel great. And I got worse before I got better. You know, that's one of the hard parts of healing. Naturally, the disease is working, your immune system's depleted, so it's still growing, it's still doing things, and so the disease is still going. And

What I was doing now was trying to rebuild the immune system, which gradually put the brakes on, but it took time because I was so weak. So it took time for me to build back my immune system enough to where the teeter totter started tipping the other way again, to where I was getting better instead of getting worse. And it can be very discouraging. And I learned how to fight fear during that time. That was my big assignment, I think. Learning how to fight the

fear that kept coming at me, the doctor's words, the people's opinions, uh the prognosis that that I had from the medical system, those things would torment me and they would wipe out my faith and just leave me fearful. It was so scary. But I learned how to build back my faith, reading the promises of God.

Reading affirmations that said, I'm going to live and not die. I am getting better every day. I am um healed in Jesus' name. Whatever your affirmations are, it is critical that you choose what you believe and what you give authority over your body. Because your body doesn't have a will of its own. You choose what it has, you're choosing what it needs to do. You're telling it what it needs to do. And there's so much power in that.

Because every cell in your body listens to what you say. Every cell in your body responds to what you say, good or bad. So uh over time, those affirmations and those promises of healing and health and long life manifest in your cells and in your body and in your health and healing and help bring you around to life to where the battle's finally over.

And you've succeeded because you use the tools that God has given us all to use. He's no respecter of persons. He gives it to everyone equally. It's just whoever picks it up and uses it benefits from it. He can say it, he's not gonna force it. We have to choose it and put action to it, put our faith in action. And only then do we reap the benefits of those great promises. So, you know.

Chris Wark (42:40)
That's such a good

word because the promises are there, but the but you have to believe them and act on them. Right. Faith without works is dead, right? Faith is belief, right?

Paula Black (42:46)
Yes, you do. That's right. Yes.

Chris Wark (42:52)
Faith is belief, simply put, and action, works is action, right?

Paula Black (42:57)
I like

that because uh truly that if you go through scripture, you see faith is acting on what you believe. When we speak according to what we believe, that's an action. When we make a decision to do something or not do something, that's an action that we're based on what we believe in our heart is true. And so, yeah, powerful stuff that we have access to that's not that complicated.

But because we're not familiar, we we ignore it and we don't realize that how badly we need it. But it makes such a difference.

Chris Wark (43:32)
Yeah. And you have to set your doubt,

your doubt and your cynicism and skepticism aside. Right. And and which can be hard to do. I get it. It can be hard to do. Um, but for me, when I was sick, it was easy to do. It was easy. Because I was desperate. I was, you know, I was like, God, I'm gonna trust you in a way I never have before. I'm gonna get in your get in the word. I'm gonna get in the Psalms, just get in the Word. I'm gonna find the promises of God for me.

What are they? And I'm going to claim them for me

and just cling to them, right?

I'm going to just cling to them. I I love the psalm that says, My soul clings to you,

Lord. And that's, I mean, I've been in that place of of just absolute the pit of despair, right? Absolute desperation, where I was just clinging to God for life and health and um deliverance.

and guidance, right? Protection, all those things. And um and it you know, it's a very sweet place to be too, to be that

humbled and that broken and that sensitive to his presence in your life and his provision. Well you just when you're that when you're just hypersensitized, you just see him working. All right. And

in so many little ways that are so amazing and beautiful and and miraculous. And I know

a lot of people in our community, you know, understand this. They're right in the thick of it.

Paula Black (45:06)
Yeah. You know, you and I both had very serious prognosis. And you just mentioned that, and I have said that too, that I'm grateful that it was so dire because it pushed me to I'm not necessarily naturally never was a real disciplined person. You know, I was kind of happy, go lucky, positive, that'll fix itself, you know, that kind of person. And

Wow, when I was told three to six months to live.

That

forced me into this decision of saying, okay, if I'm gonna live, I gotta do this and I gotta do it right and I gotta do it aggressively, the cause and effect thing, you know. So

Chris Wark (45:53)
Yeah.

Paula Black (45:54)
I got in that race and I ran it for all I was worth and every day, every single day. And it was I made mistakes. It wasn't perfect. I wasn't

didn't do it perfectly. The beauty of healing naturally, which there's differences in how you and I handled things, but the principles were the same. The principles of healing are the same. They're universal. You've said that earlier. It's true. God created our bodies to heal. When we bring our body back into agreement with the design that He created us with, it heals. Our body's striving to heal. It wants to heal. It's built into it to heal.

But we have to help it. We have to be good stewards of it and and and help bring it back to the way God designed it to work, with his food instead of processed food that's not really food, and clean water instead of toxic water with fluoride in it, sunlight, you know, exercise, oxygen, the things that he created. We have to incorporate back into our lifestyle.

And they bring health because that's how he created us to heal, to be healthy. But our culture has robbed us of so many natural God-given gifts of life. And so we're programmed that this is unusual, that this is unnatural, that I can't I can't eat like that. I can't give up these things and eat that. I can't be that picky about the water I drink or

You know, they they don't want to get educated and and so they don't want to make the changes, but we're just going back to the way we were created. We're going back to the beginning. And and that always works. It will always work. Everyone who does that, uh, and

also cleans up the stress and the mind and the thoughts and keeps those in sync too. Those are important, as important as the body, uh getting nutrients is getting the mind.

getting the right words and the right attitude and clearing the s junk that's creating stress. They're equally important. You need them both. You can't just do the body. You've got to do both.

Chris Wark (48:12)
Yeah, absolutely. You know, God's word is a light on to our path, right? It's a lamp to my feet and a light to my path. His word will lead you and guide you. And the closer you get to the Lord and the more time you spend in his word, the more guidance and direction you get. And and um, you know, the the I I've been thinking about this lately because I just posted a video responding to a a clip from a pretty popular uh pastor who I think is great, great teacher, but

He he had a teaching on healing and I saw this clip and it and he was actually echoing something that another former pastor of mine would say that always uh made me bristle. And what he would say, uh this essentially, my former pastor would say, you know, God can heal through miracles or medicine or both.

Paula Black (49:05)
uh You left out the big one.

Chris Wark (49:09)
Yeah,

but you know, you you you you see the glaring omission there, right? And so that sounds real nice, right? yeah,

miracles or medicine or both. Yes, you know, God still heals, he's still in the healing business. Mirror He can heal heal through miracles or medicine or both. Well, the problem is that actually puts patients in into victimhood and it puts God in a box. You're basically saying,

God is is only gonna heal me one of two ways. It's either gonna be a miracle, which is great, or it's gonna be with pharmaceuticals.

Those are the only two ways. Or maybe it may be a mix of both. And it and it completely removes your own action, your own effort, right, from the equation. Well, maybe you have sin in your life. Maybe you need to repent, right? Maybe you need to forgive. Maybe you need to change your diet and change your lifestyle. Maybe you need to stop smoking and drinking and taking the pharmaceuticals that increase your risk of cancer. Right. And so it's a frustrating teaching because it's

It's like half true, right? And and beyond that, people are rarely healed by medicine, right?

They're rarely healed by pharmaceuticals. Pharmaceuticals will alleviate,

symptoms and you're you're vertically ill. And then the longer you take the medicine, the more problems, health problems you develop over time. And so, you know, that

Paula Black (50:27)
That's right.

Chris Wark (50:30)
flawed logic, I was thinking about it another way too, which is that, you know, it's like if you said,

If if a person was was broke and had no job and you told them, you know, God can provide for you uh either miraculously or uh someone will bring you money. So either money's just gonna drop on your doorstep or somebody's gonna bring you money. That's the only way you're gonna get any money.

Paula Black (50:58)
Yeah, how often is that happened? All of us

Chris Wark (51:00)
Right.

Paula Black (51:00)
can say almost never. Uh, where's our responsibility? Yes. Yeah. And this is healing is our

Chris Wark (51:03)
Yeah. And it's like, hey, wait, there's a third way you can get money. It's called get a job. Right? You can work for money.

Paula Black (51:11)
job. Healing becomes our job. It is our job. We're given a body. We only get one. We have this body that's created to live and to continually heal itself.

But if we don't take responsibility for it, God's not going around our will. He's given us free will. He expects us to be stewards of what he's given us. This was a gift. How are we going to handle the gift? So, you know, I'm 74 now and I feel good. I feel energetic. I feel healthy. I don't deal I I have never taken a prescription pharmaceutical medicine since since

having cancer and learning about all of that. We have to be stewards. We have to take the responsibility and say, this is my job. God has given me the tools. He's given me everything I need. Now I need to take those tools and use them and help my body heal. Because he will not say you just sit there and don't do a thing. I'm just going to come in and take care of it all. He's already taking care of it all. But now we have to pick up those gifts and use them.

And uh it's a blessing because it enhances our life in so many ways. Uh, and there's so much good in that. And the medical system.

Chris Wark (52:35)
They don't know how to heal. That's the problem. Right.

Paula Black (52:37)
They they treat symptoms. That's all pharmaceuticals

do is treat symptoms. And the symptoms don't cure anything. They just manage the symptoms of whatever it is you're dealing with. That may be a short-term solution for some situations, but not long term. And chronic illness like cancer, never is it the solution. It makes the root problem worse. So

You have to say, there's got to be a better way. And there is. And it's easier. It just you have to commit to it, but it's it's a better way because it's permanent. It's so

Chris Wark (53:15)
Yeah.

Paula Black (53:15)
awesome to get well naturally and feel like, oh, that whole disease that's such a terrifying word for so many people.

You understand it, what it is, how it works, how to reverse it. It no it loses its power. We have to, we have to recognize that it does not have more power than God has. It does not have more power than your healing body does if you manage it properly. So we just have to get on the right side of this disaster of cancer, which is cause and effect. It's not the same for everybody, but it's it's still cause and effect in your life.

In everybody's life.

Chris Wark (53:59)
Love your cause and effect analogy about, you know, if you want a big effect of healing, well, then you gotta take some, it's gotta, you need a big cause, right? You're right.

Paula Black (54:07)
Yes, yes.

Chris Wark (54:08)
You want to cause the healing, right? Something caused your cancer. Cancer was the effect. There is a cause. You need to, I I I obviously investigate and identify the contributing factors in

your life to

remove them and change them. And that massive action you take, you know, let the effect you want determine the action you take. And if you need want a big effect.

life and health transformation, you gotta take some big action.

Paula Black (54:32)
That's right. That's right. And you know, you and I, we teach health. I mean, that's what we do now basically. We teach what heals the body, what's health, what is it. What do doctors learn? They don't learn about health. They aren't trained on health. They're trained on disease and how to treat the symptoms of disease. Well

When you identify what it is you want when you're diagnosed, what do I want? To work with someone who's been trained to deal with the disease or someone who's been trained to deal with getting well and healing. You know, it's it's two different paths. If you're gonna put your time and attention and focus on one or the other, you can put it on managing the disease. So you're always focusing on the disease. That's your focus, that's your finish line, or you can put it on healing your body.

That's your finish line. That's your focus. And that changes the path you take. But completely different.

Chris Wark (55:34)
Yeah, you make very different decisions when you're when you have a long term healing goal. Well, when your goal

is total restoration of health and long life, right?

Yeah, you're gonna if you're that's the lens and that's the filter that you're making your decisions through, you're gonna make different decisions. You're not gonna make

the short term, you know, quick fix, magic bullet, you know, type decisions. They don't make sense in, you know, in that context.

Paula Black (56:02)
They

they don't, and you know, I liked my doctor. You know, there's a lot of wonderful people in the medical industry. They went into it for the right reasons, they're they're wanting to help, but they're they've come into a system that is bigger than they are. They've come into a system that is set up to operate for money with certain protocols, and the doctors are limited.

They have to adhere to those protocols to keep their license at that hospital, to keep their job to be to keep in good graces with the medical board. They have to. And what I think a lot of people don't realize, I mean, when I was a little girl, the doctors still had their own encyclopedias and research books that they would try to study and learn what was wrong and what was the symptom caused by what

What's causing this problem? And they try to really solve it. We doctors can't do that anymore. Now they're limited to okay, you have these symptoms, this is the protocol. They can be good people, but they are stuck with a protocol. And you're just coming into the system. You aren't coming into just that doctor. That's just the face you see, but you're coming into a system that is set up to manage a disease a certain

Chris Wark (57:20)
Yeah.

Paula Black (57:20)
way. You know, so it's

It's at least look at it for what it is as you make decisions. And and really truly, the reason I wrote this most recent book, Winning Over Cancer, The 10 Facts I Wish I Knew When I Was Diagnosed, I'm thinking I had no clue that these things were true. And oh my gosh, people at least need to have information that's basic information about cancer before they pick a path.

So that they pick a path that they can live with, that they can say, I chose this. I wasn't deceived. I chose this knowing what I know. And really, that's the purpose of the book, not to say you need to heal naturally, you need to heal that way, you need to do this protocol. It's to say, at least know these facts that are in medical journals. The doctors will admit that they're true, uh, but they don't tell you. So know them for yourself.

Go learn. Uh one of the things that I learned right away, thank goodness, I had time to educate. I I was being rushed. And I was helping that rush at the beginning. But after I started putting the brakes on, everybody was pushing me. Get on, get in, get in, get we got to do this, we got to do this, we got to do this. And once I learned about cancer, how it works, what it is, I realized I have time.

To educate. I'm not going to take a ton of time, but I have enough time to educate myself so that the path I choose will be by my choice, with knowledge, with with intelligence, with intention, rather than just to

throw a hot potato at someone, you know, just hurry, hurry, hurry. I've got to do it. There's the urgency. And you do it without really understanding what the consequences might be. Um, so

Educating yourself, taking time to educate, to learn that there are other options. You get to

choose. Everyone gets to choose what they want to do with their life, what how they want to handle their body, how they want to handle the sickness that they've been dealt. Okay. Take the time so that you make a wise decision that you can live with, that you feel comfortable committing yourself to. So I've coached too many people, been through the loop and said, no one ever told me this, never told me this. I didn't understand that.

I wish I'd have known before I did this or that. So, and I wish I'd have known before I did some of the surgery I did. I wish I'd have known. I didn't need to do as much surgery as I did, not even close. So, but I did it, but I I still was able to come through it and come out and heal in spite of that. So uh it's not an exact thing. It's a it has a lot of grace in it.

But there are principles that you have to adhere to to to get the results you want.

Chris Wark (1:00:21)
You know, it says in Hosea, I think it's Hosea 6, 8, My people are destroyed for lack of knowledge. And

what you're talking about is how important it is. And knowledge applies to lots of things, not just cancer, but in the cancer conversation, getting knowledge is very important, acquiring

Paula Black (1:00:38)
Yes.

Chris Wark (1:00:38)
knowledge, gaining understanding, right?

And then using wisdom to make

Good decisions, right? The best decisions for you. And I love that you've written this book and and you are giving people the knowledge and the understanding that you wish you had had in the beginning, things that you know now and I know, uh, that will help them make a wise decision about treatment, right? Understanding the

Paula Black (1:01:07)
Yes.

Chris Wark (1:01:08)
medical system, understanding what works, what doesn't work, understanding how your immune system works and.

The things that you can do to help yourself and to increase your odds of survival, to decrease your risk of a recurrence, to feed your body, nourish yourselves, all these things. Like you're not born knowing these things. You have to be taught them.

Paula Black (1:01:28)
Try it.

Chris Wark (1:01:29)
And so, uh, Paula, I'm so glad you're doing this. I thank you for doing this interview. Let's make sure we people know how to connect with you. And is the new book on Amazon? Okay.

Paula Black (1:01:40)
It is. It's on Amazon.

It's also uh on my store uh at my website, PaulaBlack.org. And I want to offer your listeners a 10% discount if they want to buy at our store with the coupon Chris 10. But I'm also wanting to take another 10% off of every order and donate that back to Chris War be Chris B cancer because you have a donate page, you have it work that you do.

People can give donations to you to help you in some of that work that you do. And we want to do that. So

Chris Wark (1:02:15)
Well, that

that's very sweet, but actually I'll divert that to Healing Strong. Yeah, I'll divert any of that. Yeah, I'll divert

Paula Black (1:02:20)
Okay, okay. That's your choice. Okay.

Chris Wark (1:02:23)
that to Healing Strong, my favorite cancer charity. Yeah. And that's awesome. Thank you so much. That's that's really great. And we'll we'll put links below in the show notes and on the website and anywhere you're watching this, you should be able to find those links. Paula Black.org is how to connect with Paula. And um, if you made it this far in the interview,

You can tell Paula's awesome. You know why I wanted to interview her again after eight years. Uh, and it wasn't just 'cause she had a new book. It's just I love connecting with Paula. She just Yeah.

Paula Black (1:02:55)
Well, it's always great to talk to you. You are

so you're doing the work. You're doing it and you're doing it for the right reasons. And I love that. I love being able to talk to you. It's wonderful.

Chris Wark (1:03:08)
Me too, me too. And hopefully, you know, in the coming years or something we can maybe get together at an event, get an event organized and and yeah,

Paula Black (1:03:15)
be wonderful. Yes.

Chris Wark (1:03:17)
it'd be great to to put something together like that. You're you're on my short list. I think I'd love to to you know, we're we're working on an event for next year and maybe we can get you on it. So we'll see.

Paula Black (1:03:28)
Okay, that'd be awesome, Chris. Well, best of luck to you. Thank you for the invite to be here. I loved talking to you. And I really hope and pray that the listeners benefit from this conversation.

Chris Wark (1:03:41)
I know they will. Well, thanks for watching, everybody. Thanks for listening. Again, PaulaBlack.org is where you can connect with Paula. And please share this video with people you care about. You know, the world needs to know that cancer can be healed, that there are more options that that than doctors know about. And that it doesn't have to be a death sentence or a hopeless diagnosis. And there are so many people like Paula that I've interviewed, all types and stages of cancer who've healed against the odds. And so

Once you understand that healing is possible, it really unlocks this potential that it ignites hope in your heart that you didn't know was there, right? When you when you understand that people have healed against the odds. So, anyway, that's why Paula does what she does. That's why I do what I do. So, again, please help me by sharing this video, reposting it, liking it, commenting, subscribing, doing all the stuff that helps us reach more people and encourage more.

people. So thanks for watching. I'll see you on the next one.