Introduction and Guest Welcome

I was always such a pleasure to have my dear friend James Templeton with me. James, thank you so much for sharing this time with me. It's great to be with you.

Doctor Carl, it's always fun and I hadn't seen you in a while, so it's good to see you. Yeah. Likewise. So for people that haven't heard your story, can you just kind of briefly cover that?

So, so people understand where you're coming from and that this is not a kind of theoretical journey that you've had. This is something that you lived yourself.

Yeah. Yeah. Well, I'll tell you, this is over 40 years now after getting diagnosed with stage four melanoma that had spread through my lymph nodes. And I did have surgery.

Melanoma Diagnosis and Early Treatment

But how it all started was I was living in Texas and everything was going great, and I ended up going in to get one of these cardio stress tests, because I had a lot of heart disease in my family, and I didn't want to die of a heart attack at a younger age, like my father and my grandfather.

So I go in to see a doctor that was that did these cardio stress test. He got me on the treadmill and he says, oh my God, he says, you're a great shape.

I was a runner. I, I've always been into exercising a lot and all that. And he says, you know, whatever you're doing, just keep doing it because you're in tremendous shape.

You broke the record in our office. Nobody's ever done this. Well, had recovered. It's on the test. And then you recover really quick and everything looked great.

And he says, after thoroughly examining you, he says, you. Everything seems great. He said, the only thing I could see is you've got a a mole on your back.

He said, it looks a little different to me. He says it's a little strange looking and suspicious looking, he said. And if I was you, he probably isn't anything.

But he says, if I was you, I would go in and get a an expert to look at it, a dermatologist. So I didn't think much about it. And he didn't seem to, you know, concerned.

And 2 or 3 weeks later I went in to see a dermatologist, and he looked at it and he he got all excited and he said, oh my God. He said, I think you have melanoma.

And I'm like, what? And he says, I think you got melanoma. He says, I've seen a lot of this looks like it to me. He said, we're probably going to need to do some major surgery on this and remove a big portion of the area around you, this mole.

And I just didn't like his bedside manner because he was so excited and giddy about it. And, I don't know, he just was very serious. But he got all excited and I said, well, let me think about this for a few days and I'll get back to you, because I made up my mind right then.

I wasn't going to work with this guy. There's no way. I just didn't feel right about it. And I went home. And of course, I was upset because here I thought I had life by the tail, and now I'm in here with this diagnosis of having

possibly millennium.

So I go to a home. And my wife said at the time, look, you need to go get another opinion. And she was right. I needed another opinion. So I went to see a dermatologist, you know, about an hour's drive away.

And he says to me, he says, well, it looks suspicious to me also. He said, my wife had melanoma and he said, she's fine now. It was stage one. And, you know, like she probably never have to worry about that anymore there.

And so I thought, okay, that's encouraging. He said, I've got a really good friend that's an oncologist he's in down at the medical center. This was in Euston, Texas, and he said, this guy, if anybody knows about this, this guy's world renowned.

He's, you know, this and that, go see him. So I went in to see him. He goes, okay, well, it looks suspicious to me too. He said, the only way we're going to know is to remove it.

Let's just remove it and we'll send it to the lab, see what it is. So he took it out, took a big chunk out of my back, and he sent it. And he says, I'll call you in a few days.

I got home two weeks later. He hadn't called yet, and I'm like, what the heck's taking so long? And I was facing him for and you know, and anybody has had cancer before knows how nerve wracking it is when you're waiting to see, you know, after a biopsy of something, you know.

And so anyway, he called me a few days after that and he says, well, I got some good news, some bad news. He says, the good news is it's melanoma. But, you know, and he said, because here's the good part about it, we think we got it all.

We we don't see any issues around the peripheral areas of this incision that we did. So we think we've got it all. So the bad news is it's very deep on the Clark scales.

What he said. He said it's a stage for he said that means it's probably going to spread if we got to keep an eye on it to somewhere else in the body. He said chances are we'll never see it again, but we got to really watch it.

So come in every three months and we'll check you out. We'll feel your lymph nodes and we'll do all this stuff and make sure that there's no problem. And if there is, and we'll have to take care of it.

Well, I did what he said. I went in and did this, and of course, I wasn't the same person anymore. I was not that easy, happy go lucky, you know, very business oriented guy, very ambitious back then, had several businesses and I just wasn't that guy anymore.

I was living in fear now and knowing this. And I talked to a doctor that that I met on a ski trip and he said was a surgeon, that the cancer surgeon and stuff like that.

And he goes, well, I hate to tell you this, James. He says, but people with stage 4 million usually don't live more than 2 or 3 years at the most. And I'm like, what?

You know, I mean, that just did it for me. And I really, really lost it after that. And I just, you know, kind of like, I don't know, I always felt like I wanted to give up a little bit and, you know, just kind of felt down and depressed.

And so my wife ended up leaving me. She didn't like the way I was acting, I guess, and was maybe she wanted to leave me anyway. And this was a good excuse at the time, but she left me.

And after that I just kind of really got into a really funk. But before I knew it, everything had been doing okay with this. Before I knew it, I found a lump in my groin and it was like a large marble.

And I said, oh my God, I get this checked out.

Turning to Macrobiotic Diet and Vitamin C

And I called the doctor. He said, come in. And and long story short, I ended up going in. He wanted to see what it was. We did surgery and I woke up, you know, and I knew I was in trouble after the surgery because he had I was all bandaged up, had tubes in my leg and all this.

And he comes in, he says, James, I'm sorry to tell you, but the cancer spread, it's in your lymphatic system, he said. He said, we're going to have to get real aggressive with this, and I want you to do 80 chemotherapy treatments, experimental chemotherapy.

He said this does this mill like you have is very aggressive. And he says, the only thing I know to do is experimental chemotherapy. And back then it was hypothermia.

You hear about that nowadays but hypothermia. And he said this this is we're going to elevate your temperature. We're going to get as high as we can without harming you.

And then we're going to induce the chemotherapy drugs into your veins through IV. So this will take 8 to 10 hours a day. And he said you'll be in the hospital because you're not going to feel like being going home.

And you'll have to be in the hospital. So after this we're going to wait three weeks, probably be in the hospital here recovering from this surgery because they basically removed all my lymph nodes in my groin area.

And, you know, I was just I couldn't I mean, it was saw and just, you know, I couldn't walk or anything. Harley. It was so sore there. And he said, and by the way, you need to do a limp drainage pump because you you're going to if you don't, you'll get lymphedema.

And he said, we don't want you to end up losing your leg because he said, you got to do this every day, probably for years. He said, because this is very serious if you don't do it.

And he said, so after this, we'll do the chemotherapy. You'll come back every two months and do five more treatments until you get to the 80. Then I asked him, as a doctor, what are my chances from what you've seen, your experience?

He says, well, he says, I think you've got a 20% chance to survive. Survive for 3 to 5 years. He says, if we can get you through this chemo, he said, if you don't get through the chemo, it'll be less than that.

But he said, if you don't do the chemotherapy. He says, give me a lot less than that. He kind of handed like it might be a year or so because he said just from my experience.

But he said, you never know. This is my experience. Well, that didn't sound good to me at all. Here I was, 32 years old and I said, I gotta find something to do here.

I can't just lay here and just be in the hands of this guy and let him control my destiny here. And I just didn't want to do that. And I knew there had to be something I could do.

And I started to really focus on that. And I was, of course, I was very depressed and I wasn't very that had no energy from the surgery and all that. And I was laying there in the hospital bed, oh, morphine, because of my pain.

And I tried to go without it. But that's what happens. You have to you just can't stand it. It was so painful. So then after a few days of that, I'm laying there and I got a phone call.

This is when things started happening for me. I got a phone call from a minister to church that I went to. Now, I wasn't a really a religious guy, really, but I went to church a couple of times a month, and I knew the preacher there, and he says to me on the phone, he says, James, I'm sorry to hear about your condition.

He said, I've been praying for you and many people. Church and in town. I lived in a smaller town. He said. They've all been praying for you, and we really know that if anybody can beat this, you can.

And he says, listen, he said, you're a tough guy. You're a runner. This guy was an expert baseball player and a runner too. And I ran with him before.

He's older than me, but just really nice guy, but tough, gritty guy. He says, listen, he says, I know you can beat this. He said. He says if anybody can, again, you can.

And I want you to not give in to this and don't feel sorry for yourself. And you just get down on all fours and you go to battle with it. He says, you beat this S. O. B. in cancer.

He didn't say it like that. He said stuff. I never heard a guy talk like that. Just he used a few four letter words and it just like it got me. I was laying there in the bed, you know, and I set up and I said, he's right.

Well, I'm whipping out on this stuff and I'm not going to give into it. He's right. Well, this is when things really started happening for me. And it's, it's it's like a miracle happened for me.

And I started, you know, like praying. And I started praying to God, the higher power, whatever anybody wants to call it. And I said, I need help. I'm desperate.

I've never been this desperate in my life. I know there's something else I can do. You gotta guide me through this and blah, blah, blah, and I, I was kind of an audience for me, and I it's probably just out of the, just the condition I was in.

But it's just it was different, you know, it wasn't it wasn't like a, you know, when you, when you say your prayers or whatever. But anyway, after that prayer, this is when I bought, I would say probably 20 minutes after that prayer, I got a knock on my hospital door, and through the door comes an old buddy from college that I hadn't seen in about seven years, and he heard from a friend of ours about me being in there and having gone through all this, and a friend of a friend of his at where he worked, brought him a piece in an article about a guy that healed himself with a diet and lifestyle, and it was about a diet called the macrobiotic diet in lifestyle.

I'd never heard of that. I didn't know anything about either stuff. I was just like a normal guy. So anyway, he comes in. He adds that I said, let me have those what he got in his hand.

I said, I'm going to do what's on those papers there. I'm going to do it. He goes, well, you don't know anything about it. I said, I don't have to. I'm going to read about it.

I'm going to know about it. If it'll help that guy, it'll help me too. That's how I felt. I said, this is from up there or wherever. This this is, I'm supposed to do this.

And I knew that with every selling my body, that's kind of how I felt. And so I asked him to go out and get me the book that the guy, it was a book review, and it was in a Let's Live magazine book review about a book.

And anyway, I, I knew this was going to be the best strategy for me. So he went and got the book. I read the book. I couldn't put it down. And it was by a guy by the name of Dirk Benedict, which was a been in a TV star, movie star, and he had been on this show back then called the A-Team.

And he was the younger guy, the good looking younger guy. Blond had a guy, and I read it and I said, if it'll help old Dirk, it'll help me. I know. And he talked about, you know, all the things he did.

And I got excited. I started to get excited. And the thing is, is the next morning I got another knock on the door, and here comes my stepmother that raised me come through the door.

And she had a book in her hand. And it was Lioness Paulie's book about vitamin C and cancer. And I never heard

a lioness Paul. I didn't know anything about this.

And it about high dose fighting with C people that took high dose vitamin C, that were terminal, lived much longer. Some of them survived and all that.

And I said, well, I'm going to do vitamin C, I'll do this diet lifestyle and the vitamin C, it'll help them, will help me. So now I'm really excited and I knew that I was on to something here.

It just in, just inside in my in my every bone in my body felt like I was on the right track. All of a sudden things were happening. The next day, next morning, I got another knock on the door at the hospital.

Here comes a guy through the door and he says, I'm your psychotherapist.

Hospital Experience and Commitment to Change

And he says, listen. He says, I've been hearing that you're very depressed. And and, you know, I understand what you're going through and I feel for you, but I'd love to come talk to you.

Maybe we I can help you in some way or another. And he said, is that something you can do, would like to do? And I said, sure, come and talk to me. So he said, I'll be here in the morning and we'll sit down and have a conversation. Well, I wanted to ask him about this macrobiotic diet and see if he knew about it.

So the next morning he comes through the door and I said, right off the bat, have you heard about a diet called the macrobiotic diet? And he just turned around and started going out in the hall.

I thought, well, he I ran him off. He don't want to hear about this. And he goes down and starts looking down the hall and he comes back in and shuts the door real tight.

And he says to me, he says, I have heard about it, but I'm not going to tell you what I know about until you promise you won't tell a soul. I don't want to lose my job and my pension here.

And I said, I'm not going to tell anybody. I was really excited. Now he goes. I've heard a lot of good things about this diet. I've known people personally that overcame cancer using this diet and lifestyle, he said.

I tried it myself, but he said it was too much work for me. He said I just I didn't have cancer. I just thought it sounded like something I should try.

He said I didn't do it. But he says, I've heard a lot of good things about it, but I don't want to tell you here, right now. There's a right way to do it and a wrong way to do it, he said.

It takes a lot of work to add a time, but it's almost like, you know, a full time job with this. And he says to me, he says, you don't, by the way, seem very depressed.

He said, you seem excited. And he said, you know, you don't seem like the guy that the nurses told me about. And he says to me, he goes, I was excited now about everything.

And by him doing that in secrecy, closing the door, I knew I was really on to something. He said, you seem like the kind of guy could do this. You're young and you seem like you're determined to find something, he said.

So I think it would be a very good step for you to do this, he said. But again, don't tell anybody I ever told you about this. And he says to me, he says, remember, if you're going to do it, do it the right way.

And I've never forgot that. And when he left, I was so excited. So I got out of the hospital, went home, started to read everything I could get Ahold of, very excited about it.

And I read a book called Recalled My Life by Charles Satellite, and he talked about the, you know, he was a doctor that overcame cancer using the, the macrobiotic diet.

And and anyway, I got it very excited about it all. And two months later, I, I had been in the starting to get into that a little bit, but just starting.

I was trying, but I was trying to recover from the surgery still. And so anyway, I go back in to get more chemotherapy and I had one, one batch of it and it made me sick, really sick.

But the second batch I had, second five I they must have doubled or tripled it. It was so bad. And I don't know, I just was so sick. And I remember laying there one day and I was so lethargic, so sick, I couldn't eat or, you know, sleep really.

And I was throwing up and it was terrible. And I told the guy, the doctor that that oversaw the chemotherapy, that if a little's good, a lot's better give it to me, you know, because I thought, I'll do it all.

But he bout killed me. So I'm laying there and I remember the nurse coming in and I was just out of it. She said, get people in here quick, get some blank, get some cold ice packs.

This guy is temperatures way too high. He said he could die with this temperature. And I remember that and said, who's been watching him? You know, and I said, I got to get out of here because this stuff's making me sick.

I couldn't eat, I was so thin then. And the doctor comes in the next day and says, I hear you've been having a rough time. And I said, yeah, isn't there something else I can do?

And he said, this is the doctor that removed it originally. He says, I don't know of anything else. This is all the thing we know to do. And I said, what would you do if it was your son or daughter?

I do the same thing, he said. I don't know what else I could do. And I said, but isn't there something I can do like vitamin C, high dose vitamin C, change my diet, you know, all that kind of thing because all that's that's not going to help, you know, that works.

And I just knew that this guy I need to get out of this place, you know. And I said to him, doctor, I'm so sick I could die in here. He goes, well, we're all going to die someday.

And boy, that that got it right there. That's made me so mad for him to say that to me. I raised up in the bed. I had no energy. And I said, listen here, you S. O. B., if I could get up out of this bed, I'd tear you apart.

And that guy turn around and walked out the door. And I never saw that doctor again. And because the next night I made up my mind I was going to sneak out of the hospital at two in the morning.

I got up out of there, putting my jeans on, and I went down the hall looking for the nurses station. Nobody was there. I turned and went down along the edge of the wall, down the stairs, and I know was 4 or 5 flights down to to the park, you know, to where the parking lot was.

I never looked back and I made up my mind. Then I was going to give it 150%, and if it didn't work for me, it wasn't going to work for anybody else. And I was so determined to show that doctor I wanted to kick his rear, but I wanted to show him that I was going to overcome this and I was going to outlive him, whatever it took.

And that's what I did.

What the Macrobiotic Diet Includes

And then I went home and I dug into the macrobiotic diet, tried to do everything I could for as far as the lifestyle was concerned, changed my outlook, started reading everything I could.

And I'm still here, you know, 40, almost 41 years. So, you know, there was a lot there is a lot to sometimes taking control of your own health and walking away from somebody you don't feel comfortable with and doing the right thing.

I wanted that doctor to say to me that, hey, look, this might not work for you, but I'm going to go home and I'm going to do some research, and I'm going to do everything I can to try to help you find something else.

But no, he didn't do that at all. It's like all this is the only way. And if this doesn't work, then sorry. You know, that's how it is. And so I know that you I mean, people can read a lot about kind of the details about the macrobiotic diet in your book.

You know, that you have, but can you give a little bit of an overview what what macrobiotic diet is. So people have standing? Yes. The macrobiotic diet is a diet that consists of eating a lot of whole grains, like, you know, brown rice, barley, millet, things like that, that their whole grains, not not processed grains, not crack grains, not breakfast cereals you buy at the health food store or whatever, but it's eating organic foods.

It's eating whole grains. I would say it's anywhere from 40 to 50% whole grains, and then probably like 25% vegetables and tons and tons of vegetables, like cruciferous vegetables, what I call alien vegetables, which are kind of in the onion, onion, leeks family.

And it's anti-cancer, you know, vegetables like the, the cruciferous because as we know now. So for Fein is a very important aspect of cruciferous vegetables.

And, and that it contains a lot of that anti-cancer. But it's also very high in the fiber source. So it does lower your blood sugar does lower the glucose levels more than just people eating the cereal grains and all this stuff.

And I found that to be very, very healing, very detoxifying. But it also helps with your intestinal flora, with your probiotics, because grains are a prebiotic.

And and that means that they create, you know, healthy, I guess you could say intestinal flora in your body. And, you know, and I learned later on that 80%, up to 80% of them probably around there is, you know, your immunity is your gut health.

So it does a lot of that. And it has the fermented foods like me so and the certain soil sources. But this fermented soy sauce people go well, soil is not good.

And this and that. But this is different. It's fermented, it's all fermented. And there's a right way to cook all this stuff. And it also has a lot of legumes, like beans, like mostly the smaller beans, like lentils, chickpeas, a dookie beans.

And you eat those on a regular basis because it gives you the protein. Now, I think that the macrobiotic diet is probably not high enough in protein for a lot of people, because I saw myself included.

I was very thin. I went from 175 at one point to all the way down to 125. And when I was sick and and so I ended up back at about 145 for good while and but I felt great.

I felt just excited inside. I was, you know, like just high as a kite from this food because I'm eating real food. I'm learning to taste the real food.

We didn't we didn't eat dairy food. We didn't eat nightshades. We didn't have a lot of the stuff that people are eating. No, no cheese and all that stuff.

So it's very cleansing, but also very nutritionally, you know, with the final nutrients just loaded with phyto. We didn't need a lot of fruit a little bit, but not a lot because of the sugar aspect.

And it really was kind of designed for cancer. And most of the people I met, because I ended up living at the macrobiotic community in Becket, Massachusetts for several years.

Eventually I ended up had had the chance to move there, and I did, but I enjoyed it. But the diet also has sea vegetables in it, seaweed which is high in minerals and all that.

But nowadays you got to really watch it even probably then. But all the grains we had was were most of the grains, not all of them, but the rice the most was short grain brown rice was freshly hulled.

And I recommend, if anybody's going to do a macrobiotic diet to get them a rice hauling machine and get organic and hold rice, and do that because you get a lot more energy from it by doing that.

The other thing you've got to do is you've got to soak your grains nowadays. And we did back then, but really got to do. A lot of people are lazy. And like the guy said, it's the right way and the wrong way because grains can contain cadmium and arsenic and they can, Michael.

Toxins and all that. So when you soak the grains, you know, for overnight and then you drain it and then you never use the water, you soak it in, you drain it, then you take and then you rinse it again for like no, 20 or 30 minutes.

And you don't use that water either. A lot of times people would soak their food. Oh, will you choose that water? No. And that gets rid of a big, probably 80% of the cab and arsenic, heavy metals, you know, and the toxins and the beans too.

You got to do that to the same way. Beans and nuts and seeds. And we didn't eat a whole lot of nuts. We ate some seeds. But, you get some, but so you you're better off if you can soak these things and be conscious of that and to do that.

But, you know, there's also fighting acid in the grains, too. So you want to get rid of all this stuff. And one of the problems is a lot of people are on a macrobiotic diet.

They're not taking vitamins and minerals, and they get a little bit mineral deficient. They get deficient and B 12 iron, calcium, things like that. And you really need to supplement because the like they're not doing dairy foods.

So they're not getting a lot of calcium. So the calcium helps carry that stuff out of your system you know. And then there's the the vegetables have oxalates and all that helps get biotic acid and oxalates out of your body.

So it's very important, I think, that if I was going to do the macrobiotic diets just starting out, I would I would want to do the macrobiotic diet. I would definitely have all organic.

You don't cut corners. That's another part of the right way. And you prepare the food yourself if you can, because you're putting your the healing energy back into the food.

Your your intention is to heal yourself. And I think that that's the key and the lifestyle aspects of of doing we did these, these exercises, what they call doing where you're tapping on the different meridians, energy meridians in the body, and you're also exercising, walking every day, doing deep breathing.

You know, whatever you can do, it's important to keep moving and not just eat. And that's it. And food is not everything. And also work on your emotional side of things and meditate.

I mean, we did a lot of back then, we were doing chanting and different things to help, you know, energize the chakras in the body, the energetic chakras.

There's a lot more to it than just eating, but it's a very spiritual type of way of living and eating, and it does make you feel more balanced throughout and and more connected, you know, to the higher power.

That's how I always felt. And, and I just felt like I said, I felt really good. I was more hungry, I wasn't eating enough protein. So I recommended people eat lean protein.

There's some of the more teachers now macrobiotic teachers recommend that, you know, to eat lean protein like fish more. We only eat fish once a week, and that was like a fish soup or something.

So we weren't getting enough. And and I mean, we did blood tests sometimes and they would find that we were very low. Our cholesterol was too low, our vitamins and minerals were low.

Not everything, you know, some things. But I found it to be just a wonderful way of of bringing yourself back to balance, because I always felt that cancer is nothing more than bodies telling you that it's out of balance and you got another chance before it's too late to bring things back to the center.

And a lot of people don't. They wait too late, they wait too long and they haven't not don't have enough energy. And as I know that the immune system is king and you've got to have a strong immune system, you know, T cells, natural killer cells, all that have to be activated and ready to go to war, you know, and if they're not.

And that's the other thing. Macrobiotic diet can be low in vitamin D. So get out in the sunshine. But take some take supplements and take at least take a good healthy, you know, multiple vitamin, not something you buy down at, you know, Walmart or somewhere, get something that's, you know, really healthy, very, very, you know, third party tested all that.

But also look into taking a lot of the anti-cancer supplements along with it, because I believe if you eat more protein, you need a diet like this. You, you you cook it yourself mostly.

Or if you can find somebody to cook it, if you can't all have the time. And, you know, I just always took leftovers to lunch, I cook and I cook breakfast and I take my leftovers for lunch.

And then at night I'd make another meal, but I never cutting corners. And I did everything I had to do day after day after day after day. And but a good, healthy, lean protein and the I mean, the beans are good too.

So you want to eat a little, maybe a little bit more of that and less of the grain nowadays. I mean, some grain, but I don't eat near as much.

Supplements, Detox, and Immune Support

I mean, I was up to here in grains, but it is very, very, very detoxifying. I never met a person that was constipated on a macrobiotic diet. They it just it's like a broom.

Somebody going in there and just cleaning you out and in the heavy metals and everything is an issue that we have to deal with these days. And, and there's a lot of things you can do, like EDTA.

And I really am a big fan of IVs and, you know, just saturate yourself with vitamin C, take it orally, high amounts of orally and saturated IV's. I mean, there's so much you can do nowadays.

And I also along my journey was a big fan of old. I mean, not ozone. I was going to say, oh, I'm a fan of ozone sometimes, but it's good, which is a mistletoe.

And I did that for a whole year and injected myself with Escadre for a year. I found that out through an anthropological doctor through after. I felt like there was other things I needed to do, and I was doing really well.

But I realized that I needed to do more. And so I started up in my protein, started eating more protein after I met one of my teachers, doctor Hazel Parcells.

That was, by the way, over a hundred when I met her and she told me, she said, honey, you gotta eat more

protein. She said, you're going to get sick again eating this, this very low protein type diet and you need to take some vitamins and minerals.

You know, she was right on. But all along my way I learned about the Escadre, which is mistletoe. And that actually activated my immune system even more.

And I felt like I had the slight flu for 3 or 4 weeks when I first started. And I did that and I started to feel really well. But one of the key factors that I have learned through some of my teachers, which I felt were real masters, is that you've got to make sure I don't.

I don't even think you have to make sure, because I think everybody is. But I found through my research, through my teachers research, through my blood work that I've done, that everybody that has cancer has an overgrowth of candida and fungus in their body molds, you name it.

The other thing is parasites, intestinal parasites. You've got to get that stuff out of your system because that is the most immunosuppressive thing probably known to man in our bodies.

The first thing when you take a dog or you have animals to a veterinarian, they're going to look for parasites. That's the last thing a medical doctor is going to do.

You can be dying and they're going to I don't even look for it. You go, well, they you know, they don't look for candy, doesn't fungus in your body. They don't look for that. They don't do any of the stuff.

They just give you another damn drug for it. But so what I'm trying to say is get to the root of the problem and get rid of it and detoxify. And just because you get rid of it doesn't mean you don't.

You just forget about it because it's going to come back again. You guys, like staying cancer free is like full time job for the rest of your life. Maybe you slack off a little bit.

My God, you. It's just it's like going to war. And the war never totally ends. And it's one of those things, you know? And if you want to be around, you know, you can't just go back to your old lifestyle.

You'll end up with the same problem. Or you could very well. And that's one of the things I've seen. The two things I've seen is that. And also people just they cut corners with the macro diet, for example, macrobiotic diet.

They they'll just go down the health food store and buy some cereal grains and they're beans and like beans and rice or whatever, that's just not enough.

And then they go, well, it didn't work for me, was not going to work for you because you're not doing the right way, is the psychotherapist told me, I keep saying that every I'm always saying that to myself.

And I tell people when you're trying to stay healthy, there's we're not perfect. Nobody's going to do it perfect every time. We all make mistakes. But with the macrobiotic diet, you got to do it the right way.

You got to chew your food. I mean, they told us to chew our food 50 times a mouthful so that it would be easier on the digestive tract and it would, you know, help out as far as digesting food.

Well, I said, well, the 50s. Good. I'm going to do 180. I don't know where that came from, but I chewed my food 180 times. I was a guy sitting in. I mean, we were I was living in a facility for a while.

For the first year, I did it myself and I really pulled myself out of a hole. But when I started chewing my food even more, it's like it was liquefied.

It's like you have a bunch of liquid soup in your mouth, and then then you swallow. Then you do the next. You don't eat near as much, but for some reason or another, you don't lose as much either your body, your digestion.

But as soon as I got rid of the parasites and started to balance my system out, I started gaining weight again. That was the biggest thing for me and I just think people overlooked that and also the dental stuff, they overlook it.

That's the first thing I learned about. And you got to keep reaching out and, and and reading and researching and find out. And you go and you find the best practitioners that can help you.

And that's what I've done. I continue to do it. I'm not I don't have I'm not perfect health all the time. Nobody is. But I'm still around. I have energy and I exercise and I, I'm 73 years old, so I just continue to keep going.

I think like my teacher said, Doctor Parcells, you've got to get your body back to balance and keep it in balance, because once you get out, then you're going to have to start having health issues.

And there's some things are tough, but on a on a immune level and all that, you can't mess around. You're messing with fire when you just, you know, all the stuff that people do out there.

Most people are walking time bombs, as she would say. And I believe that. And, you know, God bless them all because they mean well. There's a lot of wonderful people in this world, but we're getting I mean, it's what I see and what I hear through my foundation that there's there's more cancers like turbo cancer for a lot of people, and especially since the, you know, Covid and, you know, there's issues with that vaccinations and and you know that these heavy metals, you know, are real issue everything.

Every day we're picking up heavy metals. And these spike proteins adhere to these heavy metals. And you got to get those heavy metals out. So it has nothing to hang on to.

So that's another problem. Now if you're if you got a cancer issue right now, you got to look into all this and you got to find somebody that can get get you cleaned up and help you out with this, this detoxification both orally and through IV, I believe.

Yeah, I agree, I mean, because it's like vitamin C, I mean, you can do a lot of worldly, but it's just a different game when you bring it in intravenous.

Yeah. So that's the same you know like EDTA it's great orally but you know bring it in as a, as an IV as, as you know it's phenomenal. Well James where where can they see if you have a podcast you have a foundation, you have a book, you know, do you mind just kind of letting people know where they can learn a little bit more about what you do?

Well, I have this book and I have it I always like hold it up. Here's my book. I used to have cancer. How I found my own way back to health. This is my story and the things that I did.

And this will tell you a lot more in what we talked about today. I think it'll be interesting and inspiring to you and to you or your friends or your family, whoever, whoever's dealing with cancer or just want for prevention.

I think it'll be very helpful. And, you know, I think that you'll find that interesting. But to check that out, but also check out Templeton Wellness.

Templeton wellness is my foundation's a nonprofit, of course. And and I have a podcast on there. It's I interview people like Doctor Carl felt and others, and I don't just interview anybody that comes along.

I interviewed people. I feel they're the real deal. People that I feel have the experience, people I feel have the the heart that I'm looking for, someone that's a good person that cares about people.

And I'm very, very strict about that. And I mean, there's I like the people. I mean, the more experience the better most of them that a lot of them are renowned and they're in other countries, whatever.

But you'll learn a lot. So if you get cancer, make sure, number one, get someone to go with you.

Resources, Advice, and Closing Remarks

Get a second opinion, get someone to go with you, take notes, whatever, because they're throwing all this stuff at you. And don't feel bad about asking a doctor too many questions, because a lot of them don't like you to ask questions.

Well, I tell them, it's my life, it's my health, and I have the right to ask you a question. If you don't want to listen to my question, get up and leave and go find somebody else and tell them, you know that you're there to get well and you want to know and get a second opinion, though, and go educate yourself and go to places like on my site, Templeton wellness.com.

You can educate yourself in a couple of days to a large degree, and you're going to, you know, be able to hear people like Doctor Crawford and others, they're going to help you a lot.

You're going to learn a lot things you didn't know. You're going to learn about a lot of the things I talked about and in some. And you're going to learn about what other people have done, because a lot of people have done different things.

Some people are vegan diet, some people are, you know, on a keto diet, some people are better diet, some people are, you know, like me were on a macrobiotic diet and so on.

But you're going to see this and you're going to see that other people have done other things that I think is great with any kind of diet, from lay a trail to lay trails and old remedy.

But why? God, I've talked. I don't know how many people that have gotten well using Leah Trail. It's amazing and for God's sake, so get your teeth taken care of.

I interviewed Doctor Stewart, not only which I think is one of the best out there, and I had a good friend, Doctor Hal Huggins, which was the guy. And, you know, he was a wonderful man and educator, but more than anything, dentist.

And, you know, and I learned from him and it's so important. But the parasite thing, the heavy metals, the Candida, the the endocrine system, the glands, a lot of people don't have the energy to fight.

So, yeah, look at all that. I studied with the doctor, Robert Bradford, and I learned so much from him and became good friends with him. And a lot of these guys aren't around anymore.

But, you know, and they try to discredit these guys because these guys are really making a difference. And I mean, he always said the blood doesn't lie.

You can see things in the blood. The blood does not lie. You can change the blood. The blood is changeable. It's from how you live. And I have a microscope back here that I use just for my own self, for others friends.

I don't do it to make money off of anybody. I just learned. And there's a lot of great things you can learn from the blood, but the patterns are the things I'm talking about.

You're going to see, and vitamin C deficiency is a big one too. So anyway. Also check out we have a restaurant guide Templeton list.com and you can see it on our site, Templeton Wellness.

And you can just go in that to the restaurant guide and find the healthiest restaurants in America. Now, you know, there's if you're on a strict protocol, you got to know what to eat and not to eat and ask questions.

It's better to eat at home if you can. But anyway, we offer that and it's all there's no charges or anything. It's just my way of giving back from the things I've learned.

And I all I really want to do is help people. If I can so know that just because you get a stage for a diagnosis, that it's not the end of the road. So there's a lot you can do, but don't mess around.

Thank all. Well, I'll wait and see a couple of years. If it doesn't get well, I'll try this or that. I've seen I'm known to many people that aren't with us anymore that did that.

So as soon as you get the surgery, as soon as you get out, you kind of think, well, they say you're cancer free. Now is the time to get on the bandwagon and do something.

Change your ways. Don't sit back and wait to see what's going to happen in a year or 2 or 3. That's ridiculous. Get out there and do something. Yeah, I agree that I think that is the biggest issue.

You know, when they ring the bell, they get, you know, no evidence of disease and other things. They can go back to living their life. They did their battle and and they get back living their life.

And obviously whatever cost to cancer to, to become in the first place, you know, it's still there. And, and so now they have to deal with the battle again.

And, and now they're weaker because they've gone through chemo, radiation or surgery. And now it's a tougher battle, you know the second time. So yeah.

Well James, thank you so much for what you do, what you bring to the community. And I want our listeners to really urge them to check out, you know, James gets a phenomenal book, you know, macrobiotic diet.

I, I remember it was was big in the 80s and 1990s and, and I think it's kind of faded away a little bit. But I think it's definitely worth to bring into kind of the conversation.

Again in regards to cancer. And James, thank you for doing that. Well, thank you so much, James. Thank you. Always such a pleasure. Always a pleasure on my end to appreciate you very much what you're doing to write.

Thank you, thank you.