Paul's Integrative Approach to Healing Cancer Transcript

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Summit Introduction and Empowerment Package

So here we are, the final day of the conquering cancer summit. We thought a great ending to the summit would be to share with you three more inspiring, cancer conquering stories.

In addition to the many stories we've shared throughout the previous days of the summit, you've heard in day one how Elaine Gibson reversed cancer twice, including stage four lymphoma.

You heard in day two how doctor V reversed breast cancer using her seven essential system. We shared with you and day for multiple case studies, from Kelly Turner's research into radical remissions and what they all had in common when healing from cancer.

Along with Doctor Keisha's miraculous story of healing her own cancer through the power of forgiveness. And today we're going to share with you three powerful stories where people from various backgrounds use the integrative approach to help themselves heal.

They used a combination of modern medicine and natural medicine to help their bodies fight off cancer. And that's what this summit is all about. It's about discovering the path that works best for you, while utilizing the best of all medicine available to help you find your own path towards healing.

So make sure to listen to every one of these stories as they each have their own experience that can help you discover how it's possible for you to prevent or reverse cancer.

And if you happen to miss any of the Cancer Conquer stories throughout the summit, make sure to order your empowerment package right now. That way, you'll have lifetime access to every single interview and bonus from the summit that you can review again and again to help you improve your chances of not only preventing cancer, but conquering it once and for all.

And when you order your empowerment package, you are supporting our mission to help put an end to the cancer pandemic. Your order supports two incredible nonprofits who are doing amazing work in natural and integrative cancer research and treatments for people around the world, and you're helping us continue to produce these events and bring this much needed information to you and more people everywhere.

So click the order button. Now, grab your empowerment package, then come back and join me for these incredible cancer conquering stories. Today we're talking with Paul and Barbara Siegel.

Paul has an extraordinary story to share with us about how he became cancer free and we're going to get into all the details about it and give you all some hope and inspiration that it is possible to reverse cancer, that it is possible to live cancer free.

Paul Barber, thank you so much for joining us.

Paul's Diagnosis and Emergency Surgery

Hi, and thank you for having us. Yeah. So you reached out to me recently, Barbara, and let me know that, you know, you guys have an incredible story. Paul, who had stage three colon cancer.

I'll let you guys talk about it. And how he's now cancer free. And you said, hey, we'd love to talk with you more about it. And I said, great. You know, can you send me some some report, some scans, let me take a look at everything, let me know a little bit about story.

And we've just been talking for the last few minutes behind the scenes as well. And you know, I think your, your story is one that a lot of people, will look up to and be inspired by.

So, you know, let's start a little bit at the beginning, at the very beginning. But let's start with Paul. When, when were you diagnosed and what was the prognosis at the time?

I was diagnosed in August of August 16th of 16, and they said I needed surgery if I, you know, they'd sent me home and told me if I started having problems when I went to the bathroom.

Like blood or black things to come back quickly. Well, that happened the very same day that they sent me home. So I had to go back and they scheduled me for a surgery.

And then I had to wait for, you know, I would say some days it was a couple of days. By the time they got him into surgery, the surgeon told me that he was literally, going to be joining the dearly departed within 2 to 3 days.

It was a very dire situation. He had four units of, blood. You know, of course, the surgery, you know, I mean, going into this, he he looked terrible.

He was greenish gray. I was losing a little weight, and he was losing a lot of weight. You were losing? Well, he thought it was a little. He lost a total of 80 pounds.

Wow. Wow. Yeah. What was. So what was that like for both of you to be diagnosed? Had you known that there were there were obviously issues going on. You had digestive issues, you had pain.

What were some of the symptoms you were dealing with that led you into going and having the cancer discovered in the first place? Oh, I was having trouble going to the bathroom, you know, and there was pain on my one on my right side.

And, you know, it's just a guy that never really got sick through his whole life. It was kind of a blow that, you know, and you're kind of in denial. Human, that thinking that there's something wrong with you, you're trying to tell yourself there's nothing wrong with you, but you.

That's like one of the biggest things you need to go to the hospital and make sure you're okay. You know, I whatever means they want it. You know, I did.

I did a call and ask would be there. And they told me I was totally blocked. Yeah, they could not pass the scope. The next thing they, you know, went through was the Cat scan and, by then it was it was looking pretty grim.

There's a pretty large tumor in the colon then. Is that what it was? Oh, it was oh, softball sized. Yeah. Really large tumor in the right side of the colon.

And, usually, from what I understand of colon cancer, if it's on the right side, the prognosis is much more grim. You know, I just I just remember when, you know, having the conversation with the doctor that, you know, it was it was almost like an out of body experience for me.

Choosing a Natural Healing Path

We've been together since I was 17 years old, and, And he was 21, so, I mean, 20, 20, we we've spent the vast majority of our lives together and, I, you know, it just it it was something that I wouldn't really wish anybody to ever have to go through.

It was terrible. It must have been really terrifying for you, Barbara. And you have a background in, in, nursing. Oncological nursing. Right? Yeah. Yeah, yeah.

So what were your what were your thoughts at the time? To be honest with you, she knows too much. Yeah. My

husband tells me I know too much. And, you know, it was the doctor was moving his mouth, and I just kept thinking.

He's going to die. He's going to die. He's. I need to prepare myself. I need to prepare our children. I need to prepare our grandchildren. He's going to die.

And I even had a conversation with one of the nurses in the unit that he was with, that he was in, and, you know, and I, I don't remember exactly what she said, but I looked at her and I said, he's he's going to die.

I was the only one that thought I wasn't going to die. So, so yeah, they have the confidence to that you're, you know, you can't be I don't know what it was, but you got to have the confidence that you're going to make it to.

Yeah, I want to get into that. You know, the mindset and how important that is and what your mindset was like. Paul, before we do, so you had surgery and then and then what happened?

Surgery was successful. They removed the tumor. And then all I could remember was my wife telling me, you better get up and go. You need to get moving.

Don't lay in that bed, you know, and he he was he was a champion. He got out of that bed and he walked around the unit. He was out of the hospital in three days.

We had the appointment at that moment scheduled with the oncologist. So we basically started our research right there. Yeah. But but first I have to tell him that, you know, that appointment was like looming over our heads, you know, and I think we've probably probably talked more in that month than we talked in years.

You know, with having kids and dogs and, you know, and just everything in life, you know, but it was him and me and the tumor, you know, and we talked and talked and talked and he told me, I don't want to do this.

I don't want to do this. People everybody don't don't want to do what. The chemo. Yeah. So, so when you, when you went in for that appointment, they, they told you you needed to do chemotherapy.

Yeah. They told me a little bit about that. Well, I was like, they didn't even really hear me. I told them I was feeling good, getting stronger, and, she just told me, well, you need nine months of chemo and maybe 12.

And that's all she had for me. She kind of insisted and told me I was a strong. I look like I'm strong. And, you know, I. I just was like, hearing all the advancements that you hear about on television to tell me that I need five you after we did research, came out in 1962.

Yeah. And that's what they were trying to give me. And 2016. Right. I mean, that was kind of, you know, and it's like I kind of really just didn't want to get my immune system wiped out.

And, you know, it really was like a place feeling good. It was like a high pressured sales pitch when when we were sitting in the oncologist office, she she kept changing the statistics.

You know, at first it was 60%. You have a 60% chance of making it. And then she could see that we were a little hesitant. We were asking way too many questions.

And suddenly, you know, it was like, oh, you have a 75% chance of making it with this chemo call. And, she was almost pressuring him for, and the answer, it would have put my, the support in right now.

Yeah, they'll put the reporting right now. All you have to do is say yes. And he was numb. He didn't. I mean, this was all coming at us like you know, this was three days, three days after the surgery.

The actually we met with the oncologist. It was almost a month later because they and this and they said that you needed to do chemotherapy because the cancer was in, in my liver.

Because it was in the lymph nodes. Right, right, right. And, you know, she she was very persistent. She was pressing him for an answer. Yes or no? Are you going to do chemo? Let's get this going.

We can put the port in right now. You know, boom, boom, boom, boom, boom. And just everything moving so quickly. And I looked at her and I looked at him and I said, excuse me.

You don't have to make a decision today. And I looked right at her, just letting her know, back off. This is my husband and it's not going to go to school.

And then she actually said at the end, don't come back before it's too late. Or, you know, don't come back when it's too late. That's what she told me at the very end.

And it was like, we already I determined that I was going to be determined to heal myself naturally with nutrition. And that's about all we did. Like what? What led you?

What led you to that? What led you to. Well, first I want to say, I want to commend you for being strong in that really scary situation. You know, I want to encourage people tuning into this.

Make sure to watch module two as part of this, masterclass course, because in that masterclass, it's entire module all about what you're talking about right now is how to take back your power, right?

How to take back your power and educate yourself so that you're not pressured through fear into doing something that may not be the best decision for you.

And you know, I'll never I won't tell anybody that, you know, don't do chemotherapy, don't do exactly don't do surgery. Right. Sometimes it can save your life.

Like the surgery helped you, right? But you felt chemotherapy was not right for you. But unfortunately for people who don't educate themselves and learn how to take back their power and what I call accelerate your healer within, which is a massive mindset shift that's needed to help you have that belief and that confidence.

And also, like you said, you have time, right? You have time to to research, to learn, to explore before you don't have to be rushed into anything. So, you know, congratulations to you for taking that stand and saying, look, you know, we're going to research more.

We're going to explore more. Don't pressure us into this, because that's all they know, right? I mean, that's all that we're taught. Most medical doctors in medical school, they're taught drugs, chemotherapy, radiation for cancer. Right.

They're not taught nutrition. They're not taught holistic medicine. They're not taught, you know, botanical medicine. And they're actually many of them are told, don't look into those things because they don't work.

Exactly. And that's, you know, it's unfortunate because we know there are some thousands of peer reviewed PubMed scientific studies on the effectiveness of natural medicines for everything from cancer to heart disease, inflammation, autoimmune disease, you name it.

Right? So, going back to, one, you know, taking back your power and deciding to become the researchers, what was it in your research that led you to saying, hey, we want to treat this naturally now, we want to treat this with nutrition and so forth.

Well, you know what I mean? Honestly, I agree with you completely. Knowledge is power. Knowledge is power. I'll say it again, knowledge is power. And, you know, he was recovering.

He had an extensive surgery.

Diet, Exercise, and Lifestyle Changes

And, you know, through all of our conversations, it became readily apparent he was not going to do the chemo. You know, and if I could just interject here with, you know, people that we had told at that point, you know, oh, he's not going to do the chemo.

People thought we were crazy. We were just completely crazy, you know? So it actually when it came to when push came to shove and it was just him and I doing everything that we did, it was just him and I.

There was no team. Paul. You know, I, like I said, he was recovering. I got on every, every website, everything that I could possibly find, you know, textbooks at the library, just, you know, I mean, I was I was functioning on pure adrenaline for probably a good month, you know, I read everything and anything.

Sometimes I would read through the night when he was sleeping, you know, and I told him, I said, you know what I said? You know, I found some information and this is what we need to do.

And I said, but it's going to involve you completely changing everything about your life. You know, prior that you knew about eating. Yeah. And, you know, prior to his, his diagnosis, you know, he was, meat and potatoes, man.

And, you know, he you I put him on. I grew up in Montana, I mean, potatoes, I can relate, right? Right. So, you know, I mean, he would throw a football around with the kids, you know, but that was the extent of extras.

I mean, who had time to exercise, or so we thought. Because, you know, he had to go to work. I had to go to work, everybody had to go to work. And, I said, you know what we need for you to live.

We desperately need for you. For you to live. So we changed everything about our lifestyle within, like one day we immediately went plant based. We started eating 15 to 20 servings of fruits and vegetables a day.

We bought a Vitamix so we could make that happen. And that's a lot of chewing. If, you know, if you're going to eat in the traditional, you know, oh, I know what I'm doing.

So, we got a Vitamix. We started, making, you know, like, a liquid salad, because basically, that was all you could tolerate in the beginning. And, you know, so I would, you know, sometimes we did make some pretty terrible stuff all at it, but for the most part, he was a trooper.

He choked it down. And there is no such thing as too much garlic, you know, I've got I've got my dad healing from an infection right now. And that's what I'm giving him is lots of garlic.

Right. So it's nature's most powerful antibiotic. But he's like, God, that stuff is horrible. It is like. But I'll tell you what, it is amazing if you want a good natural antibiotic, right.

Without the consequences, garlic is the way to go. But anyway, keep going. So, yeah. So anyway, you know, we would do the liquid salad and then we would have a fruit smoothie.

Well, then I came across some very interesting research about the Chinese bitter melon. I don't know if you're familiar with that. Yeah. It's amazing.

So, we were adding Chinese bitter melon to our, fruit smoothies, which were basically we were using a lot of the lower glycemic, index fruits, if you will.

Yeah. And, banana really covers the taste of the Chinese bitter melon because it is pungent. And, I just want to that's important to say right there. Right.

Is that, even though you were adding fruits, you were blending them. So you're still getting the fiber, which isn't right, that you don't juice fruits when you have cancer, that if you eat them or you blend them right, right, right.

And, you know, I mean, all that, all that wonderful fiber, you know, I think that's what keeps us full, you know? Yeah, we we joke around now, we're like, you know, we could probably skip a couple of days of eating because we're so full all the time, you know?

But then, you know, we went from we didn't do everything all at once. We would do the Chinese bitter melon for about a month, you know, and then take about a month off and then say, move on to dandelions.

Dandelions are remarkable. You know, people are killing these things right and left, putting weed killer on them. I'm like, no, don't do that. You know, they're they're absolutely amazing.

We, we use bitter apricot seeds. He still eats bitter Africa and sits at a maintenance stove. We use medicinal mushrooms, liposomal vitamin C, that's some remarkable stuff.

Basil? Yeah. 60. Essential oils, frankincense lavender and lemongrass. Lemongrass is amazing for cancer of the colon. Flaxseed oil, selenium, vitamin D, vitamin B12.

Name something we essential oils in the bath and in nice. You know hot baths. Oh, and I just remembered something too. This is really something that people think that we're kind of crazy when we tell them that we eat things that most people throw away.

But yeah, no, seriously, we do. We, I have the Vitamix and we put the pits of the avocado in our smoothies. We are, big one, actually, your dad, with his infection.

He might do really well with this. The seeds of the papaya. Yeah. Yeah, yeah. Ryan's watermelons, tops of strawberries, you name it. I mean we, we garbage.

Well, and that's where a lot of the nutrients are, you know. Exactly like the stems of the kale. Right. People throw away the stems of the cow and that's where it because it's bitter.

But that's where most your nutrients are, you know. No. Yeah. Yeah. So, so, so you transitioned to a plant based diet. You were doing a lot of smoothies, green and fruit smoothies.

You're doing a lot when you said liquid salads were was this juice or was this smoothie also. Oh, it was my Vitamix. So it's, you know, so everything in the Vitamix, you didn't use a picture at all.

It was all Vitamix. It kind of like kind of helps you from it stops you from chopping everything up. Just stuck it in there chopping a little. And my fingers were like starting to bleed, you know, I mean, I just, I, I still chop, chop and chop and chop chop.

And you were, you know, you're making sure go ahead. You have. But then you have to change your mindset of your whole life, of the way you ate and what you wanted to buy at the store, like fruits and vegetables and things that aren't processed.

No. How was that for you? What were some of the things about your mindset that you had to change that were difficult? Well, meat? No, I mean, grilling things on the grill and you know how it's, you know, slathering it with barbecue sauce, the whole bit, you know, and now it's like, you know, we use our grill, we have a beautiful grill, but, we put things on it like, you know, say pineapple and, peppers.

That's really good. Mushrooms. You do mushrooms grill much. Yeah. Those are amazing to. Yeah. Just kabobs. You do grill shish kebab. So like veggie kabobs. Yeah.

We were, we were actually out yesterday. We're big hikers, and we were hiking along and we saw a mushroom that. What's this big? Wow. And I'm like, God, I really wish I knew something about, like, wild mushrooms, because, you know, I mean, I that, you know, like, with something that happened, you know, but I did I wanted to eat it because you could pick the wrong one, even though it looks like the right one. Yeah.

You got to know what you're doing. If you're picking wild mushrooms, you gotta you gotta go with an expert for a while until you're right. But they are amazing.

I mean, if you look at the scientific research on mushrooms, you know, they have so many compounds that are known to be anti-cancer. Everything we've talked about, you know, our anti-cancer have anti-cancer properties, anti-inflammatory properties.

Right? We know we know colon cancer, for example. I mean that and any cancer, it's a chronic inflammatory condition. So when you're doing things like lots of vegetables, lots of greens, lots of, you know, some fruits for sure.

The herbs, the, the, the nutrients that you're adding in the supplements, all those different kinds of things. They're really contributing to reducing inflammation.

But they're also they're bringing hundreds, potentially thousands of phytonutrients into your body, which is helping body heal so many mechanisms. Right, to, to help heal the cancer, to help your lymphatic system, to help your, your digestive system, your help, your microflora and your gut right to to balance and then be able to help your body basically heal.

So so how long was okay. So, diet, you cover a lot of that. What were some of the other lifestyle changes that, that you made when he rebounds? Yeah, I, I rebound just a little travel every day now okay.

Exercise. We go for walks. You know we go for we go for a little I mean I try to keep active is you know because I'm getting up there. We we hiked probably about 15 miles a week.

In addition to everything else that we're doing. We have an amazing dog. He's an Australian shepherd, and he's laying at our feet right now, but, you know, I used to have an Aussie there.

Amazing. Yeah, he's ready to go for his walk after he's done sleep. Yeah, yeah, he's, you know, he we're going to walk his legs off. The poor dog's going to be saying no, no, no, no more.

And I mean, they're really high energy dogs. So 15 miles a week. Are you hiking five days a week? Three miles at a time or what does that look like? Probably.

Well, yesterday we did seven miles. Usually we hike, we try to do it in like, two, you know, longer hikes. Yeah. Yeah, we live in northeastern Ohio. We have some really amazing hiking areas around here.

Nice. The Cuyahoga Valley National Park is amazing. The Buckeye Trail, you know, the Cleveland Metroparks, they're all really, really amazing. And, you know, and, you know, sometimes it's snowing or leading or.

Yeah, raining. So you have a rebounder and we have a, treadmill and a treadmill. So, you know, it's, you know, how often, how often do you rebound? Every day and also every day.

I would say I miss a day here and there if I heard an ankle or something. But, you know, and I do every day, 10 to 20 minutes. Okay. I'm trying to get them to do yoga with me, Nathan.

But, the let's not forget I'm not there yet. Maybe not very, yeah. Qigong also. Yeah, I've done I've done lots of qigong and yoga over the last 15 years and they're both extraordinary.

Yeah, I love qigong. What about what about, So hiking 15 miles a week, rebounding just about every day. Any other specific exercise things that you've done?

Just regular calisthenics. Yeah. So it's pretty regular weight, a little bit of weights, you know. Oh yeah. It's oh yeah. We have some not working out to, you know, make the team or anything.

So but you know, it it becomes a priority. You know like I said before, you know our life's where, you know, I have

to go to work. We have to run the kids here, you know, there, wherever, you know.

But it and our lives are still absolutely maniacal at times. But it's a priority. It's this is, I guess, what I'm saying, like with the nutrition and everything that we do, this comes first, you know, and and we have found some really creative ways to, to make sure that we're staying on track.

How, you know, how do you do that? How do you keep yourselves on track? Well, you know what? We wake up every day and, you know, we know it's a choice.

We're making a choice that we, you know, we're going to keep him cancer free.

Clean Scan and Long-Term Cancer-Free Maintenance

He's going to live, you know, and we're going to move mountains and remove any obstacle that we can in order to see that through. So, you know, yesterday was a really, really crazy day.

And, you know, sometimes it's a matter of taking the smoothie on the go, you know, but it's not like, well, we can go here and do this and do that and just ignore, you know, whatever.

No, that doesn't happen. You know, it becomes a priority and is our health is our priority. And that's what it takes. I mean, it's such, it's such an important thing that you just mentioned there.

Because when it becomes your priority, because so many people say, I don't have time for exercise, I don't have time to learn how to cook or how to go plant based.

I don't have time for hiking 15 miles a week, or rebounding and working out every day. And the reality is, we all have time. It's just, are we willing to make the time right?

Exactly. Make it a priority, you know, and once it has a priority, like you said, you you just don't miss it, right? You don't. Right? You don't miss.

It's like, no, this is I'm not watching TV until I get my workout in or I'm not doing this until I have my smoothie. I'm not. It's like, those are the things that are less priority, which often are the things that are just time sucks anyway, like watching TV or just, you know, sitting, not doing much or whatever it might be sleeping in or something, even though sleep is really important.

Right? Right. But, you know, once you make it a priority, then then you just don't you don't miss it. I mean, I'm the same way with exercise, with working out.

It's like once it became a priority, it doesn't matter what's going on. Unfortunately, sometimes I have really long days. Right? And and usually I try to workout by four, 430 in the afternoon, and sometimes I don't get to it till 7:00.

I don't like I don't like working out that late and it'd be easy to say, nah, I'm not going to do it today, but it's a priority, so I do it anyway, right?

Right, right. It's sort of like it's sort of like, craving kale. You never thought in a million years you crave. And now it's like, get me some kale. You know what I mean?

Well, let's talk about what that is, right? What? Because. Because, your taste buds change, your your microflora change. Which are the things that either are saying, give me more of that meat.

Give me more of those French fries. Give me more of that hamburger. Right. Which you're craving those things which are causing disease. Or give me more of that kale.

Give me more of that banana. Give me more of those berries. Right. Which is right. That's literally, you know, we

have trillions and trillions of cells inside of us, living cells that are helping our body determine what it wants and what it needs.

They're communicating to us. Right. Right. As you cleaned out your body and and switched your diet, then you had new microflora that are saying, feed me more of this, I like it.

It's doing right, you know? Right. It puts them to work on it. And and, you know. Yeah. Pepper. So so what about what about your, you know, kind of, mental emotional side of things, spiritual side of things.

Were there any kind of changes you made there? Did you guys implement more prayer or meditation? Did you have any deeper spiritual insights or practice?

Did you have you done any other kind of, mental, emotional work at all? Just really, you know, mentally, you know, trying to I don't know how to say it, but just being mentally strong.

I mean, it wasn't much spiritual things. It was determination to get better. You know, I think I think for me, maybe, it's a little different because, you know, like I said, when when we would tell people, oh, you know, we're we're not doing chemo, we're we're healing as cancer naturally, you know?

And then there was like this awkward pause. And then I started realizing that maybe, I don't know, for lack of a better word, were people distancing themselves from me because they thought I was crazy.

You know, so it it started where I kind of had to go within and find my strengths, you know, and like I said, you know, I do a lot of yoga. I do yoga every day.

I don't do qigong every day, but I probably should. But, you know, I guess, you know, we're not I don't know, I don't know my, my work when I work out, it's like a meditation to me.

Exactly. And then, you know, like when you're done and it's like you sit down and you feel pretty good, like hiking becomes a moving meditation, you know, that's, you know, and I mean, people that don't do it, do it.

I mean, they you need to do it. You need to get out there and just and that's where I guess we find out there's nothing to everything we do. I mean, I don't just jump around on my trampoline to jump.

It's trying to get your lymph nodes juices going, you know what I mean? Or there's. There's always something that motivates me. I mean, you read something, you know, tomatoes or cancer fighting.

You read that, and it's like you put it in your head that, oh, I'm going to do this, this and this because they're all cancer fighting. Yeah. So it's like reading your food. Yeah.

So so you're talking about understanding the reason why you're doing things right. It's like I'm, I'm very much that way. I think a lot of people can benefit from being that way is understanding the why.

Like if someone just tells me, yeah, go eat, kill my I don't want to eat cow, I want to kill. Well, kale has these anti-cancer properties and helps you live longer is got good, you know etc. etc.

so the why you understand more about the why. Okay, I can start adding in some kale, right? And so it sounds like both of you not only got deep into educating yourselves about the whys and the what's in the house, but it sounds like you still continue to do that even after.

I don't think we've mentioned to we talked offline, but I don't think we've mentioned it yet. So on all of this, you know, diet and lifestyle shifts and mindset of determination and plant based diet and exercise, how long was it from when you, after surgery and they said we need to do chemotherapy right.

Because it's it's spread to your limbs and your lymph nodes. How long was it on these lifestyle changes that then

you got a clean bill of health that you were shown cancer free in less than a year? Wow.

And the the readers in the in the cat scan place, I went, they looked like they seen a ghost. Know, he could literally see them sitting at their machines.

And when he walked through, he told me that they like, turned their heads. And they were looking at him because they knew the diagnosis and they were just expecting to find something horrific.

And there was nothing there. There was nothing there. Wow. You know, but to this day, and it will be five years in August, we maintain the lifestyle that we initiated way back when.

And I wouldn't have it any other way, you know, I really wouldn't have it any other way. And I have to tell you that, like, you know, Paul, are you are you missing any.

Are you missing steak? So you do you want, well, dinner? You know, you used to have them on Sunday, but, you know, not really, because it's like if you make some bean soup and I.

You can't tell that there's. Oh, but, you know, you can do amazing things with lentils. Yeah. It's been soup and, you know, it's satiating and it's really diet is really satiating.

Yeah, yeah. And you know, my daughter and her husband are both plant based. My other son is plant based. I have one that's a little resistant. But he is a lot of things, and he's like, mom, I don't want to know what's in here. I'm.

I'd be willing to tell you, but he loves it. He loves it. He's just not ready to cross the bridge yet, you know? He's just not ready. He'll get there.

Yeah. So? So you said the thing I love about what you just said was, you know, this is what, like, module eight in my master class is all about is how to make it last, right?

How to create this holistic, personalized plan for health and healing and how to make it last. It's one thing which is extraordinary what you've done in less than a year, actually, you know, have a clean scan and show that you've been cancer free.

Unfortunately, after a couple of years, in a lot of cases, some people go back to the lifestyle. They go, oh, okay, I'm cancer free now, you can go back to what I was doing before not realizing that those were the things that were contributing to the cancer.

And then the cancer comes back with a vengeance, right? Because they don't maintain the new lifestyle that is what helped them heal. And yet it sounds like you've you've been doing that for the past four years now, four plus five years.

And are you continuously educating yourselves and learning and doing new things as well? Or you can it's just stayed the same. And it's been like five years since I threw the sodas up.

But now we are sugary sodas. Diet doesn't matter. Diet pop doesn't matter. Right? Get rid of the sugar. Get rid of it all. Drink water. But no, I I've always been very much into education and reading and, you know, and I read quite a bit and I think sometimes he just wants to say, stop that.

You know, just, just just don't talk about it for just turn off the switch, you know? But, it doesn't happen. And I mean, we're still together like 40 years later.

So, you know, I mean, obviously he puts up with it, but, you know, but, well, it's a good thing. It's a good thing he does. It's a good thing you listen to your wife, Paul?

Well, yeah. Yeah, yeah, yeah. Well, you know, the biggest thing is to change over what you're. And, you know, if you want to remain cancer free, then you gotta throw the sugar out, too.

That was a little. That was a little hard for me. I got a sweet tooth, so. Well, yeah. That missing it. What are some what are some things that you enjoy that replaces that that sweet tooth.

What are some some good homemade granola. And you know what? I was, yesterday when we were out on the trail, I, I ate the last of the granola. And I have no more granola to replace it with just yet, so I have to get busy, but, you know.

Yeah, we we everything that we eat is just has amazing, like, nutrition in it. You know, we do have, say, little bits of maple sirup, you know, that kind of stuff.

But I mean, nothing that's, you know. Yeah. The sugar I can't say the name but the regular sirup. Oh it's terrible. It's you got to throw that out too because it's got corn sirup in it.

Yeah you're right it's fake. So. Right. You're talking about some probably organic like grain. Yeah. Pure maple sirup for example maple sirup. It's all we get.

And you and the nice thing is, is when you clean out your digestive system, I, I I've experienced this myself, right? My whole family has experienced it.

Once you clean out your digestive system and you, you stop putting in all those fake sugars, which we know that excessive sugar contributes to, to cancer and feeds cancer, right?

So once you cut that out, it's like one, you stop craving the sugar as much. I mean, I know, yeah, I sugar cravings basically maybe took me a year. I'm not sure how long, but they basically, for the most part went away.

And then two when they do come, which I still crave sugar once in a while. Right. It's like there are so many healthier options. I'll eat a banana with and I'll put some pecans.

Like I'll chop up a banana and an apple, put in some, some, coconut yogurt. Right. That doesn't have sugar in it, some sugar free coconut yogurt some.

And then put a little maple sirup or a little honey in there and just a little bit of sweetness. You don't need like 30g of sugar from fake, you know, high fructose corn sirup anymore.

You know, you get 5g or 6g, right? 11g from a little bit of honey or something. And it like, it does the trick, right? Right, right. You know, and if you do eat something, you know, that has a lot of sugar or, you know, whatever in there, it's like it's like an instant buzz or something.

It's just it's terrible, you know, it's, goes right to. Yeah. And. Yeah, you can't do it. Well, listen, guys, Paul, Barbara, thank you so much for for agreeing to do this, for sharing your story.

I know it's going to reach and impact and inspire a lot of people. You know, thank you for for being a beacon of hope and for being willing to share this story with others.

I think this is, you know, it's incredible. But what you've done and and truly a proof that it is possible that, you know, when you change diet, lifestyle, mindset, even environment, you know, your chances of becoming cancer free absolutely go up.

But even more importantly, your quality of life goes up, right? I mean, that's the thing is, you get cleaner and healthier. It's like your quality of life goes up, your energy goes up, your mental clarity goes up.

You feel better about what you're doing. And you're both, you know, a great example of that. So thank you so much

for being here and sharing this with all of our audience.

All right. Thank you. Thank you.