## Introduction and Meeting Mary Beth Gonzalez

Well, I am so honored to have, Mary Beth Gonzalez with me today. She is, wife of of late Nicolas Gonzalez. Marybeth, this this is such an honor. Is such a pleasure to have you here today.

Well, thank you so much for inviting me. So? So talk to me a little bit. I mean, it, what what? Your late husband, Doctor Gonzalez, did. I mean, he changed so many people's lives.

Are were struggling with with cancer. Do you mind just kind of sharing a little bit how how you two met and then also, what what do you get to witness him being there?

Kind of out of. Yeah. Right by him. Right by his side. Throughout this whole process. I'd be happy to. So I, I met Doctor Gonzalez. Probably the only way that somebody would ever meet Doctor Gonzalez.

And that is in his office. So, I didn't have cancer, but I was trying to help a family member who did have cancer, who had already tried all these different conventional treatments, and they weren't working.

And so I, was in my effort to find a solution. I started googling and of course, Doctor Gonzalez, his name kept coming up and up and up for all. These are all the alternative treatments.

And I was convinced that that's where we had to go because, the conventional work had already not helped her. She had bladder cancer. So I called his office, tried to make an appointment, and was told, okay, he.

You need to send in an application and your medical files, and and it just seemed like a, at the time, a long, involved process. And I said, you don't understand. We don't have this kind of time.

And I would have to, you know, get the hospital to provide all this. Can we just talk about, see and see if if she would be a good candidate? And they said, no, you need to apply.

Hung up the phone very nicely. Hung up the phone. Well, I wasn't going to take no for an answer. I told my brother I was going to be able to to find a solution.

So I went out on my lunch hour the next day and I showed up at Nick's office. Now, for those who know Nick or know anything about this protocol, you know that, seeing Nick is usually like a 3 or 4 hour appointment.

It's not a quick little office visit. Because he goes through so much information at the time when he sees with you, sees you. So he probably only saw, like, three patients a day because he spent so much time with them.

Well, just as I was knocking on the door, one of his patients was leaving, and that was the sign. I just slipped in the door and he was standing right there.

He just say goodbye to his patient. So I walked right in and I started talking about how I wanted him to help my brothers new mother in law. And, he must've, you know, liked what he heard.

## How Mary Beth Met Dr. Gonzalez

And they felt like he could help, because after just a couple minutes of me explaining the situation, he said, I definitely want to help. But I have another patient coming.

I need to go have my lunch. So why don't you leave your name with the, receptionist, and I'll call you and we'll get together for dinner. And then he turned on his heels and walked down the hallway, and I thought, oh my goodness,

did I just hear that?

Did he just ask me to go out to dinner? And I said, I don't think he normally does that. And so I asked the receptionist and she said, no, that's never happened before.

Well, sure enough. He did call that night and asked me to have dinner to further discuss my brother's mother in law, and her situation. And long story short, we got together a couple days later, and, we fell in love at dinner, and I.

I think we were there for, like, 4 or 5 hours. And in the cab ride home, I called my then boyfriend. I broke up with him, and Nick and I started dating, and we were engaged six weeks later.

I love it. I love it. What a cool story. What an amazing story. Well, the thing that that I realized really quickly is that everything he said to me at that dinner and, and during our courtship really rang true.

And this is something that I hear from people all the time when when we first explain what the Gonzalez protocol is, they say it just makes so much sense. Why?

Why would you do anything else? So I was really, enamored. Obviously, he was quite dashing. But I just believed in what he did, and. And then we were married for 15 years.

And I witnessed, Mike, I witnessed so many incredible miracles. And and he would come home and, you know, when you're married to someone like Nick Gonzalez, his work really is his life.

So that's what we talked about at home. And I quickly realized that this was work that was really important. So when he passed, so suddenly and unexpectedly, it was really important to me that his work carry on.

Yeah. I mean, it's such a such a powerful, powerful work that that your husband was doing. Yeah. It's it's incredible. So he. Do you mind sharing? Because he was kind of really setting out to discredit, Doctor Kelly.

You know, way back when that was doing working with the pancreatic enzymes and, and, and by doing so, he came closer to that. This was really something that was real.

Yes. So, when Nick was, doing his residency, a journalist friend of his approached him and said, you know, I keep hearing about this crazy dentist in, Texas who says he's curing cancer and I can't make heads or tails of it because I don't have any medical background.

Could you please help me, Nick, and meet with him? And Nick said no four times. But this friend was, you know, very persistent. So Nick agreed to meet with Doctor Kelly in New York.

And and within minutes, he realized that this man was not a blowhard who was just egotistical and making things up. He was actually quite humble, soft spoken, and brilliant.

And the next day, Nick returned with Doctor Kelly to Texas and started it, doing what he called an investigation of the work. You know, he had been, before he went to medical school.

He was an investigative journalist at Time Inc., and so he he put on his investigative journalist hat, and he started reviewing all of Kelly's files, thinking that he was going to discover that it that it really wasn't true.

You know, here he was working. Nick was working at Sloan-Kettering, under the guidance of the president of Sloan-Kettering, Doctor Robert. Good at the time.

And, and good had encouraged Nick to go to Kelly home and office to review everything, thinking that he would learn a lot from the experience. Well, what Nick learned not only from going through the files, but then interviewing hundreds of Kelly's patients, is that it really rang true, and that he had developed a cure for cancer that's based on nutritional enzyme therapy and metabolically typing patients, so that different patients had different diets,

customizing a detoxification routine for patients.

And then, of course, stressing the importance of faith and spirituality. So, yes, he started thinking he was going to discredit him, and it turned into a five year project.

## Dr. Gonzalez and the Kelly Investigation

And after those five years, was he still over at Sloan-Kettering? So, he he was no longer at Sloan-Kettering. He, Robert. Good. And went on to, to go, to another, hospital in Florida.

And Nick decided to write up his results, because he wanted to get them published again, being a journalist. And he was a great writer, he thought, okay, I'm going to document all these results.

So he wrote a very lengthy, monograph about Kelly's work called One Man Alone. And he tried to get it published. And, there was there wasn't a publisher in town who would give any, attention to it.

They thought it was impossible. Even though it was purely. Everything was documented. Nick took the 50 best cases, and he actually included all the medical records along with his analysis.

And, he just couldn't get it published. So, typical Nick. He just put it aside, started his own private practice to prove the work worked, and then later, I think it was around 2011.

He self-published that book because it was so important to him that Doctor Kelly's work live on. And that's the book that that's available now for the public.

Yes, it's called One Man Alone. And, we sell it through our small book publishing company called New Spring Press, and you can find it there. It's also featured on our Nicholas Gonzalez Foundation website, which is, the Gonzalez protocol icon.

So tell me a little bit about what you experienced. What did you see? I mean, you must it must have been some phenomenal cases that you get to experience you.

Do you mind just kind of giving me a little bit of a flavor of, of the power of this therapy that, that, you know, that Nick was doing? Sure. So, I I'm Nick formerly with several of his patients.

You know, when he, when he, when we got engaged, a lot of his New York City patients were just astounded. And so they would invite us to dinner and, and then they would tell me their stories.

So I would hear firsthand of, patients with thyroid cancer and breast cancer, you know, personally telling me their stories of how Nick had healed them.

And then there we were at our wedding, and it was a rather small, wedding. It was shortly after nine, 11. So a lot of people weren't able to, to fly in.

If you remember, at that time, all the planes were grounded. But we had two full tables of Nick's patients who came to the wedding. And at one point Nick turned to me and he said, yeah, that's the table full of pancreatic cancer patients.

Look at them. They're all dancing. Some of them are alive. Ten, 12, 15 years from diagnosis. And and I have to say, they looked like some of the healthiest people at that party.

Big smiles, a glowing skin. It it was really wonderful to see. My question is, what what was the dessert that they ate? Well, we always had berries, fresh berries and fresh whipped cream.

That was our favorite dessert. That's. And that's the best dessert right there. Right? Right. So, so that was my

experience with with seeing and meeting with his patients.

But then I went on the protocol myself for preventative reasons, and, it was not only curious, but. And when, when we got married, Nick said, well, you know, I live my lifestyle at home.

And so we would need to keep a completely nontoxic, healthy home and all the food that I eat is homemade. He said, I just want to make sure that that's okay with you before, you know, you move in.

And I said, okay with me. That sounds fabulous. So he put me on the program, a little preventative program. And, and I saw things, you know, change in my life that I had had all, you know, throughout my whole adult, period.

Like, for example, I used to get migraines and I saw my migraines go away. And eventually a bunch of my girlfriends all went on the protocol, for, for prevention reasons.

So, so I was witness to a lot of different things. So. So how what did the program look like for you? What what did it all entail? So even the prevention program includes a customized, diet to your metabolic type.

Unfortunately, Nick and I were the same metabolic types that made it easy for cooking.

## Publishing One Man Alone and Patient Stories

It included a small supplement plan. And by small, I mean, I was still taking the same pancreatic enzymes for, for prevention and digestion, that his cancer patients were taking, but I just didn't take them in the same, high doses.

And then he prescribes, you know, certain supplements to help balance my own nervous system. So in my case, it was magnesium, potassium, and calcium. And then, I always did the detox routines, which, you know, are quite controversial.

Those coffee enemas. But, boy, you can't take those away from me. I love them. I feel so good at the same, I, I know my my wife and I can't. I can't tell you how many patients that when when I tell them that.

Well, you don't have to do the coffee enemas every day anymore, you know, and they just said, well, that's I love I feel so good when I'm doing that. I feel so clear in my head. Energy is great.

You know, I just feel clean, not inflamed. Yeah. So. And it's it. People really fall in love with the coffee animals once they get over that initial learning curve.

Exactly. And, you know, people are always saying to me now, maybe you could do, like a video, Marybeth, of you doing a coffee enema so people will be more comfortable doing it.

And I think, are you kidding me? Yeah, that would be something, right? Yeah, I think I need to do that. Just take my word for it. Yeah. Yeah. Had a couple.

A good friend of mine, you know, she actually does the coffee and my with her husband so that that's. Yeah, that's how close they are. So but we've done them all over the world.

I mean, Nick used to lecture at a couple different conferences a year, and, you know, some were as far as Germany and London. And, you know, we would literally set up our whole coffee enema system in the bathroom, travel with our own little coffee pot.

And, it was now not always easy to find a place to hang the enema bag. But it all worked out. Yeah. It's like if there's a will, there's a way you'll figure it out.

Right, exactly. So how did how did your, The reason for the initial dinner, you know, between you and Nick? Yeah. How did your family member do? Well, unfortunately, by the time the next day that we reached out to the hospital

and they sent the records, which really was only like a five day period, she passed away.

And, so I, I, you know, Nick and I used to always say that, like, God basically gave us a five day window to meet. Yeah. And so, so she she became the catalyst.

I mean, that's. Yeah. For something that that created history after. Exactly. So that's that's so wonderful. How how so? Diet wise, you're talking about the diet being a, kind of, personalized for the individual.

So how is that done? I mean, what how do I know what I'm supposed to eat versus you eat? Yeah. Because you have, you know, keto some people you have some people do the, plant base you have some people do kind of in the middle thing, you know, how how how would you know what direction to go?

Well, there are several different ways. And let me just, pause for a minute now. And thank you for interviewing Doctor Andre Williams and Doctor Marina Yan over two of our Gonzalez guardians who are carrying on this work with the Nicolas Gonzalez Foundation.

And in their podcast interviews they did with you, they did talk in more detail about the science of metabolic typing and why different people need different diets.

So I'll focus on, how you figure out what your type is. And there's several different ways. So first of all, if you are a patient, on the Gonzalez protocol, either having seen Nick or now see one of our Gonzalez guardian doctors, we have very specific diagnostic tests that we run, that are proprietary.

But there's a series of questions that Nick used to always ask in his, medical intake sessions. And so those are the questions that the, the doctors ask now.

And that can, you know, knowing what one's diagnosis is, and then by asking a couple key questions about their food cravings and how they feel, about certain different activities and also knowing their, their, country of origin can help give them their doctor direction and they can become like little detectives.

And then they figure out what the right type is. Now, it's important to say that, you know, sometimes somebody starts at one type and, and kind of moves into another named type, neighboring type.

After a few months.

## Mary Beth's Experience on the Protocol

And that's, you know, it's not unheard of. It's not very common, but it does happen. One of the things that I realized, though, early on is that if my goal here with the Nicholas Gonzalez Foundation is to educate people about the protocol, I can't expect that everybody is going to become a patient.

But we still have a lot of value to offer people. So, I partnered with Doctor Kelly, team and took a metabolic typing, questionnaire that he had published in like a book that was about an inch and a half thick.

And I, combined it with a questionnaire that Nick had and we put it all online. And, you know, working in partnership with the doctors that have that have been helping me bring the Gonzalez protocol back to life, so to speak.

We now have an online questionnaire called the Gonzalez Metabolic Type Test. And it's 100 questions, multiple choice that results in one of seven different Gonzalez diets.

And that's a that's a great place to start. And this is available on the Gonzalez Foundation website. Where is that at the Gonzalez protocol.com okay.

And there's usually a coupon available on the site, for it. So that's another way. But the third way and, and Nick would famously say this when he would give lectures is that, you know, your body knows what food it really needs.

And, you know, we're not talking about chocolate because everybody craves chocolate. Right? But your body knows when it craves a steak, that it needs a steak.

Your body knows when it craves leafy vegetables, that it needs those least leafy vegetables. So listen to your body and pay attention to, what, what, what you are interested in and what makes you feel full and what helps you keep energy be energized.

And when you don't feel that way, if you certain eat certain foods. So if you don't want to take the test and you don't want to see one of the guardians, just find ways to get more in tune with your body.

And we have a really, you know, simple, PDF that Nick wrote called What Diet Is Best for me. And we also offer that on our website. And I think that's like $6.

That's great. That's fantastic. And so obviously with with Nick passing. Yeah that that was tragic. And you know, the world lost a really a hero with with what he, what he was supporting and bringing forth to the world and all the people that has been helping.

So what I mean, what was the next step in your. I mean, you're talking about this foundation. What have you done in order to build and make sure that all of this work is, is not lost and people still can benefit from it?

Well, I have to say it was an incredibly painful time in my life. Now, you know, nine years ago, which is still so hard to believe, it feels like it like it just happened some days.

But, yes, Nick died, very unexpectedly, in our home in New York City, in my arms, in July of 2015. And, I suddenly inherited his medical practice, his all of his research papers, all of his unpublished books, which he'd been working on furiously for years.

And there was no succession plan. Yeah, I say that, it's not entirely true. Nick had a verbal succession plan agreement, but it wasn't in writing. It wasn't sealed, signed and delivered.

And so it was never implemented. So, you know, when someone is, when Jim is perfectly healthy and really busy, you know, you don't make signing a will or drafting a succession plan a priority.

And so that's what happened. And I was left to pick up the pieces. Not I guess. I mean, I guess I could have just shut it all down. And, you know, I had a very successful career in media marketing in New York City.

I could have just done that. But then never even occurred to me at the time. I did not want Nick's voice to be silenced. And even though I didn't have many answers at the time that he died, I knew I couldn't just put his cure for cancer in a storage unit right.

So with the help of devoted doctors who were his colleagues, some of my friends, some of his, his wonderful past patients, we founded the Nicholas Gonzalez Foundation in December of 2015.

So just a few years, a few months after he died. And our plan was to secure his legacy further his research, and educate other doctors in how to do this, not just for his current patients who needed a doctor.

Right.

## Finding Metabolic Type and Diet Guidance

But for more people who we knew were going to be, you know, diagnosed and needing this protocol in the future. So that's the mission of our, our nonprofit 501 C3 Foundation.

We're here to conduct research and education and, and make sure that this work is available. And I have to tell you, Michael, I had no idea how I was going to do it at the time.

It's one of those things where I just thought, okay, let's figure it out. And I wrote up my sleeves and again, I had a lot of of really great help. And a couple of years later, we were able to put together a very comprehensive, curriculum.

And, you know, I'd love to tell you more about that if you're interested, but so you know what I mean? That must be so overwhelming. Mean when something is so sudden.

And you I mean, yes, you you share stories when when he comes home from work that you're you're out there doing your work, you know, somewhere else, focusing on on other things.

And then all of a sudden you're at, I mean, you're you're the one. Yeah. You have you have to kind of keep this legacy alive and, and try to figure out, you know, bring all these different pieces together, you know, in a, in a cohesive fashion to then try to what was in his brain naturally just kind of existed there.

So that that is, implemented, you know, strategically, for the benefit of patients. I mean, that's, what a task. Again, like, I didn't have a plan when I decided to do it, and so I just had to get started.

And thank God, you know, Nick was a very prolific writer, so he left us all the breadcrumbs that we needed. And, you know, one of the first things I did was, complete the publishing of these cancer case books that he was working on.

And again, with the help of several doctors who reviewed the cases, the first thing I did is I published those two books. They're called Conquering Cancer Volumes one and two, over 112 different, examples of they, his patients who survived miraculous cancers.

And and that was the starting point. And then when we decided that we were going to create the curriculum, I had doctors move into my home and help me go through like 300 boxes of Nick's files.

It was crazy. But we cracked the code, and, we were able to actually write a 700 page text book. That was only ever published for the few doctors that we trained.

And, we put together a really extensive, educational seminar, you know, I knew from being so close to Nick for so long that he would be very particular about who he would allow to carry on this work, even when in his lifetime.

And please understand that, like, the topic of almost every dinner conversation was, gosh, Nick, maybe you should train somebody else to do this work.

And I was always thinking, because that will make it easier for you, honey, you won't have to carry this burden. And you could share some patients and it would be so much easier.

You could go on vacation, right? And have somebody step in. So, I, I knew firsthand the kind of criterion that he would have placed on the right type of doctor to learn this work.

So with that in mind, we, we met with over 100 doctors who applied, and we chose 12, and I thought 12 was a good number, like the 12 disciples. And they studied for ten months.

I gave them all the books, and other documents, and they had really detailed exams that they had to take. I think Doctor Williams mentioned the training a little bit in his interview with you.

And I, I got to say, I just I knew it was hard, but it should be hard because we wanted to make sure they understood how to do this properly. And, and we wanted to make sure that they were in it for the right reasons.

So at the end of the ten months, we met for ten days during Covid in person, and there were a series of exams, and I didn't really expect this, but several of the doctors didn't pass.

It was that hard. And I guess in hindsight, you know, it turned out to be a really good thing because you need once the doctors are back off and their practices, they need to be able to understand how to do it.

They don't have somebody holding their hand. So those few doctors who didn't pass, despite the commitment they had made, they were not able to, to be certified in the protocol.

And then we focused our attention on the ones that were moving forward with us and servicing their patients. I love that.

## Continuing Nick Gonzalez's Legacy

So how many are there that have gone through this, this process you started with with 12. And how how many are there? Yeah, as a resource for people that need this kind of care.

So we currently are working with four, excuse me, five doctors. And and it's been I've been three years of them seeing patients. And one of those doctors is also overseeing all the medical files.

So every doctor has to submit their cases for review to make sure that things are being done properly. And, and that serves as kind of a continuing education, for the doctors.

And we get together, at least once a month. But we've all become good friends at this point, and we're, I'm in touch with them constantly. And then I have a second, company called the Gonzalez Guidance Group, who is in charge of, helping patients who might want to be on this program.

And so all the applications go through that centralized team, and it's the same people who used to work for Nick and do that screening in his office. So they have many years of helping people learn about the Gonzalez protocol and assessing whether we think the protocol can help them.

So on our website, there's a section on how to apply to meet with one of these Gonzalez Guardian doctors. And know the application process is really to serve the patient because we don't want anyone to show up, you know.

So say you show up in Doctor Diller's office in Istanbul or London, and that's if that's the first time you realize you have to be doing coffee enemas twice a day, you're going to be pretty disappointed, right?

So we go through the whole program and make sure they understand what's going to be required of them. This is not the kind of protocol that you just, you know, sit back and have your doctor do to you.

As Doctor Genova said and in her interview with you, Michael, it's, it's the kind of protocol is that you really need to do by yourself at home with with your doctor as your, your guide, your coach.

So we want to make sure that the patients are capable of doing that. And that's what we discussed in the application process. Yeah. As perfect. Yeah. And that and that's the thing is that a lot of people, they're so used to going to the doctor and then the doctor just they do something to them, you know, rather than them being engaged in their own, healing journey.

It's generally here, take this pill or here, let's go and cut this out. Instead of them being kind of actively engaged, you know, doing the different things, you know, like the coffee enemas like this on, you know, taking the pills, eating the way that they should eat, all the different lifestyle changes that comes along with, with this type of a protocol.

Exactly. And, and, you know, for that reason, we know that this protocol isn't for everybody. And, you know, for some people, conventional treatment might be their best solution, or another alternative program.

But if once you realize, and change the way you think about healing and realize that, you know, God really gave you the ability to heal yourself, and we're going to teach you how to do that.

You know, the lights just go off in so many people's heads and they're like, okay, how do I do it? Let me get started. Yeah. That's great. That's so great.

So how do you feel, about the future of Nick's legacy? I mean, do you do you feel that it is in in good hands and people have a good, you know, great resources where his work can truly carry on fully with the doctors that you work with.

Sure. So, I appreciate you asking that question. I am thrilled with the doctors that we're working with and the success that they've seen. You know, if we've only healed one more person, you know, this has all been worth it, right?

But we've held a lot more than one. And we've also, been continuing to assist past patients of Doctor Gonzalez's, which is really important to me because they committed so much during his lifetime, and I wanted them to be able to continue to heal.

So I'm feeling really great about that. We do want to educate more practitioners in the future. In order to do that, I really need us to have a medical director in place who will oversee all of that.

You know, we learned a lot of lessons in the in our, in our beta example of our 12 person seminar. So that's something that we are fundraising for so we can have somebody leading those educational efforts.

And in the meantime, you know, I just keep trying to publish as much, wisdom and information on our website and through our newsletter, so that, you know, anybody can, can learn some of these techniques and do them at home.

And, you know, if the future is, is really complicated, I think, by the fact that so many people are getting diagnosed with horrible diseases these days.

And my, you know, my biggest wish is that more people are aware that that this protocol can help them early enough in their decision making process so that they can actually be healed.

I mean, if they wait too long and they've done so much other conventional work and they come to us as kind of a last resort, it's a lot harder for them and us.

So, you know, without a large marketing budget, so appreciative of opportunities like you're giving me here to spread awareness of our work, so that we can heal more people.

Yeah, I agree, and that that's the thing that this is this kind of knowledge. You don't want it just to kind of disappear and go out, you know, out in the ether, you know, you you want it is developed.

I mean, it's proven itself over, over decades and decades. And it touched so many people's lives. So I'm really grateful that you, you stepped up because this is a this is a bigger deal.

I mean, it's a big, big thing. And you stepped up and you you're really moved. You know, this work forward and then allowing other, or enabling other doctors to be given the tools that they need in order to be able to be, effective and get the results that they want.

And people are needing, you know, with what we're dealing with nowadays. Well, that's something that I really learned from Nick. He took very seriously what he felt was his responsibility, his obligation to share this work with as many people as possible.

He used to say, you know, to, to quote, Luke in the Bible, to much to whoever much is given, much is required. And so I feel that, I have been given so much here, and it is my responsibility now to share it with the world.

You're doing a wonderful job. Thank you so much, Marybeth. I, I really appreciate everything you're doing. And, I, I love, I mean, the pancreatic, the the power of the pancreatic enzymes and appropriate detoxification and

appropriate nourishment.

Can't be, you know, we can't say enough about it. So thank you so much for for doing this and continuing, you know, Nick's work. Well. Thank you so much for the opportunity.

Thank you.