



Top Takeaways: #279 I used To Have Cancer: My Story and Life Changing Strategies with James Templeton

1. James Templeton was highly athletic in his youth but suffered from a bad immune system.
2. After getting a check up, he was told that he was in excellent shape, but that there was a mole that he should go get checked out.
3. When he went to the dermatologist his doctor noticed right away that he most likely had melanoma.
4. When James had surgery to remove the area around the mole, they found that the cancer cells went very deep.
5. Only days after he had left the hospital, James had an old friend visit him with information on tackling cancer through a macrobiotic diet.
6. Immediately after his friend visited his stepmother came to visit him and gave him information on using high doses of vitamin C to fight cancer.
7. James took a mainstream approach to fighting his cancer at first, but after many treatments and feeling awful, he decided to sneak out of his hospital and take an alternative approach.
8. Eventually James began working at the Macrobiotic Institute.
9. When he visited a friend at the Kushi Institute for a seminar on parasites, he met Ann Louise Gittleman, who informed him that he most likely had parasites.
10. They went together to see a world renowned parasitologist, Dr. Hermann Bueno, who found James to have many parasites in his body.
11. Together, Ann Louise and James tackled his parasites, and ended up becoming a couple.
12. They moved to Santa Fe together and started learning from the master nutritionalist Dr. Hazel Parcels.
13. James was able to beat his cancer, but learned that diets must evolve through the healing process in order to nourish the body properly.
14. James Templeton wrote a book that is a chronicle of everything he's learned along his path to fighting cancer. You can learn more about this book at usedtohavecancer.com

Wendy Myers: Hello everyone. My name is Wendy Myers. Welcome to the Myers Detox Podcast. You can learn more about detox tips and tricks at myersdetox.com. On this podcast, we talk about everything related to heavy metal and chemical detoxification, detox protocols, bio hacking. Just all the latest cutting edge strategies to improve your health.

Wendy Myers: Today, we have my friend James Templeton on the show. And talking about his new book, I used to have cancer. And he tells us about his story, and all the different tips he used to beat cancer and then, maintain his health. We talk about the macrobiotic diet, the pros and cons of the diet. We talk about supplements and protocols that are great to prevent cancer, we talk about the role of parasites, and Candida and fungus in cancer, and the importance in addressing those issues as well for prevention and cancer treatment, and talk about other topics related to cancer.

Wendy Myers: If you're watching this show, you're probably concerned about your heavy metal levels or heavy metal toxicity and want to figure out some strategies to detox. Well, I created a quiz based on lifestyle factors that you can take to very quickly deduce potential levels of heavy metals in your body and what you can do about it. Just go to metalsquiz.com and take the quiz. It just takes a couple of minutes, and I'll give you a lot of, almost like a free video masterclass on some solutions for a very simple and effective detox techniques.

Wendy Myers: Our guest today is James Templeton. He's a fifth generation Texan, and he tapped into his fighting spirit and became an over 30-year cancer survivor who healed himself from a terminal diagnosis with the use of alternative medicine and healing modalities. As a visionary founder of Uni Key Health Systems and the Templeton Wellness Foundation, James has since utilized wisdom and experience to helping others achieve the optimum health and wellness.

Wendy Myers: In his latest book, I Used to Have Cancer and, How I Found My Own Way Back to Health, his memoir chronicling his amazing journey back to health. He is also the co author of, Your Body Knows Best. Now, a resident of the Pacific Northwest, James dedicates much of his time to living a healthy lifestyle and inspiring others to do the same. He also enjoys outdoor activities and spending time with friends and family. You can learn more about James and his health strategies and techniques at templetonwellness.com. James, thank you so much for coming on the show.

James Templeton: Oh, it's a pleasure, Wendy to be here with you today.

Wendy Myers: So, tell us about your story. How did you find out that you had cancer?

James Templeton: Well, I'll tell you. I was living in Texas and you can probably tell from my little bit slight drawl still. But I was living in Texas, and I thought everything was going great. And I was a young guy, a successful young guy, and I had several businesses and had a wife and a little girl that wasn't even two years old yet.

And just had thought everything was going great, I guess, you could say. And I had this history of heart disease in my family.

James Templeton: My father and my grandfather, they both died at a young age of heart disease and heart attacks, and my mother died before I was two and then, I had a brother that died when he was eight. So, I had all this death in my family and I thought, at one point in my life I was going to be the next one. And when I got a little matured enough to figure out that I needed to do something and start taking care of myself, I started to exercise a lot. I started to run a lot. I ran, and everywhere you would look, you'd see me running and I was living in a town, Huntsville, Texas.

James Templeton: And I would be running down the road and my friends would say, "I see you everywhere I go running. You must be in great, great health. Then I said, "Well, I hope so." And I thought I felt pretty good. But I noticed that every time I turned around, I was getting some kind of cold or flu, and I also noticed that I had a lot of allergies. A lot of issues, it seemed like the ragweed, things like that. It just seemed like everything really got me down.

James Templeton: Well, here I was over 30 years old and I thought, well, it's probably just because you're 30 and that's how it is when you get older, and I didn't know any better. And I just thought, I'll just push myself harder. So, I kept pushing harder and harder. But there was a guy back in those days, and he was a big kind of Guru in the runners movement and that was back in the 80s. And this guy was his name was Jim Fixx. And a lot of people, if they're a little older, they're going to know who he is and some won't.

James Templeton: But Jim Fixx was this guy that came from a background of heart disease in his family. His father had died and he wanted to prevent that and so, he started running and doing all this exercise and fitness. And he talked about how, if you do a lot of this then, you can sidestep a lot of the heart issues. So, I thought I was doing the right thing. And one day I went to my office, and I read in the newspaper, that Jim Fixx dies while running. Jim, running guru dies, drops dead while running. And I just like, "What am I? Did I see this right?"

James Templeton: So, I started to look at this, and I really didn't know what to think of it but it scared me. Because, here I'm think I'm doing everything right and I'm probably in good shape and all that. So I thought to myself, I better go get checked out. I better get a stress test, because I had heard about these stress tests, and back then, and I don't even know what they do nowadays, but they were doing these stress tests. They put you on a treadmill and get you going and the faster you go, and see where your heart was and all that.

James Templeton: So, I went to a specialist there in town and I got a stress test. And the doctor comes in and he says, "I want to tell you something. You're in tremendous shape." He said, "You broke the record. Nobody has done as well as you on this test." He said, "You're really the picture of health. Whatever you're doing, just keep doing it." He says that there's only one thing. And he says, "There's one

thing that I see that maybe you might want to take note of." And he said, "There's a mole on your back." And he said, "There's a mole." And he says, "It looks a little different to me and it has a little different shape to it. And I think that maybe when you get a chance, just go down to a dermatologist and get it checked out."

James Templeton: So I thought, "Well, I'll do that. And he said, "There's probably nothing to worry about." So, I didn't think a lot about it then other than, I'll go down and get it checked out. So, a couple of weeks later, I went into the dermatologist office and the dermatologist says to me, he says, "Well, what's the problem?" I said, "Well, I have this mole on my back and the doctor thought I should have you look at it." And he says, "Okay, let's take a look."

James Templeton: So he looks at it, and the guy just pause for a minute and he started like freaking out. He just started like, "Oh my God, I think you have melanoma." And I thought to myself melanoma. What the heck is melanoma? I'd heard of it but I didn't know a lot about it. And he goes, "Melanoma." He says, "I think you have melanoma." And he said, "This is can be deadly and we've got to really take this very seriously." And he says, "I think we're going to have to remove a large amount of the tissue on your back." And he said, "This to me is a melanoma. I know it's got to be." And he's a really excited.

James Templeton: Well, I didn't like his bedside manner because it scared me to death, and then he starts telling me a little bit more about the melanoma. And I said to myself, "I'm getting out of this place. This guy's the last guy I'm going to come back and see." And so, I got in the car and I don't know how I got home because, I had to drive about 10 miles to home and when I got home, my wife, I told her what happened. I was very upset. And she says, "Oh, it'll probably be okay. Why don't you just get a second opinion? Get someone else to look at it."

James Templeton: So, I remembered a dermatologist that I've been to several years ahead of that. And he had told me that, I'd had a basal cell on the back of my head at probably the age of 24 and, which was awfully young to have that. But he told me, I probably should come in and get regular checkups because you might get another basal cell or, whatever. So, but I remembered that.

James Templeton: Then, and I went to this guy, and he looked at it and he says, "Well, it looks suspicious to me too." But he said, "It's probably nothing. It's probably, if it is anything, it's probably an early stage and it probably won't amount to anything." So, he went on to tell me and he said, "Look, instead of me do anything this thing, let's send you over to one of my friends, and he's an oncologist, and he's in Houston and he's like a really world renowned guy. He really knows his stuff. If you have to go to anybody, go to this guy." So I thought, well, I guess I'm in the right hands. I'm going to the best guy, maybe around or anywhere.

James Templeton: So, I go in to see this guy, got an appointment and went right in. And the guy says, "Well, it looks suspicious to me also." He says, I think that the only way

we're going to really know is, let's go in there and take it out. Let's just see what it is." And he says, "We can actually remove it right here in the office, today." And he said, "Let's have you lie down." And so he went to removing, and he took probably about a two-inch square area around that mole, and he took a big chunk out on my back and he says to me, he goes, "Well, we'll send this in." And he says, "I'll let you know in a few days." He said, "Don't worry, there's nothing you can do. You just go home and try not to worry."

James Templeton: So, I mean, someone tells you that you have a good chance of maybe having cancer, that not knowing time is really tough on anybody. And the doctor calls and he says to me, he says, "Well, I'll tell you what?" He says, "I got some good news, and I got some bad news." He said, "The good news is ..." He says, "You do have a melanoma." But he says, "I think we've got it all in this area around the perimeter edges of this incision that we took out, this plug we took out of your back." And he said, "But the bad news is ..." He said, "It's very deep and it shows that the cancer's deep in the tissue." And he said, "But that in that deep state of the cancer ..." And he says, "It's got to be a stage four. Stage four on something they call the Clark scale of measurement for melanomas."

James Templeton: So he said, "Unfortunately, we're going to have to really keep an eye on this thing because ..." He said it, "This cancer is probably most likely going to spread." And he says, "But there's nothing else we can do at this point but just have you come in every three months or so and we'll look at it."

James Templeton: So anyway, I went after three months and I went back in, and there was no signs of the cancer spreading. So I thought to myself, well, that's good news. And for a moment or two there, I started to feel like, maybe the cancer will go away and maybe I'll never see it again. So I go back in three months, and I go in and he says, "Everything seems okay again." So now I'm thinking, "Hmm, maybe, maybe things are going to be okay."

James Templeton: Well, I got back home and I hadn't been fun to be around for the six months or so. And before I knew it, my wife had decided that she couldn't deal with me anymore. The next thing I know, she leaves me. And after that, I didn't, and I got to where I didn't care if I lived or died.

Wendy Myers: A lot of people experience that when they're ill, chronically ill. It's very stressful on the other partner ...

James Templeton: Oh, yeah.

Wendy Myers: ... and many people find themselves being abandoned when they're not well.

James Templeton: It was hard on me. This really was a real shock to me. Before I knew it, though, I found a lump in my groin area and it was like a large marble. So, I call the doctor and go in to see the doctor. He says, "I'm a little concerned about it and maybe

chances are, it won't be anything. So, let's go in the morning. If you will let me, let's go in and let's just remove that to see what it is."

James Templeton: So the next morning, I went in and had surgery. So, I'm there and I wake up, and I knew I was in trouble because I have this large incision with all these bandages in my groin area. So the next thing I know, the doctor comes through the door and he says, "Well, I'm sorry to tell you that the cancer has spread. It's spread to your lymphatic system."

James Templeton: He says that, "I think you need to do experimental chemotherapy because, a lot of the chemo doesn't work very well with this type of cancer." And he said that, "What I would like to do is 80 chemo therapy treatments." And he said, "We'll do five at a time and it will take you a week each time in the hospital." And he said, "We'll do a hyperthermia chemotherapy, where they elevate your temperature as high as like possibly could without doing any serious harm to you, and then they would induce the chemotherapy."

James Templeton: So he says, "as soon as we recover from the surgery, then, now we can start that and we'll just keep you in the hospital." The other thing he says is that, "You've got a 20% chance of survival ..."

Wendy Myers: Uh, god

James Templeton: ... if you can get through these treatments alive."

Wendy Myers: Well, I think a lot of people in your situation, they're faced with this diagnosis, they have to have surgery really quick. And then the doctors, I don't want to say they use scare tactics, but they give us these statistics that get them into chemo the next day, or the next week or the conventional treatments of chemo and radiation. And do you see a problem with that, where people maybe don't feel like they have an opportunity to explore their options? Because, time is of essence. If you do this right now, you're going to die.

James Templeton: I think what happens is, people get in there and the doctor comes in and tells you something like that. You don't know, you had no time to research it really, because you've been going along thinking maybe it would go away, or I wouldn't see it again or whatever. But now, now you're told this and this guy's telling you there's nothing else you can do but that. And where I come from, I didn't know anything about alternative things or anything like that. I just, you get sick, you go the doctor.

James Templeton: But, yeah, it scared me and it makes you think that, "I better do what he says or I'm really in trouble. Maybe there's a slight chance. 20%, it's not very good, but maybe there's a chance in there that I can survive." And I was desperate. And just to tell you the next thing happened is that, I got a call from my minister at the church I went to, and I answered the phone. I'm in the hospital and this guy, he says to me, he says, "Look, I heard you're in there and I've been praying for

you, and a lot of people have been praying for you." And he says to me, and he says, "You got to beat this cancer."

James Templeton: He says, "You got to go to war. Like, to go to battle with this cancer." And it did something to me. It opened me up to thinking, I do have to fight this thing. So, I started to pray right after that. I prayed. I guess, I had prayed before and said, "Help me make it through the night, or through the day or whatever." I've heard people pray with their fancy prayers and this and that, but this wasn't a time for this, this was out of desperation. And this was out of like, God, or whether you believe in God, or a higher power or whatever, the universe, whatever it is. I knew there had to be somebody I could pray to.

James Templeton: Well, after I prayed, I got a knock on the door. It's probably 20 minutes later. And it was a friend of mine I hadn't seen in seven years. And here he comes through the door, and he's waving this piece of paper in his hand. He says, "Oh," and he says, "I heard you are in here, and a friend of a friend of mine at my office told me about this guy that cured himself of cancer using this diet." And I ask what this article is about. "It's a book review, and I thought that your friend could maybe use this. Maybe it would help him."

James Templeton: So, this guy walks through the door with this book review article, and I just knew right off the bat when he started telling me what the article was in his hand, I said, "I'm going to do that. I'm supposed to do what's in your hand." And he says, "Wait a minute, you don't even know anything about this." And I said, "I don't have to. I just know I'm supposed to do that." Because, I mean, he told me a little bit about it but then he went on to share with me that it was about a guy that had cured himself of cancer using a macrobiotic diet. Well, macrobiotics. I had never heard of. What's macrobiotics?

James Templeton: And he told me about this guy, and the guy was a well known actor. He's on TV. And this guy was somebody that I knew who he was and it was a TV show. And again, younger people might not remember this, it's probably reruns, but it was called the A Team.

Wendy Myers: Yeah.

James Templeton: And there was a guy on this and there was this Mr. T and George Peppard, and there was another fellow in there and his name was Dirk Benedict. And Dirk Benedict wrote a book called, Confessions of a Kamikaze Cowboy. And this book was what this book review was all about this book, his name and the show was Templeton Peck. Templeton's, my last name. Templeton Peck. Here's the guy that saved himself with this diet from prostate cancer. And I'm thinking to myself, but this isn't meant to be nothing is. So, I got very excited, and had my friend go out and get the book. And when he brought that book back, I couldn't put it down.

James Templeton: So, I got so excited that now I had hope, I had some hope, I had some ammunition here and possibly, a weapon to beat this cancer. Well, the next day I got another knock on the door, and the person that came through the door was my stepmother. And she out of the blue, got this book from a distant relative about vitamin C in cancer.

James Templeton: This book talked about how vitamin C worked very well for advanced stage cancer people, people who had terminal cancer. As long as they took a high dose vitamin C, they would stay around and they survive a lot, at least four times longer than someone that didn't take vitamin C. So, they had done studies on this and so, I got excited and I said, "Well, I'm going to do this macrobiotic diet. And now I'm going to do the vitamin C also. And I'll do the chemo too, because I'll hit it three ways, and now a little good, a lot's better.

James Templeton: So the next day though, I got another knock on the door. So, here comes this guy through the door and he says, "I'm your hospital psychotherapist." And he says, "I heard that you were very, very depressed, and I've heard that you weren't feeling well and didn't have a very good outlook going forward." And he said, "I wanted to talk to you. Is there a way I can come and talk to you?" And I said, "Well, sure."

James Templeton: So, I asked him right off, "Have you ever heard of macrobiotics?" And he says, he said, "Macrobiotics?" And he goes and he shuts the door in the hospital room. He shuts the door, and he comes back and he goes, "Yes, I'll tell you what I know about it but you got to promise not to tell anybody that we spoke of this today, because I don't want to lose my job, my pension, my retirement, all that. I don't want to lose it. And I've been here over 20-something years and they're not going to be happy of me telling you this."

James Templeton: So, now I'm getting really excited because here, I think I'm really on to something, because here's this guy from the hospital side of things and from the conventional side of things, and he's telling me about macrobiotics and something that he knows about it. And he tells me that it's worked very well for a lot of people. And he said, "It's a really good diet for a lot of people, and a lot of people have done really well with it." He said, "But it takes a lot of work. It's a hard diet to follow. It takes a lot of changes in your lifestyle." And he says, "You're going to have to roll up your sleeves and really go to war with this stuff, go to battle."

James Templeton: And he said, "I even tried it, but I couldn't stick to it." But he says, "You seem like a different person than what I thought was told. You seem very excited, you seem like you're hopeful, you seem like you're ready to try something else." And he says, "I think this might really be very helpful to you." I was very excited and I started reading everything I could about all these things. And I made up a plan, I'm going to do, as I said before, I'm going to do all three of those things and I'm going to do that.

James Templeton: So before I knew, it was time to do the chemo. So, I started out with the chemo and I mean, it was awful stuff. After that, a week, I made it through that. So, I went home and I got excited. I mean, I barely could get around after the surgery, I couldn't hardly get move. I was so, so stiff and it seems like major surgery, and it takes a while to get over that. And out of the hospital and doing that, and following and trying to follow the macrobiotic diet a little bit because, I could barely get around, but I was going to do. I was determined to do this. And if it didn't work for me, it wasn't going to work for anybody else. And I had that kind of attitude, and I developed that attitude.

James Templeton: After a couple of months of getting started with this new program, it was time to go back and do the chemo again. So, I had to go back in the hospital. And what had happened is, I got back in that hospital, and I think they doubled or tripled the dosage because, I mean, it was so bad. They said to me and they came in and says, "We're going to give you a lot of a lot of this stuff, and we're hoping that your body's going to respond positively."

James Templeton: So, I went in and I was so sick, and it made me so sick that I could throw up. I couldn't eat, I couldn't and all day was throw up and I was just miserable. And I couldn't sleep really, unless they drug you with morphine and knock you out and then you're out. Well, I said something to the doctor. I said, "This stuff is terrible." I said, "I've never felt this bad in my whole life." And I said, "How could this be good for me? This is awful." And he said to me, "Well, we had hoped that your body would respond, but it's not responding." And I said to him, "Well, is there something else I can do? There's got to be something else I can do besides this stuff."

James Templeton: And you see, I was going on my second five treatments. And every two months, I had to go back in the hospital for over a week. And he says, "Well, there's nothing else you can do." And he said to me, he says, "Sir, this is all we know to do." And I said, "Well, what about a special diet or a special vitamin C? Things like that." He goes, "I don't know that stuff works." He said this, "That's not going to help you at all." He said, "Don't even worry about that kind of stuff. That doesn't help."

Wendy Myers: So yeah, I can't help you but don't even bother trying to do anything else.

James Templeton: Yeah.

Wendy Myers: [crosstalk 00:25:32] A lot of people get those answers today.

James Templeton: Yeah.

Wendy Myers: I had a friend of mine, passed away from colon cancer. He had three different surgeries, exercised two hours a day, really took care of himself, but his doctor was the same way. Like, just, there is nothing else to do. Like, you have really careful about alternative stuff, a lot of it's a scam and just really completely turn

him off to alternative methods of treatment, but he died. So, I think it's a big problem. People have to really be careful. There's more than one person, like, no one single person has all the answers. No one single person has [crosstalk 00:26:17] ...

James Templeton: No.

Wendy Myers: ... the whole internet, and all the different books and that are out there.

James Templeton: You're right.

Wendy Myers: Different things work for different people and I think, you need to be very aware than putting your life in one person's hands.

James Templeton: That's true. And I know when I was there, and I asked the doctor, "What would you do if it was your daughter or son?" And he goes, "Well, I'd do the same thing." And I said, "Well, this stuff's going to kill me." When this doctor started to take my hope away, it really irritated me. And here I was so weak, and I was thin and I just felt terrible. And when I'd said to him, I said, "I just, it's going to kill me." And he goes, "Well, we're all going to die sometime." That's what he said.

James Templeton: And when he said that I raised up in that bed and I said to him, "Listen here." I said, "You son of a bitch.

Wendy Myers: Bye, Felicia.

James Templeton: "If I can get out of this bed, I would tear you apart." I said the exact word. That guy turned as white as a ghost. And I mean, he turned around. This was the big time doctor. He turned around and walked out that door, and I never saw him again after that. And I made up my mind right then, I said, "I am going to sneak out of this hospital. They're going to kill me in here."

James Templeton: So, at two in the morning, I made up my mind and here I was weak and sick. And I mean, it just, it's like poison. It poisoned me. And I barely could get my clothes on and I kind of crawled out of the hospital. I mean, I snuck down the side of the wall and nobody was looking in there. And I got out of that hospital at two in the morning, and I got in my car and I drove to my stepmothers house.

James Templeton: Again, I was determined. And if I was going to go out, I was going to go out scratching, and clawing and swinging. I was not going to give into it. I wanted to get started on this diet and really dig in. And I did. I got on the diet. It's very detoxifying, the macrobiotic diet. Very detoxifying, it's very alkalizing. And this diet, it just helped restore my gut flora. It helped to, just on all levels, just completely kind of wring me out from the inside out. And I mean, I had made a lot, I had to make a lot of changes quick.

James Templeton: I went up to do a seminar at the macrobiotic Center, which was that time was up in western Massachusetts, and they were having these residential seminars. And I was doing well by the end. I mean, I was digging into this. I was doing the vitamin C.

James Templeton: I mean after about three months, I just felt like a different person. What the vitamin C did, I could really tell after I did that for a while. I was doing 20,000 milligrams a day of vitamin C. And because the study that I read was 10,000 milligrams a day, well, I thought, well, I'll double it. If a little good, a lots better. And I did that, and then, I wasn't going back to mainstream medicine anymore. If was going to go back, it was only to get maybe a check up, or a blood test or ... But after that, I kind of discovered, I guess what you'd say today kind of functional medicine guys, guys that were alternative MDs or natural paths, whatever.

James Templeton: And I did go to some of these people to, that I thought to give me extra help along the way. But for a long time, I was kind of like the guy, the Kamikaze cowboy. I'm going for broke and the worst thing that can kill me here. And I'm going for all and I'm still around. And then, I went to the Kushi Institute, it was where it was. There was a macrobiotic Institute. I ended up, eventually going there and working there. And I was operations manager there and I started washing dishes there. They offered me a position to come there, and just kind of hang out and wash dishes, and learn, and to be around that and eat this organic macrobiotic food from the best chefs in the world.

James Templeton: And we had residential seminars every week and people would come, just like the one I went to. And that was one of the best experiences of my life being there and being around that. And I was there for about four and a half years or so. And then, I had a friend there that was living at the Kushi Institute and he had several health food stores, and he was seeing a nutritionist. And the nutritionist was a lady that had written a couple books back then, and she was given a seminar on the parasites, intestinal parasites. So, I kind of thought that would be interesting to see what she had to say. So I go, and it was none other than Ann Louise Gittleman. It was very interesting. It was, I learned a lot just from that weekend seminar.

James Templeton: Well, after the seminar, I went up to her and I introduced myself to her and I said to her, I said, "Ann Louise, I've had cancer, and you're talking about parasites, and the immune system, and cancer and all that. Do you think that maybe I have parasites?" She looked at me and she says, "I think you do have parasites?" And I said, "Oh my gosh, you think I have parasites?" And I said, "How can you tell?" And she says to me, she says, "Well, because you have that parasitic look."

Wendy Myers: You're like, oh, thanks. Gee thanks.

James Templeton: And I'm like, Oh my god, I thought I bet she thinks I look awful. So, I'm there. And of course, I was very thin and my color wasn't probably good and all that.

And she told me, and she says, "Look, don't take it for me." And she says, "There is a guy in New York City, we were up in what they call the Berkshires up in western Massachusetts." And she says, "Don't take it for me." She says, "You need to get checked out if that's something you'd like to do." She said, "There's a world renowned parasitologist, and he's in New York City and his name is Dr. Hermann Bueno." And Dr. Herman bueno, I was, "I mean, I've never heard of these guys. Who's that?"

James Templeton: She said, "Look, I'll even go with you." She says, "I'd like to meet the guy. I've heard a lot of good things about him but I don't know him personally. But I would actually ride with you if you want someone to ride along." And I thought, well, yeah. If you want to ride along here somebody that's written books, and was very knowledgeable about nutrition and about health in general, then I thought to myself, yeah. And so she said, "Well, let's go." And so, for long, we ended up going to New York. And I went in to see Dr. Bueno and he says to me, he goes, "Well, let's do this tissue swab sample here."

James Templeton: So, he had one of these teaching kind of microscopes where they got two sided with the lens over here and here, and we're both looking here and he's over there. And we're looking at this samples on the slide. Well, I didn't know anything about it, but he goes, "Oh, my friend," he says. He says, "You've got Amoeba, Entamoeba histolytica." Well, I didn't know what that was. He goes, "These are one-celled organisms." He said, "This is like a lot of its. You have a lot in your system." So, I'm thinking, oh my gosh. I said, "Well, where would I get this?" He goes, "Well, Dave, you traveled a lot. Have you been to Mexico? Have you been to ..."

James Templeton: I said, "Well, yeah." And he says, "Have you ever had like a bout of dysentery or?" I said, "Well, yeah. I've had food poisoning, and I've had this and that." And he goes, "Well, my friend that's probably where you got it." So then, he looks at the other slide and he goes, "Oh, my friend, you have Giardia, Giardia Lamblia." And he goes, "Have you ever been in the mountains and you drink from streams?" I say, "Oh, yeah. Well, I lived in Colorado. I've been and done a lot of things." He said, "This is bad. This is very bad. Do you have aches and pains? He started telling me all this stuff and I said, "Oh, yeah."

James Templeton: So then, he does another slide and he says, "Well, you have something called Ascaris Lumbricoides." And I said, "Well, what's that?" And he goes, "That's roundworms." He goes, "You're loaded my friend. Very, very loaded." And he starts telling me all this stuff and I'm like, all over sudden, it felt like you get and you feel all these sensations in your body crawling around. But he said to me, and he said, "I have never seen a case of cancer or AIDS that didn't have any kind of parasitic involvement." He said, "I've been doing this for years."

James Templeton: I mean, he was an older man. He'd been doing this and he was from Columbia. And it made sense to me because, I'd had animals dogs, cats, cows, hogs, living out on the farm, living around animals, and just eating lots of salads and raw foods. And I mean, people don't think about this. And he said, "Parasites is one

of the most immunosuppressive things you can have in your body." He says, "If you don't have, if you have parasites, your immune system has already taken a big hit." And he said, "That's a big problem with people with cancer or AIDS with a lot of lowered immune system."

James Templeton: So, I got very excited on a certain level because I knew that this was the next thing I needed to deal with. He says, "I want you to come back in two or three months, can you take these herbs?" And he said that the conventional medications does not work very well. He's a medical doctor, but he said, "The herbs are better. I've developed these formulas." And he said, "Because they work well."

James Templeton: I started taking these things and I thought, "Man, I just feel awful with this these herbs. I didn't feel good." Well, I told Ann Louise and Ann Louise says, "Well, I've got some other herbal formulas that I formulated a few years ago for a company, and you should try them because I haven't had any of my clients complain about this." So, I took her up on it, and I got these other herbs and they worked great. I didn't have that feeling.

James Templeton: And so, after about three months of doing the parasite herbs, I did other things like pumpkin seeds, raw pumpkin seeds, as many as I could eat. I also did mugwort tea, which is an herbal tea that are anti parasitic. I followed the diet, I stayed away from anything sweet, you got to cut the sugar out. That's the first thing. But I went on these parasites and I mean, you cannot imagine what I started to see. I mean, it was scary and coming out of me. And I thought to myself, then I said, "Well, what about all these other people out there that have cancer, maybe AIDS, other immune issues, severe health issues, whatever, fibromyalgia and things like that?" I said, "What about these people?"

James Templeton: Well, I thought about it really hard and I knew that I was supposed to do something else besides what I was doing at that time, and I didn't know what I was going to do. I'd come from a business background. And so, I made up my mind that once I got rid of my parasites, I was going to look into maybe seeing if there's a way I can help others.

James Templeton: So after about three months, I went back to the doctor we know and he says I was all clear. He said, "No signs of parasites and all that." And I felt like unbelievably better and I started to gain weight. I started put on weight and I started to feel better and I was excited, because I felt like this was maybe my calling in life is to go and to develop something or get involved in helping others.

James Templeton: During the night, one night I woke up with this idea of creating this company, and the company would be called Uni Key Health. And Uni Key would stand for Universal Key to Health, which would stand for getting to the root of all these health issues that everyone has, these digestive issues, these feeling tired, all the things that everyone with cancer or everything else, as soon as I could, I was going to start this business. But I didn't want to do it out there in that area and I ended up moving to New Mexico, Santa Fe, New Mexico. And Ann Louise,

meanwhile me and Ann Louise became very close friends. And before we knew it, we sort of like after a while, she helped me so much and I really looked up to her. We even ended up being a couple.

James Templeton: And we ended up moving to Santa Fe together, and she was willing to go and go to Santa Fe. She also had a teacher there in that area that lived in Albuquerque, and she was kind of considered the grand dame of nutrition. Back then, she was 103, probably when I met her. And Dr. Hazel Parcells, and this was Ann Louise's first regional teacher that got her interested in holistic health. And doctor Parcells was, I mean, she was unbelievable. And when we moved there, one of the first things we did, and we went to meet her. And I got to meet her, and I thought she's going to be in a wheelchair or been over on a walker or something. Uh-uh, not her. She's walking around and she's got this staff of people, and she's telling everybody, ordering people do this, do that. And she was so charming and such, and so full of energy and so vital looking.

James Templeton: I mean, you think of someone 100 years old is kind of on their last leg, not her. She taught me so much, she taught Ann Louise a lot over the years and I learned how to develop products the way she did. And eventually, I started Uni Key and I started doing the parasite thing. And when you start a business, it's slow going but it didn't take long for us to get really busy with the parasite thing. Ann Louise was seeing clients and she was running all over the place and traveling already. She'd had a couple books.

James Templeton: So, that wasn't an issue but I developed my own product line just because I knew it was so important. And I after meeting Doc Parcells, I was still on this strict macrobiotic diet. And one day I was working with her in her lab and she says to me, she says, "Honey." She says, "Let's go have some lunch." And I said, "Okay." And so, we go into her lab and she had this crock pot going with all this food in there. Well, I didn't eat meat. I didn't eat anything but brown rice and beans. Occasionally, a little fish. That was it.

James Templeton: Anyway, we're there and she tells me and she says, "Look, we're going to have beans and ham hocks." And I said, "Beans and ham hocks?" I said, "Doctor, I can't eat beans and ham rocks." She says, "Honey, you got to eat this. This is good for you." She says, "I clean everything up." And she says, "Everything we do is healthy. I wouldn't give you anything that's going to hurt you." And I said, "Well, I haven't had this and years." She says, "But you need to start eating meat again or you're going to get sick again."

James Templeton: She looks at me and she says, "Your color is not good, you don't look that healthy to me." And she says, "I want you to get and be healthy." And she said to me, "You're going to have to start eating meat and it's very important, especially for the kind of cancer you had." Well, she knew all about everything. So, I looked at her and I said, "All right. I guess, I'll have some." So, I started eating that. And here I had been on this other diet, and my body was like a sponge. It was really good.

Wendy Myers: I'm sure that was the best tasting and beans and ham?

James Templeton: Oh, it's so good. And I thought to myself, "Oh, it's either going to kill me or something." But how can you argue with someone that looked like her, and it was so vital and so knowledgeable? I mean, you can imagine. I've never met anybody to this day that can hold a candle to her.

Wendy Myers: Yeah, but it's a good point you made because, many times the diet that gets people well is not the maintenance diet for long term longevity and health.

James Templeton: That's true.

Wendy Myers: A lot of people that have cancer should probably go vegan, or macrobiotic or whatnot, but not everyone. But once they're well, they need nourishment. They need certain foods that are vital to health like saturated fats. You have to have saturated fats ...

James Templeton: Oh, yeah.

Wendy Myers: ... to absorb minerals into your bones. And so, that's where vegans can get into trouble and get osteoporosis. And that's just one thing that can get them into trouble.

James Templeton: A lot of things I noticed when we were in the macrobiotic, when I was living at the macrobiotic facility, that people had cholesterol under 100. I mean, that's so low. I don't remember what mine was. It was low, low. But at the time, you think, well, low cholesterol. That's good, right?

Wendy Myers: That's heart attack risk.

James Templeton: Oh, yeah. I mean, cancer, heart attack and all that. So, you're right and people get very deficient. Now, if you want to go and get a broom and clean yourself out and get yourself really detoxified then, there's not a better diet out there than this. It also gives you the fermentation for the intestinal flora, it's got the anti cancer foods like missile, it's got a lots of things. I mean, watercress. We ate a lot of watercresses.

James Templeton: There's a lot of studies that show that the cruciferous vegetables and the sea vegetables are very, very good for that. And there's so many things that it's so good. But I to this day, I kind of believe in a diet that sort of use and borrows a little from that, and borrows a little bit from what Doc Parcells taught me. I believe in the fermented foods. I believe in more protein.

James Templeton: But the issue I found that a lot of people that eat too much animal protein, like too much meat every day. Some cancers do better with that, like more of your lymphomas, leukemia and melanomas. That's what I had. That a lot of people seem to need a little bit more meat than someone who has a more of a hard

organ or whatever you want to call it. Cancers such as like prostate, breast cancer and things like that. Things like that tend to be and need to cut back on that a little bit more.

James Templeton: But of course with everything, you want to cut the sugar out, you have to cut the sugar out and you got to get rid of all the things that are loading down to your immune system. I met a man by the name of Hal Huggins. And Dr. Hal Huggins which is not with us anymore, but what a master in his own right. And I met these masters, and this Huggins was unbelievable. And he was into the mercury amalgam and then later on, more into the root canals and the issues with the teeth, with the toxicity in the teeth and the problems with anaerobic bacteria and all that from all this. And he talked a lot about the parasites. He talked about that. And he talked about when you have parasites, you can't get rid of them with that a lot of the metals. It's very hard to get rid of this, because you've got to detoxify from the kind of ground up the same way.

James Templeton: And of course, he used a lot of vitamin C like I did. To help, he laid a lot of these metals out. And he laid the mercury, especially with through IVs. And he was remarkable because, you would see people come in, and soon as with cane or in a wheelchair, and they get up after just removing these mercury out of their mouth and detoxifying them through the IV therapy and through certain other detox. And the fact is, you'd see these people get up and walk out of there. It's like and you're like, "Oh my God." And then, I'd hear these stories.

James Templeton: So, I was very impressed with him along the way, and I knew I was on the right track with the parasites. And so, that was the way I started my company I have now, it's getting kind of to the root. And then, I got into the yeast, and the fungal, and the Candida and all that. Because, usually that all comes hand in hand. And then I studied with a Dr. Robert Bradford, which was out in California. And I worked with him, and I was certified under his microscopy program, and learned a lot from seeing people doing research, from seeing before and after. And you'd see anybody that had cancer, for example, but they're immune system is asleep, and they had parasites. And most of them all had parasites just like Dr. Bueno.

James Templeton: The other thing I saw was that, when people came in, they had yeast and fungus in their body and lots of Candida, heavy metal toxicity, low amounts of vitamin C, and in his program, and you could see things like unbelievable things. And I learned that very well that, it's all I mean, everyone's similar but it depends on how much toxic load they have, how much intestinal flora they have, how much ... Wanting, what is really loading them down and causing the problem in the first place? Now, I know kind of what cancer is. It doesn't just happen, and only 10% of it is genetics. And everybody thinks, "Well, my mother had it and my father had it. I guess, I'm going to have it."

Wendy Myers: Well, you've wrote a book called, I Used to Have Cancer, and so were you a chronicle of everything you've learned and ...

James Templeton: I did.

Wendy Myers: when does that come out?

James Templeton: That's coming out, hopefully, in April sometime. But, at least by the end of April. And it's, I used to have cancer, and people can find out more about it, iusedtohavecancer.com. They could pre order the book on there. Hopefully, when this comes out, the book will be out there for them. But they can always order there and there's free downloads of the things that I have to do to myself every day for prevention, that some of the recipes that I use and follow on a regular basis. And also, the top supplements that I recommend are on that.

Wendy Myers: Yes, that's fantastic for the [crosstalk 00:50:15] ...

James Templeton: Yeah.

Wendy Myers: ... for preventing cancer.

James Templeton: Preventing cancer, and building the immune system up and detoxifying on a regular basis. And I talk about other things like, I'm a big believer in far infrared saunas.

Wendy Myers: Mm-hmm (affirmative). Yes.

James Templeton: And I'm believe in detoxifying on a regular basis and exercise. My book does tell the whole story, it gets into everything that I did back then to get well, and what I would do if I had to do it over again, because you learn as you go along the way.

Wendy Myers: Yes [crosstalk 00:50:47].

James Templeton: And just like coffee enemas, I think are very helpful. Some people can take more than others. I think that people need to, and they definitely got to detoxify the heavy metals out of their system. Tissue mineral analysis are good for that, and hair analysis, and you got your endocrine system, and your pH is a big deal and your system. And if you're too acidic, that's what's going to feed cancer. So, you want to ... There's so much you can do.

James Templeton: And to me, it's not that hard when you understand the whole thing. The hard part's rolling your sleeves up. The hard part is surrounding yourself with the like minded people support, people that don't think you're nuts, nuts, because you're doing, and you can't take care of yourself and you're concerned about what you're eating.

James Templeton: I have a foundation, Templeton Wellness Foundation that I just started here a while back because I got sick and tired of seeing, good friends, colleagues, co workers, people that I've known over the years die of cancer. And I just got tired

of it. And I wanted to at least speak out more, I wanted to share my story and I wanted to really help people to understand that, hey, cancer is not a death sentence.

James Templeton: And on my foundation, we're interviewing people, survivors that have survived for 10 years and more on diet, natural diets, detoxification programs. Sometimes the combination of conventional and holistic. But we're interviewing people, and we're putting the common threads together so that we can let these people know that there is hope, don't give up. If they can do it and I can do it then, they can do it too.

James Templeton: But it just got to get their head on straight and believe and understand that, not believing and being fearful is going to floor your immune system on the stress, whatever. If you're in a lot of stress or if something bad has happened, that you got to get over it and go forward.

Wendy Myers: Well, James, thanks so much for coming on the show. I really appreciate you sharing your story and all of your tips, and I really encourage people to go out and get James's new book, I Used to Have Cancer, for tips and tricks on how to prevent and address cancer, if you currently have it, and go visit James's site at templetonwellness.com. James, thanks, so much for coming on the show.

James Templeton: Thank you, so much, Wendy. It's been wonderful.

Wendy Myers: Yeah. And everyone, thanks, so much for tuning in every week to the Myers Detox Podcast, Where I try to bring on guests to really eliminate the importance of heavy metal and chemical detoxification, mineralizing your body and so many other bio hacking tips and tricks that we have every week on the show.

Wendy Myers: So thanks, for tuning in, and I will talk to you next week.