

# Iain Ward - Episode 823

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## SUMMARY KEYWORDS

fucking, people, talk, ireland, charity, person, same thing, big, called, irish, put, hear, started, shit, fuck, film, social media, work, nhs, surgery

## SPEAKERS

Iain Ward, James Geering

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### J James Geering 00:00

Welcome to the Behind the Shield podcast. As always, my name is James Geering. And this week, it is my absolute honor to welcome on the show, fitness trainer and the man known as the king of chemo, Iain Ward. Now, Iain was only 31 when he discovered he had terminal brain cancer. And rather than curl up into a ball, he decided to use this diagnosis as purpose and has since done numerous endurance events to raise money for charity. Now, one side note before we get into the conversation, the way he generates funds is twofold. Firstly, of course, simple donations, but secondly, simply following him on social media. As I'm sure you're aware, these platforms allow money to be generated, and he sends all the funds back into the charities he supports. So we discuss a host of topics, from his early dream of becoming a firefighter, his journey through nursing, finding strength and conditioning, the incredible support from the NHS when it comes to his treatment community between England, Ireland, Scotland and Wales. Some of the incredible events he's got coming up, and so much more. Now, before we get to this amazing conversation. As I say, every week, please just take a moment, go to whichever app you listen to the song, subscribe to the show, leave feedback and leave a rating. Every single five star rating truly does elevate this podcast, therefore making it easier for others to find. And this is a free library for you Planet Earth have over 800 episodes. So all I ask in return is that you help share these incredible men and women's stories. So I can get them to every single person who needs to hear them. So with that being said, I introduce to you, Iain Ward enjoy do you pronounce it in?

### I Iain Ward 02:10

Yeah, yeah, it seems to be only the Americans that think that my like the eye is not a capital letter, and therefore must be a lowercase L. So they call me In. And it's like, that's, that's not anyone's name. As far as I know.

### J James Geering 02:25

I was more worried about being like, yeah, Ill, and I



02:30

know, it's the Scottish spelling, but like I have zero Scottish heritage. It's amazing that it doesn't, it makes perfect sense that I have brain cancer. But it's amazing that I'm not cross-eyed. Because my heritage is unbelievably like, it's not even just like 100% Ireland. It's even like 100% Ireland with like 98% Monster, which is a third of the fourth quarter of the country. So it's like, why not? It more inbred.



James Geering 02:57

So we're alright, we'll just go ahead and move on from this. I think this is a great conversation already. One of the things that I've always totally believed and felt ever since I was a little boy, is you have England, Ireland, Scotland, Wales. And yes, of course, has Northern Ireland, all that stuff. But to me, were two tiny rocks, tiny little rocks and in the Atlantic. And it blows me away when there's like an anti Scottish, anti English anti Irish sentiment. What was your perspective? Growing up? Was there that kind of division? Or did you see yourself also, as part of, you know, this, this four country collection that at times has shitty leadership and has done some horrible things to other countries, but we're still people that live right next to each other?



03:38

I think it was always the case that like, you kind of you'd watch films and you'd hear about history, you got the Brits, the Brits, or they did all this horrible shit. And then if every year sort of you meet them, it's just like, Oh, you're your grind. You're one of those. And it's the same thing like you go over and I'll give you a perfect example of this. So I was playing an online video game and I come across a guy who had said something like, up there are 90 for some some sort of a username like that. And Irish people like I live in London, I'd like love Londoners. London's great, I'd like now, obviously, when it comes to, you know, sports, it'd be like, Fuck England. But like in reality, not at all. But that doesn't stop that we're still even though it is supporting terrorism. We still love saying up the rock just because it's more of a cultural thing. But if you start talking to Irish people, like, hold on, do you actually support the IRA? And it's like, no, like at the turn of the century? Yes, because it was a completely different political landscape political scenario. And then the more you get, like later into the sense later into the century, that like this 30 still points during the 60s you would certainly support the IRA because it was our fight back against like, like, sort of the Brits were not the Brits, I suppose it was still is the British that Northern Ireland. Police forced the Protestant police force. They didn't allow Catholics to become the police force breaking into Catholic Homes. And like this is kind of weird irony sort of thing. But they kept breaking into Irish people's homes because they thought that they were hiding guns, and they weren't. But then all of the oppression meant that they were like reformed, get sick of this. So then they actually went and got guns, because they're like, what else are we going to do? So it's sort of like the fear that the British people had, well, to sort of the Protestants had, they kind of created the actual threat themselves, because they were afraid of a threat. So it's sort of like almost a preliminary strike where it's like, it's not really a good idea, because all you're doing by bombing another country as you're creating more enemies. It's like, that's not how you solve problems. And it was the same sort of context, but at a different, sorry, it's the same sort of thing, but a different context. So yeah, I say, to go

back to the video game plan, your man had, like some sort of an IRA reference to him. And I decided I'll put on a British accent and start talking to him about oh, what, what are you up for? And we'll show this. And I play in a mind just to sort of see, like, you know, I wonder what, like, what's this guy actually like, because, you know, we like to say, like up there and kind of make the foot make fun of our English friends and whatnot. But like to have it as a username, that sort of like a step above. And I kept talking to him pretending I was pretending I was English. And then eventually, I was like, oh, and who's, who's the first president of all? And then who's the current president of Ireland? And then he was like, Oh, we don't have our president and earn and yet dollars. The English was, Oh, yes, you do. You have a T shirt. And you have a president. They're two separate political entities, what's president called, and your man just went like, blank, like, he clearly knew fucking nothing about the situation. And it was like, I started hearing all that sort of was it was a he had a thing called Michael Collins legend, which is like the, one of the sort of the head of the IRA back when it was like, you know, the turn of the century. And like, he would be an Irish nun for folklore, but he wouldn't be an Irish hero, because it was part of the like, the fight for independence. And so I started asking him, it was like, Oh, right. Yeah. So who killed Michael combs? And he's dead now who killed Michael Scott? I couldn't answer the question. It's like, what it was actually in the Civil War. It was an otter Irish person who did that, which was the breakdown of a Kerala, how Northern Ireland was formed, where it was like, the rebellion happened. And then after the rebellion, it was the bridge said, alright, you can have this, this, this, this and this, but you can't have the six counties up in the north of Ireland. And one of the reasons why sort of Michael Collins is like, sort of, like It fucked up, because he said yes, to the peace agreement. And everyone was like, I should have stood, stood firm, and all this sort of thing. And it's like, well, he was a he was a military tactician, tactician. He wasn't in a Goshi ated. So it's hard to sort of be this heavy on him. But anyway, this guy who was on social media, or was on an online video game, he had the fucking clue. And it was I wish it was back in the days where you record and your your own video games, man, I would have caught him so much. Because after a while, I was like, actually may I'm not English at all open just wine in Europe, and you know, fucking nothing about Irish history. And yet you're doing all this up the rub bollocks without knowing any of the context. And then he didn't say a thing. And he just quit the game. So he's obviously just so embarrassed beer, like completely out. And so like you do get the odd Domus who just doesn't fully understand the history. But I'd say most people in Ireland don't have any sort of a problem with the Brits whatsoever. And if they do, they're just ignorant. And obviously, I hate being one of those people who's like, I am Irish, therefore, I represent the whole of the fucking island. But I like to think that if there's any Irish people that are listening to this, that kind of nod their head like, yeah, that's about right.

J

James Geering 09:25

Yeah, I mean, that's how I see it. I have people on here, you know, from Ireland, from Belfast, from, you know, all different places. I've had people that were SS and powers that were in, you know, during the, the unrest, and it's all these different perspectives, whether you take a step back, you know, and you've got Catholics and Protestants, which are, you know, arguably the same religion. There's different kind of versions of,

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and this bread is the body of Christ. No, this bread represents the body of Christ. That's a big difference.

J

James Geering 09:58

This is the point and then you take us Step back, and you look at you know, even talk about the Potato Famine, Famine and slavery and all these these atrocities, you know, the, what the British did in India. That wasn't the British people. That was a few shitbags at the top that made some horrible, horrible decisions that some problems existed. Yeah, and some and some, you know, we're too cowardly to kind of push up against, but it's always the same thing is this division, and so they're like England, Ireland, Scotland, Wales. Yeah, I get it, there were borders, and there are countries at one point, but we're the same people, you know, and to have, you know, Protestants or Catholics in Ireland, or as we record this on 911. You know, planes hit our towers here in New York. And then we go over to originally Iraq, Ron country, but then finally Afghanistan. And then you know, a lot of the men and women that have been over there, report that over there were husbands and wives and children, doing the exact same things as people are doing in the UK, and Australia and America. And amongst them, some extremist shitbags, again, that are behind these attacks. So over and over and over again, people are divided deliberately, so it weakens us. And then they set us up against each other. Rather than being reminded, for example, the British Isles and Ireland, that we're all the fucking same people living the same kind of lives next door to each other, but we allow a few assholes to fuck it up for the rest of us.

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11:25

It's a tweak in the difference of the culture there is like, when you want to break it down, I'm sure people would sort of be like, Oh, sure, we have our own sports, we have this kind of a culture and say, you say the same thing about like, the difference between Dublin and Claire culture be like we'd have significant differences. But that's you kind of breaking it down to taking it away from people as as individuals, where it's like, you can always pick a side even in fucking Dublin, it's so easy to be like, I'm an outsider, I am I'm outside versus outsider. And it's like, you know, it's it's the difference of a couple of kilometers. I think barrel class would be a much more sort of divisive in that you'd know when you're in like the Catholic areas versus you'd know you're in the Protestant areas. I did a cycle up in Belfast recently enough and it is like going across several borders as you're as you're going through, because you just see the murals everywhere, where it's like kind of the orange Matt Redman, the red handle of Ulster marching down the street with their drums and then the other side, it's like, okay, now you see, the Catholic side is just everybody by the clappers. And like on a ship me, you're on ak 47. And it's like, oh, yeah, okay. And Blaine, really take our country back and not like, yeah, it's just the, it's, it's very, I'd like to think that just generally, if you go into a particular bar, like you'd never be bothered that much. But I don't live in Belfast, I like I very rarely have been there. And so I do not know how to contact so I'm not even going to try to like make comments on it. I understand living in London. From an Irish man's point of view. I've never experienced any kind of oppression or negative connotation connotations in the slightest. Not even like like, kind of, that's a shitty, like, remark sort of thing. Like, that's a really crappy joke sort of thing. Like they have like the sort of, I don't even think I ever had like a potato joke made at me really. Thinking about it. But anyway, they that's what reality is in London, anyway.

J

James Geering 13:47

Yeah, they're on London, so diverse as well. I think people certainly in the US think of England, for example, as this, you know, Aryan Nations, like know that it's the most beautifully diverse, especially London itself, and when we have all the cultures there, and do all of them get on with each other. No, there are pockets that, you know, again, people that kind of get dragged down a very negative path. But overall, I mean, it's like New York, it's like all these other eclectic places that are founded on immigration. Now our immigration in the UK came from, you know, us trying to take over the entire planet at one point, but now we have Indians and Africans suffering, then immigration exactly a little bit more. We're gonna take this thank you very much. But I always laugh at the New Zealand Story, though, because when they got there, and they saw the Maori, they were like, do you want to share this? I'll take that one over. But um, but someone made a really interesting point on the show a while ago, now. They were like, you have these pigeon holes, but then you go somewhere else. And all of a sudden it brings you together. And so you take for example, I would assume people in Belfast to a point. Now let's say you're over in, in, you know, wherever and your football team comes on. Maybe it's You know, Ireland, the country or whatever it is. And now all of a sudden, you're side by side, where you're like, Oh, you're from I'm from Belfast, I'm from Belfast. And you, you know, you may not discuss the part that you don't like each other, because now you're somewhere else and you're unified by a much larger community. And all of a sudden, it shows you the ridiculousness of the prejudice you had in your own home. Yep,



15:20

I think the Rugby World Cup will be a perfect example of that, because Ireland is a very weird team in the Rugby World Cup, because we don't play as a country we play as a landmass. And like, you can kind of get into the argument about like, well, Wales are separated to England and Scotland. But then it's like, Well, are they a country? No, the UK is a country, which is Northern Ireland, Wales, England, and Scotland. And if you were to go to the Olympics, it would be great Britain, that would be represented. And so like Chris Hoy, he's Scottish, but like, he has a great British gold medalist. And so everybody's the same. But then when you look at, say, a bad example, but Stuart Hogg would have been one of the accent Scottish players. And if you know, he had done extremely well, in the World Cup, the English and the Welsh, they wouldn't be, you know, best pleased with that. But then when you look at the Ireland, it's both northern and the Republic of Ireland. And therefore, the flag is kind of wonky looking. And that's why we have a you it's not, it's not a national anthem, but it's kind of like a landmass anthem, which is like Ireland's call. And it's just kind of odd. But at the same time, it's like, nobody gives a shit about like, who's from Northern Ireland, as opposed to the Republic, the only time you'd see it would be if there's a home game in being played in Dublin. And some of the players don't sing around the vein because they identify as Irish from British descent. And it's like, fair enough.



James Geering 17:07


What's speaking of that, then let's get to your timeline. That was an interesting tangent. So thank you. Tell me where you were born. And tell me a little bit about your family dynamic, what your parents did, and how many siblings



17:19

so I've got one sibling I was born in Dublin. I think Temple Street hospital if you want to be

so I've got one sibling I was born in Dublin, I think Temple Street hospital if you want to be really specific. And I was born in 1989. So my parents come from my dad comes from a standard large Irish family, my mother comes with a less standard, but by concept their large family from in terms of the world well, in some parts of the world, and imagine you go to India and China, well, not China anymore, but like, India, that is not a large family. And boy, yeah, so there's four on my mom's side and there's nine on my dad's side. And there is so many cousins within the family that I have to go to the cousins that I know more so. Some of them who live in Belfast actually, and be like remind me again who's what's what's that cousin's name and what's that cousin's husband's name? Why cycles and thing and they don't they gotta like fill it all in and and yes, my dad I could I like my dad's title as a as his jobs because I can either say that he's an international businessman and as traveled so many different interesting places all over the world. Or I could say he's a border salesman, whatever you want to take the the important there, my mom was a journalist. And then she kind of went from being a journalist to owning her own magazine and yet they still kind of their past yet they're at their retirement age, but they still kind of do little bits and pieces.

 James Geering 18:57

All right, total tangent again. Well, I love these conversations. Butter when I think of butter and Ireland I think of Kerry gold, which that's where he was. So talk to me educate the people what is the difference between Irish butter and then for example, the butters you'd find in America

 19:15

from what I can tell from be having been in America, it's I think it's all from the difference of the quality of the grass. So like Kerrygold fantastic marketing they as far as I know, I think there are same the Kerrygold marketing is the same people who work in in Guinness which are like the best marketing team that are on the on the planet. And so they kind of had this extra kind of boost above all the other Irish butters but like they're all fairly fucking nice. And it's just from the fact that the the grass is nicer the grass is better quality, therefore the cows eat grass. The milk is produced is over higher quality and then it gets me ate into the border, which is noticeably a better taste.

 James Geering 20:07

Because I mean, it's definitely a different taste when I go home, you know, even anchor anchor butter it was what used to eat in England. But um, you know, you come over here and there are some things obviously, that are amazing in America. But when you look at the kind of factory farming model that they use here, the milk is just different because you get a different milk from a cow, a cow that's, you know, roaming pastures and just being milked, normally, versus being stuck in a massive factory shared and just being pumped constantly and being given antibiotics because they're sick all the time. And all the horrible things that you think about so, you know, when I look at now, when I buy my battery carry gold, because I know, you know, I know where that's coming from. Yeah,

 20:45

I that was something that was quite shocking to me, I was in America, and back in April, and I had heard this like the sort of the stories of like, an iron food is really bad quality. And I was kind of thinking like, ah, yeah, but that's just like, you know, if you're buying the cheap shit, and it's like, that's the same the world over. But when I was actually like going into a Walmart, and like just general shops, it was sort of like, why are you just like, everywhere you go, it's just so much harder to get food that's not garbage, that's not just sheer light. And then it's not much of a difference, but that small difference is quite significant, where it's like if you want to eat healthy in Ireland, and you're going into a petrol station, if you're going into a gas station, you'll be able to get a banana and an apple and if you wanted to get something that was a bit more sort of satisfying but you didn't want to eat something that was just like a fucking hotdog or a burger they'd have like little sandwiches there that aren't particularly good for you but they're awful for you and just the options that you're so limited in the United States and the same thing with like the cost of vegetables and I found out later that that's because the government's in both the UK and and support actual vegetables being grown. And in the UK because they have the NHS which is free health care. They also try to make the vegetables available in certain shops cheaper and apparently the incentive is so that the public can have a healthier diet which therefore in the long run saves money in the national health care but from what I can tell Americans seem to be absolutely allergic to the idea of like get our free healthcare fucking way we're not going to a communist state fucking socialism. It's like lots it's pretty good. You don't do it all you don't have to go hardline in and like, you know, turn into fucking Stalin s 1950s. Communism, you can have like in a free health care and like, you know, cheaper education system that like, it doesn't destroy the country, it makes it a bit better.

J

James Geering 22:55

So being an EMT, and a paramedic in America, one of the things that jarred me the most when I first started bringing patients to hospital was the first question that was asked really wasn't what's wrong with this person? Honestly, the most attention was, let me get your social security number so we can start the billing process immediately. Yeah, and you know, and it could be as we'll get in someone with cancer, or you know, a heart attack or whatever. And there are people literally the moment you walk through door wanting all that information. And I tell people in the States, in England, and right now, it's not the perfect, it's an amazing philosophy, but it's not being well funded and supported at the moment. But the idea that you just get hit by a car, or you find out you have cancer, or whatever it is, and you just focus on getting well, not that the treatment that you're about to get is going to make you lose your house as well, because that's kind of detrimental to survive in a cancer diagnosis, when you're thinking that when you get out, you're gonna be completely fucking broke. But the way it's presented here is socialized medicine. And I had a friend who's on the show is a Navy SEAL from Poland. And it took a while for him to even understand the difference, because he'd been told this was socialism. It's like, No, this is altruism. We all band together, we all chip in most of us are doing just fine. But the idea is, again, back to religion, helping other people When Ian has his diagnosis when so and so has a baby when you know, so and so's grandmother needs nice care at the end of her life. It's alright, we got you. Because one day, we're probably going to need it too. But here, it's like, well, if it's not affecting me, I don't want to do it. And that's the mindset that we got to change over here is like imagine if not only you just helped other people, but that healthcare created an environment just like you underline rather than an environment to fail, which is what we have now. And you just have to look at a lot of Americans to see we're not the healthiest population at the moment. But also if it was Runwell, like the NHS should be just underlining what you said imagine a health care system that then promoted health because you don't want to dip into that tax money. It's a win win. Yeah. At



25:02

the like, in particularly with my situation, I wouldn't be having this podcast conversation with you even in Ireland, you still have to pay for a lot of treatments. So it's not nearly as good as the NHS but like, I'm not a British citizen, and they supported me with giving me the equivalent of welfare. And I only recently came off a couple of days ago because sponsorship came in and that kind of has affected things even though I give all the sponsorship money to a charity, I still need to anyway, that's our tax shift was sorted out another time. And but the, the NHS when I got my, when I got cancer, they just started helping me straight away the care that I was given was like, second to none my parents. My parents are like they're Yeah, they're wealthy, they're wealthy, they live in a Victorian house, they're, they're fucking wealthy, they've they've worked hard their whole lives. And, and so my dad, who is like our frugal for certain things for sensible things, but when it comes to important stuff, he would not be like the kind of person that would be Oh, that's expensive treatment you like no, I don't want to help my son with that one. And he did his own digging to think like, and I'll maybe we'll find a place that better treatment for from a summit like in our private healthcare. And he looked into like, who my surgeon was for, for the NHS for brain brain cancer, you know, like, you know, the one of the most intelligent, difficult careers that we have, like, whenever you're saying like, you know, hey, it's not rocket science deal, or alternative is, hey, it's not brand concept, or it's not brain surgery. And my dad looked around, he was like, Yeah, okay, I've looked around and yeah, yeah, man, Tim Jones, he seems to be the best. So like, it's still free, but like, yeah, I don't need throwing money at it is going to improve anything. And the quality of care that I got, I don't know if it wouldn't be any different if I was having like a fucking brain surgery of the universe that would be over living in the United States of America, but and the fact that I also went along with the free health care, I also got then supported financially, for however I wanted to live, because technically, it's a, it's a terminal brain cancer that I have. And under that sort of badge, that title, it means that I don't have to work. And that gave me the free time that I was able to focus on the social media shit and the raising money for charity stuff. And the kind of the time needed for me to polish off the terrible edits that I was making, when I first started doing this to like, getting to the point where I'm, you know, able to do them properly now. And I wouldn't be able to do that, if I was, you know, if I had to work if it was like, how else are you going to pay for it, you're able to work so like, you know, get out there and work and if I just would have gotten back into a job that wasn't really that particularly fulfilling and then I'd be living a fairly normal life but I'd have this sort of ominous cloud of me where it's like, you're gonna fuck and die sooner and you're not really doing anything of interest whereas with the free time that I was given because of the great British government's I'm now in a place where I don't think I've been as satisfied or productive or even straight up happy because of what I'm aiming for what I'm going for what my goals are and what what I am achieving, and what I have achieved so far. So that's entirely down to you know, it's not fucking perfect. No government is but it's pretty fucking good.



James Geering 28:52

Well, and this is the example people need to hear as well, because I've witnessed the bad side of you know, the the welfare system over here where you have the kids living in squalor, but there's a fucking 50 inch TV and an Escalade on the front porch. Yes, okay. There are people that have used the system the same way as there are people that have used all the way up the chain to you know, billionaire companies as well. But the mother that just needs some help, until she can get her kids into regular school, she needs a date, you know, the, the daycare



coverage or the person has made unemployed and they're homeless, or whatever it is, and then they get back on their feet. And then they're like, Wow, that that welfare, those food stamps, whatever it was, helped me that council housing until I was able to get out and now look at what I'm doing. But we don't hear that we always hear the worst case. I think this is the thing about the social programs. There's always going to be abuse and there's departments that try and stop that abuse from happening, but we never hear about all the fucking good that these programs do. And this is the perfect example. You needed the help and now you've been able to turn as well as we'll get into it. You know, the search for that right career turned into this is what you're obviously destined to do. And now millions and millions and millions of people are inspired by your journey. And you're raising all this money for charity. So I would say that's tax dollars well spent or pounds in this case.



30:09

Yeah, now I'd certainly agree with you, I would actually go a little bit further and like, you know, to those sort of people who are taking advantage of the system and like, and like you said, I've got an escalator in front of big fucking telly. And, like, it's a nasty, shitty thing to do. But if you take that away from them, they're probably going to start like causing trouble to society. So it's almost better. Like, it's not a nice thing where it's like someone's coming over to you on like a public form of transport. Let's just say a train. You're in New York, you're in the underground subway and it's like, someone comes over like, Hey, buddy, I want to fucking sit there. And it's like, everything in your body is telling you tell this contact fuck off force, if you want to, like look at it from a sort of a, a purely game theory thing. It's like, look, this guy's an angry prick. Let him sit in your seat, go somewhere else because the chances that this ends up being a physical confrontation, which could go a million different ways. I mean, you don't know if this guy is like, you know, an excellent boxer and like what like or it could be carrying a shaggy could be like, you don't know he could have some sort of a fucking disease and if he bites you, you get an infection. There's so many things that can go massively wrong. And overall, those things the sort of the hit to the ego and the frustration of you getting up off your chair need to stand for a minute. That is very, very low, but people don't like doing it.



James Geering 31:39

Yeah, absolutely. Absolutely. And going back just to the NHS one more thing and then we'll we'll move forward but my granddad was 99 years old when he got diagnosed with cancer 99 Still, you know, work in his garden doing all the things that's amazing. But he had paid for Bupa, which is the the private supplement, you know, the kind of comparison of the American model that you can get in the UK. But the older these men and women get, the more expensive it becomes. So they paid their whole life and when it was finally time for them to use it. They just they priced them out where they couldn't even use it. So they spent all that money for almost nothing. The NHS Care I saw this 99 year old man get riddled with cancer. I have never seen such great care anywhere. So to mirror what you said about the NHS, you hear all these nightmare stories about oh, this person died in the waiting room of the hospital. Yeah, well, inner cities tend to be overcrowded. And it's just it's, you know, it's a sad reality of living in a in a city. But the hospice care that the home doctor's visits after he passed the visit of my grandmother for about two, three weeks after that, you know, it was it was absolutely amazing.

So when I have someone organically who understands the NHS, I like to use this to discuss it because, you know, when fully funded, I think it is the most altruistic, beautiful healthcare system on the planet. Yeah, it's



33:01

but also like, it's a part of national pride in in the UK, it's massive part of national pride, like they have during COVID They had like, in all sorts of parades and stuff like that, like they were massively overworked. But it's the sort of thing where it's like, depending on, I can get it in America, where it's like, the strong sort of support of the American army and of like, the troops, where it's just sort of like, Thank you for your service. Like the the NHS has a sort of, in some ways, like, meaningless support, where it's like, you know, yeah, the NHS, it's like, what like, what, like, what does that mean? It's like people putting out like, we support the NHS in there. Like, what, during COVID When there was like, all the sort of the banners to support the NHS, but it's like, Yes, nice, but like, it's a completely fucking meaningless gesture, like you get your kids Yeah, right. NHS mil, stick it up on the window, I'm good. I'm helping society, it's like you walk up or like, it still is a nice thing. And I'm sure like, as a like, some of the actual nurses, I'd like to think someone who would be cynics and look at is like, what the fuck is this shot? And then other ones would be kind of like, Yeah, it's nice, that sort of, you walk in and you're wearing your uniform on your way to the hospital, and like, someone will sort of stand up and let you take a seat. And it's just those little nice courtesies that sort of are built up. And I think that same sort of mentality of supporting of something because they can sort of see it's like, that is definitely something that would be useful to get involved in, in America. And I think also with due to how fucking loud and patriotic the Americans love being I think that it would spread very well across the world because people would be like, Yeah, okay, this is the best health care system in the world. And when you actually have something where it's like, not yet it's hard to contest with then like, you know, I think it could spread around. And it's sort of jeezum status sound like a big fucking hippie, but like, make the world a better place.



James Geering 35:08

I think it would though. And here's the thing. I mean, by the way, isn't America and I do have you know, lens, I've lived in multiple countries around the world, we're have a profit based healthcare system. So I'm no economic economist, but if the get the goal is to make money, where's the checks and balances to keep people healthy, there's not, you know, if I want to keep you alive, but I want to keep you sick. So here's your blood pressure meds, here's your diabetes meds, his you know, all the meds, the painkillers, everything. Whereas if you have, as we said, a model where, hey, the healthier people are, the more the budget, we get to keep, you know, the more we can put in reserve, Well, now's your push to actually make people healthier. And you know, recently in the UK, sadly, I've seen people getting bigger and bigger. So we're missing somewhere, something along the way. But if you truly put it back to the way it was supposed to be, and put real food back in schools and make sure kids doing a lot of PE build more pedestrianized, you know, city centers, then it's the most beautiful model, you know, we want you to be as healthy as possible. A if a virus sweeps across the planet, it's not a big deal. Because most of you are going to be just fine because you're healthy, and be that's more money for education and the fire service and everything else that we need to put these budgets in. Because you guys are so damn healthy. You're saving us money.



36:22

Yeah, yeah. So something I always like to sort of daydream about is, right. So if you were the year just the you got to be realistic about the sort of policies that you bring in, but you are the tyrannical leader of the entire world. So what will be your three policies that you get to put in so you can't just sort of your policies have to be realistic in the sense that people would actually kind of do them? Like if you're going to be like, everybody follows David Goggins on waking, Instagram and follows him word for word and everybody's like, in our heart as nails, like they're not going to do that. So you have to be realistic with your policies. What sort of things would you introduce?



James Geering 37:04

I honestly think it starts in the schools. So I think that only real food just only real food, so you can be McDonald's or Burger King, whatever, but you have to work with real food, no more factory farming bullshit. So that will be one the model that again, as much movement as possible. So again, whether it's more bike lanes, pedestrianised areas, whatever so getting people eating well, getting people moving well and this this is tyrannical or is trying to trying to fix things.



37:35

Oh, no like it tyrannical. But I mean, like in our south, therefore, because you're in complete power, you have absolute power, but like, you know, you can, you can do what you want. Okay, so like a positive



James Geering 37:45

tyrant. So those two and then I think community as



37:50

well, the nine tyrannical big.



James Geering 37:54

So yeah, so putting, you know, removing pigeonholes and labels and pulling people together and forging that community. So now you've got good food on your body, you've got movement, and you've got that being a part of a tribe. So that would be my three pillars on here. What about you,



38:10

we have to get you into power now.



James Geering 38:13

What will be your three



38:15

i tax sugar for one and I tried to similar to yourself or the focus on food I'd like I wouldn't ever try and shut down. And a business because that's taking away a freedom that I think people are more than entitled to have. And but I do I dislike the idea, the sort of the the culture of constantly giving sugar, and grandparents are terrible for it. And I'm speaking from my own, not my grandparents, but like my mother and father to my brothers, and children. So like my nieces. And they're like, they're not the worst in the world. But it's just sort of like, because my brother is and his wife are very conscious of diet and health. And so they're quite a no sugar family. And then my grandparents sort of like slip them little bits of sugar every so often. It's like, you don't need to do that, like stop kind of secretly making it like, you know, don't tell your parents like this is a secret treat because you're still sort of out you're, you're almost adding to the excitement of getting this thing that it's like as soon as they start getting pocket money and they're making their own choices about like, what to do, they're going to be like, Oh, we can get chocolate now. This is fucking great. But if you start from the start where it's like, rather than giving them a little treat, that's a chocolate be like, you know, hey, I got to this little thing. It's LEGO. And now they're learning how to construct something had to build something. It's not like you know, it's hard to replace the habitual giving of sweets to people with something else and A simple example that I can think of is when it's like a birthday party. And cake is always the, the thing that is, is given. And I think if you just sort of compare it to booze, and I'm not saying like booze is great for absolutely everybody. But I think alcohol consumption can actually lead to quite a lot of happiness. If you go to a musical Music Festival, and booze, it breaks down the the inhibitions, and it just sort of makes people a bit more fucking wild. And you end up doing some crazy fun stuff. Where as you could be hung over the next day. And if someone was to say to you, Hey, would you take back your intake of alcohol? And I imagine a lot of people would say, Oh, I take back a bit, but I wouldn't take back everything. Whereas, because it would change the circumstances that you were in, you'd be sober, you wouldn't be quite as loose, you'd enjoy yourself, because it's a fucking music festival. But if you were to compare that to a birthday party, and it's like, hey, if I could click my fingers now and have it that you didn't eat the cake, would you do it? I'd say most people will be like, oh, yeah, yeah. And I take it back, because it didn't actually contribute to the fun that I had on my birthday, it was just the, the very few seconds where the cake was in my mouth. And outside of that it was gone, I was at take a moment on the hips, or was our moment on the lips, a lifetime on the hips, and what's your own, and nothing tastes as good as being skinny. But there's like, an even within that, you know, you can go the other way and think, Oh, well, can you not apply that to all forms of food. And I would disagree with that. Because if you have like a good healthy meal, it's like your your mind knows you're eating something that is nourishing. And so you have this feeling of oh my god, that was fucking delicious. And at the same time, it's a dozen other thing, it's almost, and it was like, you know, vegetables are so good. That chef is amazing. And it's like you have not only a lack of guilt, but it's almost like an encouragement of this is like a benefit to this is like the optimal fuel I can have in my body. And even if it's a placebo effect, as along with the actual physical effects, you feel like I've got more fucking energy here, like, and it's sort of a hypes you up. And, and I think that would be one thing that I

would try and just really kind of take a big curb on. And then the other two would be, I wouldn't have anybody be allowed to have more than one or more than two houses. That's just like, the landlord situation is insane. And it's a it's a, it's an ongoing thing, where once you have a once you have two houses, or once you have three houses, it's just like, the game is rigged, you can just keep renting them out, renting them out, making more money buying a house, someone is too poor to buy their own house, most people are too poor, and Ireland, especially to buy their own house. So therefore they all have to rent the things, that money instead of going into buying their own house through a mortgage is now going to someone who already owns a house, thus making them more rich, and therefore they can buy another fucking house. And it's like, it's an endless cycle, it's getting much worse. And you can see it in Ireland like we're, we're first world nation, we're highly educated. And it's something like 65% of I think it's 25 to 35 year olds still live with their parents. And it's like, that's a shocking amount of people, especially when you compare that to how people live 20 years ago. Now, I don't have my own house. But I have a place in London, where I where I live, but like since when I'm in Ireland, I stay with my parents, it'd be insane for me to stay anywhere else that might be a bad example, seeing as I'm on sort of sort of holiday. And I think my last one would be I would rearrange the education system so that there's more of a focus on creativity and less of a focus on sort of the meaningless shit like mathematics, I understand that it's problem solving. But the reason that it sort of held is such an important thing stems from the Industrial Revolution, where the education system was built around that because they want the people to be good at engineering and managing accountancy and that sort of stuff. Some mathematics were highly valuable. But these days, it's sort of weird that we keep focusing on mathematics. When phones are just going up there, they're better than us. So it's like, why do we have to learn all these things with problem solving, and that's always how it's kind of sold today to the educational system where it's like, Ah, it's not about the math. It's about teaching your body how to solve problems, like fuck off. You can teach that somewhere else. It doesn't have to be maths that's not that's not the only way where you learn how to To solve problems, you teach the kid how to solve problems by giving them Lego pieces. Like it's you don't have to do it. So yeah, I would encourage creativity, because that's one of the few things that AI is slower at overtaking us. Where's everything else? Google sorts that outfit. You don't need to study geography Google, Google, take care of it. Don't worry, you don't need to study history, Google will take care of it. Maybe maybe bad example, would history because history is more about, you know, don't do that shift. Don't like, you know, sign up to that shift. You know what happened? Yeah, don't do that again. Anyway, that's my rant over?

J

James Geering 45:35

Well, it's interesting how many people I've had, you know, even just in conversations in life, and obviously on here, as well. And the number of times that I've heard the argument for higher education, and this is obviously not, you know, the roads of medicine, the roads or law, but all the other degrees? Well, you know, it shows that they can stick with a thing and keep working even when they don't want to. And I know that is a horrible reason, especially in here in America, where it's 10s of 1000s of dollars, sometimes hundreds of 1000s, that you're going to take away, that you can kind of deal with being unhappy for a while, that's not a very inspiring reason for higher education. And even with the prereqs. Now, they have so many classes, like high level classes, to go do something where your high school math would have been perfectly adequate. I mean, I'm all for that level of mathematics. But after that, if you're going to be an engineer, absolutely, you got to keep going down the mathematics route. But if you're going to be a doctor, you're not up there with a white you know, a Sharpie doing Rayman math, you're figuring out very basic, you know, as you know, because I



46:38

need a fucking Sharpie.



James Geering 46:41

Is the pancakes on a Tuesday? But But no, but it is. So it's kind of smoke and mirrors even with that as well. So well, I want to get to your journey. So I heard you in another interview with Sean Atwood Have I got that? Right? Yeah, he used to be an ecstasy dealer. And now he's a YouTuber, which is an interesting path. But anyway, Oh, yeah. I think I know who you are. Yeah. So I think it was a few weeks ago anyway. So I just want to give credit to listening to you on his. You initially, were looking at the fire service. So talk to me about that. Paramedicine and then nursing.



47:17

Yeah. So when I first finished up in the American equivalent of high school, I wanted to excuse me, and I wanted to do computer game development simply because I like playing computer games, and I thought computer game development will be far more on the creative side, where it will be more of the breakdown of, okay, what makes this game good? Why is this game better than that game? What makes this appealing, and it wasn't, I was just a bit ignorant, a bit naive, and it was just our programming. And it was, like all this sort of stuff. If I'd stuck with it, where I am now probably would be very helpful, but I just couldn't stand I just didn't like the people who I was around. And one of the speeches that one of the professors gave was that the people who you're around are very important, because not only are you they're your classmates, you're gonna go into business with them, and you're going to be hanging around people like this your whole life. And it was just like, like, I'm a fucking nerd. But these people, I think it was three of us in the whole class that weren't just like 1980s stereotypes for like, when you hear the word nerd, and it was just sort of like, all of them are just whore with social skills, and they didn't have hobbies that were outside of, you know, just indoor stuff. And it was just sort of like, I don't really want to be around like, people like this that are just sort of cookie cutter, like copy and paste human beings, I want to be around people that you can sort of have a liveliness to them. And so I made this, like, pat myself on the back a bit here, but I kind of made the smart decision of being aware that who I was around would probably be more important than what I was doing. And I stand by that quite a lot. There's no role too long in good company. And so I quit that. And then the next thing that I went to quite quickly was a fire fire and safety management, which was not I didn't go anywhere with it because the fire department wasn't hiring at the time when I graduated. It was a recession in in Ireland, but I wanted to be a part of the the fire department. So it was, that was my focus at the time. And then when I when I graduated from that and I couldn't get a job as a paramedic, I would have been a step down. I don't know if it's called an EMT in the United States. I think it might be



James Geering 49:51

it's funny I had Yeah, so we have EMTs and then we have paramedics but I had a Dublin firefighter and I you know it wasn't arrogance. It was just you Not being educated. I said. Oh.

you guys are paramedics you know the rest of the UK you're either a medic or a firefighter as a did when did you guys adopt the American model? And he was like we didn't said you we've had this since I think it was 1898 a version of obviously not paramedics as we know it today, but they had combined to kind of EMS first response element to Dublin. So Dublin is actually extremely unique in the eye, England, Ireland, Scotland, Wales, whatever the collective PC term is, for all four countries.

 50:29

Are there Yeah. I thought that it was the same thing in the UK where it was like that they're all paramedics as well as being firefighters. This is not not the case. No,

 James Geering 50:37

no, you've got usually the the NHS medics are in an ambulance, and then the firefighters and they're pushing now towards a higher level of EMS training. But yeah, I mean, it's for as long as I remember, even when I was little, you know, you had the fire brigade, and you had the ambulance. And they were to Devon, and you had St Johns ambulance, which is obviously another nother layer of EMS. But But ya know, so now they're starting to shift towards it more. So Dublin, the city of Dublin, I think was the only place unless anyone listening can educate me, the only place that actually had that combined system and it was way before America.

 51:14

Wow, I didn't know that about the UK, I should have focused on joining the like the London fire brigade more I would have come in, it'd be like, hey, lads, I'm fucking massively overqualified for you. Give me a job? Well, yeah, after the after the recession happened, I started looking around for, right, if there's not going to be a proper job here, like I, I should just try and get more of an education so that when jobs become available, I'll be able to, you know, get a better one and the NHS, we're doing nursing, and the NHS, we're funding your education. Another example of liking all sorts of the social hasn't been bad. It's like they were attracting me over to live in the UK, because the NHS, were willing to pay for my education. As a nurse, my hope was that I would get into the a&e department. And sort of it would be like, similar to what I liked in, in being a paramedic, which was same thing, what I was going for with with a firefighter was the excitement, that sort of this is a major problem, you have to do your best to solve it. If you don't, there's very few other people to blame other than yourself. So I quite like that. That level of pressure. And something that I came across very, very quickly was that as a nurse, the huge difference is the autonomy. So you do not have nearly close to the level of autonomy that you do as a paramedic, first thing that you almost always have to do is shitloads of paperwork, ask for a doctor's permission, the doctors often know that the nurses are more than capable to make their own decisions. And but they still have to be found to give the sign off, which is like needless red tape that affects the proper, and treatment of patients, in my opinion. And at that point, though, because I had quit computer game development. I didn't want to quit a second time because I was like, You're fucking committed to this down, don't be someone who's quit college twice, you can't be one of those people. And I got to my third year, and when I was doing my dissertation, I had this sort of moment where I just couldn't physically do it. I sat in front of a computer that was in one of the hospitals and it was attached to what's called an

ether net, or an intranet, I can't remember which one it was called connection where I could access all these different medical documentations. But I couldn't go on Facebook or YouTube. So it was like the perfect environment to study and to do your work. And I would sit there looking at a blank stream screen. And I'd look up different sort of research papers and read through them out of a sort of a curiosity, but I could never actually decide what I was even going to do my dissertation on. And after a couple of weeks, I finally sort of realized there's a reason that you're not doing this. It's because you don't like this job. You've been on so many different placements, and none of them have been like an enjoyable place to work with the exception of the dermatology ward. And the only reason that I really liked that was because the London Olympics were going on during that time, and the dermatology war ward. Most of the patients are able to get up out of bed. So we watch the Olympics together with the patients like and that's that's escapism so like that's not a good reason to want to get in somewhere. I wanted to get a job in the dermatology reward so that I could watch television it's like you need another fucking job my friend and so yeah, I quit. And then I went into sport science, I sort of I developed a keen interest in, in fitness and the sort of the biology that was related to it. And sort of a lot of what I learned from nursing sort of transformed into that because it was like you still learn how the body works, and quite a detailed amount of anatomy. And then so I took that knowledge and sports science really liked it. And I've been sort of working in that field since and now I mean, like, I'm doing stuff on social media, but like the foundation of it is based off of the shit that I learned in sports science, it is still like, you know, teaching fitness classes. It's just there's a camera in front of them now. And then also learning how to improve my own physical endurance, physical fitness so that I'm able to run more marathons. And that's, you know, you got that from an education.

J

James Geering 55:54

So when I was young, I wanted to be a doctor. And then funnily enough, it was mathematics that caused me to stumble because you get to a level physics and chemistry and like, wait a second, I thought it was just like weighing stuff and putting Bunsen burners on, like, oh, no, no, it's all math now. So I thought, well, I'm out to be able to do this. And then fast forward a long time, I realized that it was the paramedic role that I wanted to be and even now I have the prerequisites for my degree, to be a nurse practitioner. So nice position, a physician's assistant, which is kind of like almost a doctor, but not you're still reporting to a doctor, but you're doing high level stuff. But there's zero interest to be in a hospital for me, so I can totally attest to that. With the sports science. I ended up doing sports science in what was University of North London now, I think it's metropolitan university. And it was great. And I applied to them. Yeah, yeah. I mean, they're really easy to get into because I got into my grades were terrible. So you might want to try again. But, um, but what was disappointing is I went in thinking, okay, great, now I'm gonna be able to come out and be, you know, a great coach and, you know, take a lot of that and use it as an athlete, but because it was so academic focused, there was a lot of how to test you know, vertical jumps, and VO two Max and stuff, but at actual, practical application, I found that I've actually become a much better coach just from taking, you know, seminars and you know, certifications and those kinds of things. And I did. So with you being an athlete, you know, you finally get to sports science now, what was your experience of that carry overwhelmed that it gives you a foundation, you still had to then do search to truly understand the movement.



57:33



And you mean, like actual going to university has improved my sort of the education that I that I kind of had naturally?

**J** James Geering 57:41

Yes. So I think what what I saw is that my sports science education was very academic and didn't really carry over to coaching specifically. So yeah, oh, yeah, made you a good researcher. And you could then be a professor of sports science, but to just go in and say I want to be a better athlete, I want to be a coach athletes, both of those two programs England and America, I didn't find that there was a lot that carried over to being a coach or an athlete specifically.

**i** 58:07

Now, I couldn't agree with you more. So like, I loved the university, I went, Oh, absolutely love St. Mary's, I had a brilliant time there and made loads of friends. Amazing little University. However, the actual, like what I've was sort of, sort of forced to learn, like, let's put it like that had to learn in order to like, and I'll pass my exams, fucking useless, completely useless. I didn't really sort of take anything from it, that was really helpful. YouTube is by far the best university that I ever attended, and still do attend, because it has something that lecturers often don't have. And that's the sort of the combination of the freedom to learn what you want, when you want, but also people who are making those videos you have to come from an entertainment point of view. So there's this added level of storytelling where you have to display things in a way that makes it more tasty. It makes more sexy make those make those scientific research things more sexy. But it's like you know, same sort of thing where it's like if you were to study zoology, and I'm sure that could be seen as like incredibly boring and then you can go like alright zoology boring subject matter now get David fucking Attenborough to teaches you ology and suddenly becomes the greatest, you know, subject to study in school ever. And it's entirely down to, I think, how who is educating you is more important than what you are looking for, because like you can only get so much. Well, I wouldn't say you can only get so much from a book Talk, you can only get so much from basic information like lists. However, when you have like a good author that is showing you the interesting stuff within said lists like Malcolm Gladwell, and who's done like, you know, Freakonomics and all sorts of books, where that is basically what he does is he looks at data. And then he gives you a very interesting interpretation as to what that data leads to. And I think that is far more important for education as to sort of, if you really want to learn something, you got to kind of fish around for it and find a good teacher. And you can do that now. With YouTube, and sort of the books that you read and podcasts that you listen to, especially this one, oh, this is the best podcast ever for a motivation, learn how to live life and dealing with terminal brain cancer. Oh, you can't find a book and better.

**J** James Geering 1:01:00

You heard it here, folks. All right, well, then I want to get to your diagnosis. But before we do an interesting thing that I heard you discuss on Shawn's podcast was being part of the medical research programs. So how did you get into that? I'm assuming finances are probably part of it. And then walk me through those experiences prior to your diagnosis.



1:01:21

Oh, yeah. 100% finances, I wasn't doing it for any other reason whatsoever. It was just a, from my perspective. And like, I'm the kind of person that I like to work smart, rather than working hard. But then on the far side, I also sort of see things a little bit different, like, I did the thing called a toward toward a picnic, which is a charity cycle to a music festival called the electric picnic. And I done that about 10 years ago. And when they first came up with this pitch, where it's like, you pay significantly less for the ticket to the music festival, you have to raise money for a charity. But once you hit that number, then you get to cycle to the electric picnic. And they mined your bike, and they send your bag there with you. So you don't carry your backpack while you're going to the music festival. And then they give you a free bus ticket home on the Sunday. And for me, it was just like, Why didn't this sell out before the tickets to electric picnic, because this is just way better. People pay to go to marathons, you have to raise the money, but you still have to pay like a ticket price, you have to pay like \$100 or 100 quid. And so I was looking at this, like, this is the fucking best of all these different worlds come together. And loads of other people are like, Oh, I don't want to do a big long cycle to the Music Festival. It's like, okay, but like, Would you would you do a marathon? Would you do like, you know, a race where it's sort of that's like, oh, yeah, I do something like that. It's like, What's the fucking difference? It's the same thing. Except now you're you don't have to pay. Now you pay to get a music festival tickets. Like, it's just fucking it was bizarre how other people just didn't see it the way I saw it. And I think it's the same thing with medical research where it was like, Okay, so I'm gonna get something that is a vaccine for HIV. I'm like, you know, not to shit on any but like, I'm a straight guy. And I don't particularly like sleep with a huge amount of people. And I don't do a lot of drugs. So the chances of me being a risk for getting HIV very low. But to still be able to think like that I have a resistance to HIV because I'm doing this medical trial. And there is zero chance that I could actually get HIV because vaccines you give you didn't hear podcasting. Oh my gosh, okay, look, I see this wrong. Yeah. Everybody, this is my mother. I owe



1:04:10

you I will Yeah. Good luck with your book club. A you can include that if you want. And what was it? What was



James Geering 1:04:20


the real thing about talking about? Oh, yeah. So all the medical trials? Yeah, they're having the resistance to HIV.



1:04:24

Yeah, so again, it was the same sort of thing where it was like such a small amount of effort. It was just like, they were taking my blood and they gave what was like, the, the way that the vaccine in this particular situation worked was they were going to give me dead bacteria, the dead virus or whatever. And that would cause certain kind of guards, defensive guards in my immune system that would pop up. And they were the same guards that were that would be helpful against HIV. So it's not like When you're giving like a smallpox versus what was what

was the first vaccine based off again, it was like smallpox versus chicken pox, or do you remember that story where it's like the person who was working within cattle? And they were like milking the cattle, and they found out that they were had a resistance to?

 James Geering 1:05:19

Yeah, like, yeah, I forget which one it was. I'd hate to throw the wrong one out there. But I do remember the story vaguely.

 1:05:26

Yeah. So it was that sort of thing where it's like, but I didn't have to the particular kind of vaccine that they had, I didn't have to suffer through the, you're getting another kind of disease, they were just saying, there's no chance that you're going to get this. So I was like, okay, cool. I'll take that. It seems to me that there's no downsides to it. Now. There's obviously there's horror stories that are out there where it's taken off, so and so was hard, like, you know, when they died of going on a van vaccine trial or not a vaccine trial a, like, Oh, God, I can't even think of the word now a clinical trial, a clinical trial for new drugs coming up. And it's like, Yes, true. There's also horror stories of people dying in planes. There's horror stories of people, like you know, dying in public transport buses. It's like every I know this is different, because it's like, it's the choice of you doing this, which is you know, that it is dangerous. But I would argue that it's the same thing for if you're going on a holiday, it's like, you're still making a choice to take a flight, which is actually the safest way to travel. But like, and all people have it in their mind where it's a dangerous thing to do. But like, if you don't want to, if you want to live a life where there's absolutely no danger in your life, that's going to be a shit boring life, my friend. And yeah, so that's the way I looked at it went in, I had my my treatments done on several different human guinea pig trials that I did over the course of maybe seven years, I'd say, since I did the first one. And I never had a bad experience, in terms of how much money I was paid. I never had a bad experience out of any of them. I think the worst one I ever had was a paracetamol. A new form of paracetamol that they were doing to see if it would be more effective than the normal paracetamol that we deal with. And the drug itself didn't actually cause me any hassle whatsoever. The only thing was that they had to give me a fake flu. So they gave like dead bacteria that emulated what a flu looks like. And then so what my body's defensive system did was as soon as it detected, hey, we've got bacteria in here, heat the body up, get the you know, the high temperature, the headaches, all those things, the inflammation, that is your body's way of, of killing the disease that's coming in. And then once it realizes, hey, wait a minute, now we're all right here. This is dead bacteria. We don't need to false alarm, false alarm, right, let's calm down the swelling, swelling, let's calm down the fever. Let's count down on the headaches. And that was unpleasant to go through all that. However, like I got paid like two grand to do it. It's basically like a bad hangover. I think most students would take a bad hangover for a bad hangover without the preceding phone that you'd get on the previous night. And then you get to grand and then you get to have many hang over. There has there's lots of

 James Geering 1:08:27

for now, you can find your hangovers.



1:08:30

Yeah, you can get like fancy hangovers with like and champagne and whatnot.



James Geering 1:08:35

So correct me if I'm wrong. Prior to the discovery, you are actually asymptomatic from the cancer itself.



1:08:42

I'm still asymptomatic. The only thing that I've had related to my brain cancer, I would argue was probably more due to the fact that I had a craniotomy and then radio and chemotherapy. Because before the surgery, no issues. Six days after the surgery, I had issues with my ability to speak. Basically, if in America, they have that board game, articulate,



James Geering 1:09:12

I'm sure they do. I'm not I was thinking operation because you were holding that in one of your



1:09:20

articles is a very simple thing. It will be like, I know there's no camera here, but like, there's an empty beer bottle in my hand and you've got to be like, Okay, here's, it's, it's something that is a it's made of glass. It's brown, it contains something that's alcoholic, and then someone has to go like, Oh, is it a wine bottle? And you're like, No, no, no, it's on a wine bottle. Keep within that is a beer ball. Yes. Okay. So you have to describe words without saying the word itself. And it was basically when I when I lost my ability to speak property. It was kind of like an extreme version of that, where I could look at things I know what they were, but it was just like a load of different words. Were just The tip of my tongue and I was unable to save them. And one thing as well, that was very odd with my particular brain cancer because it was I'm right handed. So the left temporal lobe is associated with your ability to speak. But within that, it was very strange. And it was really good for, you know, sort of staying on a positive mental state, because it would, it would be difficult at some points, and then you'd go off and like, take a break, and an hour later, maybe two hours, or maybe three, you'd come back and you'd be able to hold a conversation again. So even though you'd go through spells of not knowing, not being able to read texts, not being able to understand what's going on in a film, and lots of other little things like that, you'd kind of be able to forgive yourself or like, not get so angry at the situation, because, hey, this will pass at this, the doctor said, it will pass that like, Give it, give it a couple of hours, maybe have a nap, and you know, come back and you'll be the things will return. And so, they also said that this will go on for a year, May like six months ago, I was lucky. And it took six days. And then I was back to you know, having the ability to speak as well as I am now. And it was sort of like okay, that said, if I've got that kind of stats for you know, the craniotomy that probably means that I'm even though they've said that statistically, it's five years from my life expectancy, I probably will get more than five years, I know that the

craniotomy the ability to speak is not actually directly related to the cancerous tumor that's more related to the surgery itself, but it's still sort of like, Hey, I got an okay brain, it's like, you know, it's good at repairing itself. So that probably means that it's good at fighting against the cancer as well. So yeah, that's kind of where I stem the, the happy disposition that I'm quite known for. But yeah, Cameron, what the question was what brought me to this place, I

**J** James Geering 1:12:08

think we went all kinds of places, which is brilliant. So I'm going to come back to clinical trials. So some people listening like, Oh, my God, you know, putting yourself through that, that ended up being the life saving intervention when it came to diagnosing it, because you have no symptoms. So walk me through that the kind of the road of the different diagnoses from initial to okay, this is more severe. And then let's talk about the surgery, because I know that's quite a unique procedure in itself.

**o** 1:12:36

Yeah, so the funnily enough, I like even though you might think that I was constantly doing a lot of clinical trials, I wasn't, I probably would have done like, maybe one a year for seven years. However, one time because of sort of the job that I had, it was quite freelance, and I did a medical trial. And you have to wait three months until you're able to do another one. But then there's also the question of, are there trials that they actually wants to have people like yourself, so like, I'm a young, fit healthy male, they often don't look for that. They'll look for people who are smokers, they'll look for people who have diabetes, they look for all sorts of people. It's not just like, you can show up, and they'll always have a trial ready and waiting for you. And however, after three months, they contacted me, and they're like, Hey, we've gotten on a trial that's actually fits you. And I was sort of like, oh, wow, this is this is quite rare that they would ask me to come on another one this soon. And then also, I had time off work. So it was like, This is really weird the planets align. Now that's, that's relevant to this part of the story. Because the previous medical trial that I was doing, they were doing what's called a CT scan on my brain, which is if this is mostly an American audience, start fucking watching Robie, guys, it's a much better sport than American football. I'm sorry, I know I'm biased, but it just is. And it looks very similar to what's a scrum cap. And so they have these nodes in the tech brain waves. And that's what they were testing the previous medical trial that I was doing. And I probably had brain cancer at this point. I've had a brain tumor at this point, just statistically, very likely. And they were not detecting anything wrong with my brain function whatsoever. Then when I was doing the starting up the next trial, they were doing something that was specifically for the brain. And so that they went further and they did an MRI, where they were able to look inside of the sort of the cellular appearance of my brain. And at that point, they were saying like, Okay, we've seen that there's a tumor in here. It looks like it's benign, but you need to get it checked a second time. And so the second time we got checked, it had grown. And so they were like, Okay, this is not benign. So second scan shows that this has grown a little bit, I say not grown a little have grown significantly, it's now 33% larger than it was, this is likely cancerous, we need to operate on this straightaway. And so the idea of the fact that they were testing my brain recently, it's not just that I didn't have symptoms, they were actually doing tests on me, and nothing was detected. And it was only that I did this particular medical trial, like the chances of it are so fucking baffling that I can't even like, I can't even like an arm, like fold my hands and pray to the Lord who I don't particularly believe in massively. I'm not a

very religious person, but like that sort of like thank fucking the maker thank the maker for the like, the chances of this happening are fucking tiny. And yet, I was one of the lucky people who was in this particular scenario. So like, this is why I constantly am saying that I'm one of the I am the most unlucky lucky person on the planet, because fair enough, like, Wouldn't it be nice if you did that medical trial, and they just paid you for it? Because he didn't have a fucking brain tumor? But it's like, yeah, fair enough, right, you got to kind of glass half full this shit. But that's, that's a better way to live life. And so from that, I got second scan. Second scan quickly led to going into the brain surgery itself, that was during COVID. And over COVID, I had been starting up my own YouTube channel just to play video games on so it was less of a waste of time, and far more of something that's productive. I really liked the idea that I could turn, like playing play video games and have a sort of a little audience. And we could, like, you know, raise a bit of money for, for a charity, just for fun, I was gonna call it like, do a thing where it's like, every time I complete a game, it's like, Ah, there you go, everybody's got to donate, like a little a fiver into the charity. So let's just sort of like something for a bit of fun, get a bit of something positive out of something that can be quite negative in terms of wasting one's time. And so because I already had the social media channel, and I was very aware that like, right, if I'm going into have a craniotomy, one I'm going to have, you can kind of see a little bit of like, the hair is less thick, they're hard to see especially hard to see if you're unable to see it at all, if you're exclusively an audio audible listener. And yeah, but I have like slightly thinning hair on one side of my, my head on the other side is good, fucking thick, but January, I have a fucking like an absolute jungle overhead. So I don't need to have a column over. But I knew that like straight off the gate, start with that, like, that's very subtle. Like, if I had my head like that, if you were able to see this, you wouldn't really notice it kind of needs to be told to people, and so again, gotten quite lucky with that. But at the time, it was very, it was impossible not to see it was a giant scar. Across the side of my head shaved head while I went through the radiotherapy. They shaved my head for the actual surgery, however, I lost the hair afterwards. And that was due to the radiotherapy where they blasted me with radiation at different angles in order to pinpoint the brain tumor for sort of leave the radiation out like in other places, not as deadly. And after that sort of the hair loss, it was like, right, there's no way you're going to be able to get back to doing your social media stuff without addressing the this gigantic elephant in the room. And apart from anything else you might like. I didn't know how Mcrainey optimally was going to go, they said that it was going to be a lower level of the ability to be able to speak for six months, if I'm lucky, now up to about a year due to my age and the plasticity of the brain. So I was like, right, you're not going to be as sharp on your ability to speak. So you're gonna have to address that ahead of time, you'll still be able to play computer games fine. But you're not going to be able to talk and narrate the situation as well. So you have to tell the audience that ahead of time, and so I was kind of prepared for this. And then when they said like it is cancerous. It's stage three. It's significant. I asked them about the what's the realistic life expectancy. And then it was due to all the research papers that they had, which is a gigantic bell curve of an average. They said that the average is five years and then so I was like alright, I'm gonna I have this social media thing that have started up. I kinda like it. So how about I use that now for something different than what I have a style publish it for. And that's where it kind of started off with all this. Follow me, you don't need to donate, or get sponsors. And now I give all the money from the sponsors to charity, kind of the starting point, the first step, the first step on the yellow brick road.

J

James Geering 1:20:18

So before we get to that, and all the things that you're doing, and we're definitely going to unpack that, I remember sharing a while ago now and amazing video of I think it was a

gentleman having brain surgery, and he was playing he or she were playing the violin, while they were being operated on. And that was amazing. But I never really understood why. And I heard you describe, you know, tell the last house, you know what it was? So, talk to me about the two options, and then why you yourself were conscious during your brain surgery.



1:20:48

Well, there was more than two options. Do you mean? Like the the option of being awake during surgery and versus the non awake? Exactly? Yeah, yeah. Okay. Well, for me, it's basically how much of a pussy how you that's that's purely what it is. Because in terms of what's more beneficial, it is unquestionably to do the awake surgery. And an awake surgery is unpleasant, it's not a nice thing to do. However, the difference of what you have to go through, it's not like, in terms of what the potential benefits are, its focus on believably, like obvious that that's it like almost like it's a no brainer, it's a simple choice, where it's like Sophia through three hours of something that is unpleasant versus losing your fucking ability be able to communicate with other human beings, that's a torture, the one of the like, the worst punishment that you can do legally, in a lot of Western society, is to have someone who's already in prison, which is the isolate. And then if they're not behaving themselves in the prison, then you isolate them further. And that's to detach a human being from the ability to communicate with another human being. And so that the idea that you wouldn't tolerate some pain that could affect that, in my particular situation, it would just It baffles me that someone would take that choice. And but that is the difference where the, when you've seen the playing the violin, that's not just a gimmick, they would often get people to do certain things like that, because of the different parts of the brain. The brain is quite like a the different sections relative to whether you're left handed or right handed, because it changes with with that. I'm sure there's other factors, but that seems to be the main one, which is very interesting, I think. But it's sort of like, okay, I always think of the brain as a big mansion, or a house, whatever you want to think about. And each, each room has its own function as a seagull's, and each different room in the house has a different function, there's the laundry room, there's the kitchen, there's the bedroom, there's the kit, there's the cinema room, there's the bla bla, bla, bla, bla, and they all do different stuff. And so the brain is very much like that, where, when you are trying to use words, you go on your right hand, and you go into the left temporal lobe. And, and now I'm going off a little bit here, but something that's fucking amazing about the brain is and how you're able to recover from that is, so my, let's call it the office for you know, the ability to speak. And during the surgery, what they do is they prod around, and they look for the space in the office of your of your brain, not the computer, not the desk, not the functional furniture that is within that space. And so the way they do that is they prong in, and then then ask me, which is the cat, which is the dog, and now it wouldn't even be like, Oh, it wouldn't even be like that extreme in the slightest. It would simply be that's the dog versus that's the dog. And it would just be that paws that murmur of time. And that they would be like, Okay, this is this is furniture that we're digging into here. This is functional brain tissue, whereas the one where he was able to say dog, cat, dog, cat, dog cat, that space, we can get rid of the space. Then, after the surgery, what your brain then does is it starts moving the functional furniture into a different space. So if I were to have another brain surgery, if I was to have another craniotomy, which in our in a weird way I want because that means that I have another shot, I have another longevity shot. My surgeon was saying that because I have recovered so well with my ability to speak the next time when the tumor is in the same place, and they're prodding around. They might not see any lowering of my ability to speak because my brain would have been like that room's fucked up. Now. It's I've broken the pipelines shit, they're like the structures, let's not put the office in that room, let's move the office completely somewhere

else. And so it would just be empty space where that tumor is. So the next time that they do surgery, I might not lose any ability to speak whatsoever, even for a day, which is, I think, very, incredibly interesting. And so yeah, those were, that was my choice. My choice was awake surgery or not awake surgery. And I, I don't think that it was a choice at all, I think one was just the clear, obvious path and one wasn't.

 James Geering 1:25:38

When I was in Sports, Science, it was amazing. Back then we were told, you know, once brain tissue is gone, it's gone. You know, once nerves are lost, they're lost. And then now you fast forward, almost 30 years, the concept of neuroplasticity is making us realize we were just completely wrong. And you know, we listen to a lot of people in neuroscience, it's, it's this esteem profession, but a lot of the ones that are in that, that science that also have humility, like, Yeah, I'm the pinnacle of my profession, but we know 2% of this thing that we're dealing with. So I think that's beautiful that I've got friends that have had strokes and people that just sent me the kid that fell off a skateboard, and initially was undiagnosed, and then his brain started swelling and bleeding. And then, you know, he had a series of surgeries himself. But the hope that it gives people now that have had some sort of brain injury or spinal injury, that yes, you know, it's going to take time, but we are getting to the point now, where not only can you address that bleed, that cancer, whatever it is, that there is hope for recovery, that maybe you can't speak today, but a year from now, maybe you can get a speech back. So it's amazing to hear your perspective, especially with that more courageous, proactive way of looking at surgery, that they can use that as a metric to preserve as much of the function as possible.

 1:27:03

Yeah, I think for a lot of people, you can just kind of be like, you just need to watch some like Elon Musk interviews and be like, don't worry, we can get like a wire plugging into your brain and you'll like sink into the matrix, you'll be fine. Don't worry about it.

 James Geering 1:27:15

So you come out of the other side. You have 15 through this journey through initially medicine and then the fitness world obviously, you've got the kind of social media thing existing parallel. Walk me through your mindset as you heal through this initial surgery, the mental and physical journey. And then how did that lead you to magnify that my new kind of charitable element that you'd started in the video game side to what we're going to talk about today.

 1:27:49

And so it's something I believe quite strongly in it's there as I think it's my camera, what this specific thing is, but it's like Maslow's theory, or Maslow's hierarchy of needs, a hierarchy of needs, thank you very much, I really need to write it down. Because I quote it nearly every single one of the podcasts that I've ever been on, and, and the bare bones of it is sort of, you start off with the ability to breathe, then you go on to food, and on and on and on. It goes on till you get down to like in our law of care, family, friends, purpose, and it's like down on the sort of



pyramid, and the sort of the highest, or the lowest point of the hierarchy of needs, is kind of gets broken down to purpose. And one of the way that Maslow sort of says about your purpose, and I think it's a really fun and inspiring way to look at it is what a man can be, he must be. And obviously you know what a woman can be, she must be. And like that idea of you're, you're given this gift, and you can interpret that as, as a religious thing. If you're a religious person, if you're not, I don't think it has too much of an effect, but you are given this gift nonetheless. And if you do not avail of that if you don't take advantage of it. And this swings into another person who probably has the same sort of likes Maslow as well. I think his name's Steven Pressfield. He's an author and he's written read



James Geering 1:29:26

the Gates of Fire and all those



1:29:27

gates of fire that's it. That's Vulcan Nevermind 300 been that pain that's that's shaped compared to Gates of Fire. It's fantastic. But he also did this book called The Art of War, sorry, The War of Art. And it's basically just sort of a really good book about productivity. And he has the same thing and actually ripped out the last page and I stuck it up on my wall where it's like the artists contributor or the contribute, contribute station of an artist and you can interpret artists as anything whether you're a neuroscientist whether you're a weightlifter, anything like that it's like, same sort of attitude where it's like you don't just, it's not about, hey, I'm gonna start off as a stand up comedian, it's like off because I don't have the balls, I don't have the like, it's too scary, the anxieties are too much, it's like, fair enough. However, even though you're doubting yourself, there might be one person who thinks that you're absolutely hilarious. And by you not going on to the stage, you are not allowing that person to have the experience of laughing at your jokes. So it's almost like you're taking it away from them. If you have it, and you don't allow other people to have access to it, you are taking something away from the world, it's not just that you're not contributing, if you have the potential, you've got to give it to the world. And I kind of, I always really liked that idea. And when this sort of moment came, it was sort of like enough things, in my way of thinking sort of aligned, it was like the planets align, or it's like, right, you've got brain cancer, brain cancer is a form of cancer, where you're able to function quite well, particularly in your situation right now, because you have no symptoms, you'll be able to function very well 100% Up until a point, and then it'll hit you very quickly. And bang, you're going to die. Now, cancer as a title or a stigma, people are gonna think cancer and skinny in a hospital gown, gaunt, unable to do anything, and barely able to get out of the bed. So how about you combine those two things with the fact that I've run marathons before I've you know, I'm a fit guy, and I know how to get fitter, I know how to remain fit, you know, just fucking recovery and all that sort of shite. So take advantage of all these things that are now sort of in your library or in your arsenal. And if you combine them on, you're now creating a story where you have this like, kind of title of a cancer patient, but you're defying what that title is meant to look like. And therefore, if you do that, you're gonna get a lot of people looking at you, because it's such a unique story, even though specifically brain cancer, it doesn't affect your ability to be physically active. So it's not really as impressive as it's going to be interpreted as, but I kind of knew that that's how things were going to go. And then so I was like, Alright, I've got that. And now I start to fishing around like, okay, how can I make more unique than not? How can I really fucking stand out? And then it's like, I looked it

up with, like, Mr. Beast and PewDiePie they have their sort of social media presence, they give soft, like, particularly Mr. Beast, that's like, his whole fucking thing is basically the same thing as I do. Except he didn't start that way. Mr. Beast gives shitloads of things to people. And people love seeing it, because it's so wild. The sort of things that he gives, He gives, like Ferraris to people where it's like, he picks people open as an Uber driver. And he's driving a Ferrari, he picks someone up. And then he's like, you know, hey, here's the biggest like Uber tip you've ever gotten. You now own this car, and it gives it to the person who was actually, you know, the passenger. And the thing is, though, is that because those videos go so well, it's a tactical, it's a smart investment in money spent versus the money that then is raised by how attractive the video itself is. Now, from what I could tell from listening to him on Joe Rogan's podcast was where I really started to like the guy, I was just following his as his routine, but his idea was following his idea, but I started to really liked the guy after the podcast, where it's like, he really doesn't give a shit about money. He just like, wants to be the best at something and I'm very similar like that. I don't give a shit about money. So it's like, why would I want the money that I would get from a sponsorship? Why not? Say from the get go where it's like, Guys, follow my channel, make the channel as big as humanly possible. I don't want the money. I'm happy to give all that money away to charity. As long as I have enough to live. I don't really give a shit about more money. I like things that are cheap. I like going to the pub with my friends and watching sports. I like walking the dog. I like maintaining my physical fitness. I like playing video games. None of those things are very expensive. And like I need to make a video where I'm like emulating the Joker where it's like gasoline and dynamite and they're all free. It's like we need a better quality criminal. We need a better quality social media wanker. And so that was my sort of focus point. And I was like, I think this will work, it will be hard to do. I'm sure people are going to call me a scam artist. And they never did really though. That was something that I was quite surprised. But no one ever like was like, Oh, this is bullshit. This guy's got to keep this book in money. No way. Is he gonna give all that away? This is horseshit. And you guys are following her. No one ever called me out on it, which I was like, sort of, I had the responses right there and ready to prepare for it. It was like never happened. And I don't know maybe will happen later on. But yes, so that's I just had all those sort of ideas. And it was just sort of that same sort of attitude of now that I know this thing, this model that I've thought of this marketing sort of manipulation of living in the capitalist world, evil capitalism, or I was bad. It's like, none of you know how to use it properly. And I just went with that, because of the sort of the Maslow's sort of priority of what what is, I see I forgot that fucking again. Hierarchy of Needs, my Maslow's hierarchy of needs. And so within that, it was like, right, what a man can be, he must be, I now have all this knowledge, or this, like, sort of predictions of things that I think I could, could do, if I don't do that. And I'm denying society, my contribution. And so that's where I kind of got where I am now.

J

James Geering 1:36:38

Purpose is so healing I've had so many people on here, many whom have been right there about take their own lives, two of them actually went through the attempts. And thank God, they survived it. But when they come out the other end, and both of those two are now mental health ambassadors, and that has become their purpose. Like I was in a dark, dark place, I was given a second chance and, and it's amazing watching them thrive. Now, I just did a 911 kind of fundraiser that some my friends put on in Fire Department in Orange County in Orlando, and I write the names of everyone I know that we've lost, either I know specifically or worked in right in the area where I worked as a firefighter. The first year, which was nine years ago, now, I had six names. Two days ago, I had 96 names on my back. Many, many, many of them are

overdoses or suicides. Now I know you know, one of the kind of origins of your charitable element is that you have lost yourself. So if you if you would like to talk to me about that, and how that sent you into the charity in the running side.



1:37:39

So you say I lost a friend.



James Geering 1:37:42

You say you lost someone to suicide? Yeah.



1:37:45

No. lost friend about. I was not about it was 1010 years and what are we now? 10 years, nine months, so yeah, just a little bit after Christmas. Yeah, so that was, I wouldn't say had a big factor on. On my life. Mikey was like a good friend of mine. I was actually with him on New Year's Eve. And that was my one of my Auntie's explained the situation, but like, he was in fucking really good form, he was in flying form. And I found it so strange. I was like, I was only a couple that like, I was with them a couple of days ago. And he was in like, it was such a good mood. I was like, What the fuck happened? And my auntie explained about how often when people who are severely depressed when they decide to kill themselves, when they started take their own lives. There's a euphoria of relief, which they, so it's such an odd thing, because it shows the power of the mind where it's like, you can make yourself be happy. Even when you are depressed, it's still sort of like the way you think about things just affects you like you can change your own mind by sitting in a chair. You don't have to do anything. I can't remember what the name of the neuro neuroscientist is. He's on Joe Rogan quite a lot. Sam Harris. Oh, sorry. No, no, no. And Sam Harris. And so one of the things in one of his books is us talking about was the power of how the mind affects and how much it can change. And he was talking about how he was in a hostel. I think it was in Vietnam. And he he was asleep in a bed. And then he woke up in a panic, because he was having a nightmare. And then he woke up and he was like, who was stirred, like completely worked up and then he was realizes, okay, I'm not in a nightmare. I'm not about to die. I'm just in a bed. And so he started relaxing. Instantly he starts calming right down. He's going back to bed and then a rash. What went over his foot. Or he just felt something that was wrong in the thing. And it's like he wasn't getting an alarm bells or anything like that. But I was like, there's something going on down in that thing, what's going on down to the edge of my bed. And he opened up the bed and saw that it was a rat, and then was like, fuck, and now like, and I'm shocked him again. And then the rat forked off. And then he was just thinking about how, like how little had actually changed in the situation. And yet how much his brain how much his emotions had changed over such nothing things, because he got a shock, but then afterwards, like, it's just, it's just a rat, like, it's not going to destroy me, it's not going to eat me in my sleep. But then it was that he still couldn't get back to bed because it is a fucking rat in this room somewhere like it's making me feel nervous, even though he was logically thing and like, it's not that bad. Like it was just because he had seen and it made himself frightful. Whereas like, what's that thing? You're, you're never more than two meters away from a rat when you're living in a city, something like that. So, yeah, that's my sort of my thoughts on ways of thinking and how much you can be affected.

**J** James Geering 1:41:17

Were what you were saying about your friend. I, of course, those are good, we will stick around with that I had a guest on Julian pinos, actually a strength and conditioning coach. But a very, very kind of mad scientists asked with the way he looks. And it's not just training as a nervous system as the mind, and he lost his brother to suicide. And we were talking, it was quite a while ago now. And you have, you know, fight flight, freeze and flow. And he's like, you know, most of the people that are anxiety and depression are in fight or flight one way or the other. He said that we will forget about freeze. And he said, That's kind of like, that's the acceptance, you know, if you think about a deer in the road, that's that acceptance. And then once that decision has been made, there's a ironic element that that becomes flow. I've been trying to get out of this nightmare, I finally figured it out in my brain right now is telling me I'm the problem. And I'm a burden and all these things that it's in this broken brain starts to tell people, and especially, you know, for our service and military, we're fixers, well, now okay, I figured it out. And I've heard that multiple times, you know, they were they were happier than I've seen them in in ages, they two days before they took their own life. And then people blame themselves, like I couldn't even see it coming. And so you can't because they found themselves in that almost flow state, they were free slash flow. So it's interesting hearing that because people left behind feel the guilt. But there's no way of knowing and I guess if anything to take away from this, if you have someone who's always in a dark place, and all of a sudden they're happy. Ironically, that's actually a red flag.

**i** 1:42:51

Yeah, it's, it's an odd way to sort of think about the realisation of a book that sort of brings into the part of the reason why I started off with charities for cancer, because I was creating my own story, I was the protagonist of my own film. And I kind of knew that even though that's not the charity that I cared the most about, from a personal perspective, I always think that it's kind of weird and like, sort of selfish in a way where it's like, Hey, I've got cancer, so I'm gonna raise all this money for cancer research. It's like, Fuck you are and you just say, getting people to pay for your health insurance then like, it's I always thought that it was kind of funny. But like, it's, it's it's a I wouldn't say the political norm. But yeah, you get what I mean, it's, it's, it's the societal norm for someone to do something like that, where it's like, you know, I had mental health issues. So I'm raising charitable money for mental health, because I know what it's been like to experience it. And so even though I didn't actually care about raising money for cancer research, I knew my goal was not to focus on a particular charity, my goal has always been and I'm very, I'm always trying to be as honest and as transparent about this as humanly possible. Because I don't want people to be like, not knowing me for something that I'm not. I'm about to challenge. I'm about the challenge of achieving something that is difficult, hard, but worthwhile at the same time. So I don't just want to, you know, most, most bottle caps that are balanced on another one, and then played spinning said, bottle caps. I feel like that's kind of cool. Good for you. You did that you want to focus on it. Fair enough. For me, it's got to have some sort of meaning behind. And so that's why I chose to do the charity stuff, but I don't actually have too much of a preference on which charity. The money is being raised for as long as it's helping something that I have somewhat of a belief in. If it's like, you know, something where it's like, save the grass, but it's like a particular kind of grass and Is the grass for the golf course it's like, yeah, I I'm not going to try and raise money for that charity that charity does not really have much of an effect on something that is tangible enough for me. But for me, it was it was mental

health because I sort of I had I grown enough to know that there's not nearly enough funding for how much it is beginning to affect. And since Mikey's passing 10 years ago, I think everybody knows this stage that it's gotten a lot a lot worse. And since then, Mike is not the only person that I am. I've known who has chosen to take their own life, but I, he was he was a friend of mine, he was I wouldn't go as far as to say, it's like, he was a he was a close friend, but we were, we were always in the same friend circle. So like, you know, Friday night, Saturday night, I'd see him, you know, I'd pop over to his house the odd time and, and, you know, we drive somewhere together and that sort of thing. So it's sort of like, you know, the way often within groups of friends, there's certain circles within that. And then the big group always comes together out for the big events, I was in a slightly different circle to him, but, you know, to lose him, it was still out of nowhere. It was it was it was quite a shock. And I didn't, I didn't deal with it. Emotionally, it didn't hit me until I had gone from the, from London, back to Ireland for the funeral, which was the greatest piece of I've ever been on in my life, it was fucking unbelievable. And then back to London, and it was as easy to explain it easy to think about what it's like, as soon as I was then alienated from my close friends. And and everybody who knew Mikey, it was like, Who do I talk to about this? Now? It's like, no one, really, because it's, it's sort of, I've always kind of had that attitude of talk about things if you feel you need to, but definitely bring them up if you feel that needs to be addressed. But then I also I don't know, this is going against so much of what mental health sort of talks about, but I actually think that quite a lot of the time, sometimes not speaking about something and getting on life has a better effect, because it's like you're not bringing up a negative subject matter. And you're able to almost move, it's almost like you're moving on, even though you're just moving on in a small period of time for a conversation. It's like people who never showed up about an ex girlfriend, it's like, that's not a good thing to talk about. But then if someone was to say, like, you know, all I'm always bringing up my form of depression, no one would be like, Oh, now stop talking about you just bring up negative things. But I think that there is actually a kind of a gray area where it's not helpful to focus on the negative parts that are within your life, when at the same time, it's vital that you talk about them. It's such a tricky, tight, tight, Rob,

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James Geering 1:48:15

one of the areas I think that doesn't get discussed enough, is post traumatic growth. So you have that event, of course, you're going to be moved by that. But that is an opportunity to be stronger on the other side. And so I agree with you completely talking about it initially, especially if you can find that group. And that's why I think one of the biggest ironies is to be in the middle of North London, surrounded by millions of people and feel so, so lonely, you know, because if it's not your tribe, doesn't matter how many numerical humans are around you, if you're not able to connect, you're able to connect, but the resilience that you can get the growth you can get from doing the hard work and talking about your trauma, and then working through it is a very inspiring, hopeful conversation, just like the neuroplasticity. And I had one of my guests on who was an alcoholic, and some people stay with AAA the rest of their life. But for him, it was like I got to a point it was years later, he was like, I don't want to keep being reminded that I used to be an alcoholic. So for him, it was time to move on. And he hasn't been to meetings for years and it's worked for him. So I think everyone has a different fit. But definitely having that conversation initially but looking at it as there's going to be appointment to come out the other end and this is actually going to be a strength now and I can use it to help other people. Yeah.

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I think that's a really good way of thinking about am I leaving a behind you where it's like this is sort of bringing back bringing back the demons and the sort of you're always meant to be aware of your your addictions, I certainly have addictions mine to mine and be sugar 100% And and I have While I'm, like, able to go long periods of time without ingesting sugar, it's still that sort of thing that I need to be aware of where it's like, you can not take a small amount, because it will fork and set you down the bad path. And I think that'd be one of the big things that people are always worried about with with AA, is that even though it's sort of like, do I really need this, it's still kind of encouraged to be like, you might think you don't. But it's still like such an important thing to constantly remind yourself that there is a problem. So it's to, to funny thing, isn't it?

 James Geering 1:50:39

It is indeed. Well, let's talk about the events that you have going on at the moment. So talk to me about Scotland to Paris, talk to me about Ireland and and talk to me about the 52 countries.

 1:50:50

No i Yes, I'm gonna get shit faced in Scotland and there 10 of AAA to go fuck themselves in Scotland, I'm gonna go cycling while still shit faced into England, and I'm gonna go to loads different AAA meetings while drunk and jump around and be like, Yeah, I'm cycling all the way from Edinburgh. I'm going to be cycling from Edinburgh to Paris, and when I get to Paris, is going to be the Ireland versus Scotland game and the Rugby World Cup, which is going to be quite, quite tight. I think Ireland like our would be the hot favourites to, to win but Scotland are dangerous. They're very, very dangerous. For anyone who's listening who has been following the Rugby World Cup, and the first half of them versus South Africa, who are the current champions. Now four years is obviously a huge amount of time, and it almost is a little bit meaningless in a way to say that someone's the World Championship because like, four years, that's a long chat, that's a completely different team. Almost even the guys who are still on it from the previous championship, they will be different men, it's four years to in a sportsman's career, that is a monumental amount of time difference. But nonetheless, they added to add they are the former champions, and some of the way that they're playing at the moment is incredible. It's like they're just they're still changing. They're completely changing different sort of concepts of how to do substitutions on the team that was just never been never been done before or sending out a sort of an a and a half squad, and their b and a half squad to two different locations. They're just doing they're, they're doing really interesting stuff from the coaching perspective. So you just don't know what you're going to be facing against but they are very tough and Scotland were able to maintain a very good composure against them again, in the first half. And however, Scotland is kind of known for hitting hard really hard in the first half and then kind of running out of momentum. And the second and South Africa came back and it was a fairly well, not concise, but fairly significant victory South Africa in the end, but point being is that it is going to be a fucking amazing match. And the fact that I'm going to be able to watch it live in in Paris in a stadium is just so cool. And the and the prisons and the French they get a bad reputation that I think is based on fucking nothing. All this sort of like, ah, the French are very rude. I've been to France before I've been to France during the the euros for the actual football, the soccer, Euro Championship, and it's fine, like they're perfectly cordial. And it's there. It's a big Paris is a big busy city. I think it's no different to London, and

it's no different to New York and that they kind of have the sort of a cold stoicism where and they're not going to be like, you know, hey, well, what are you doing over here like, Oh, you're tourists are cool, like they're busy, they got shit to do. And they're often they're doing their own thing. They're not they're not rude. I don't like the fact that they have that reputation. But the idea of what we're doing here is it's going to be 100 mile cycle, and then a 25 mile walk now that's sort of day, 100 mile cycle day, 225 mile walk and then on and off and on and off it goes. And we have a big team of volunteers and then also people who would be kind of known people, some of them some of them will be at the celebrity level. Again, for anyone who's a rugby fan, Stuart Hogg is actually going to be there which is like you know, but absolutely huge Blake Errol prepare very recently retired, played for Scotland and like you know, I had him in my my fantasy team for fantasy football team fantasy rugby team for the Six Nations and he did very fucking well. So I'll probably be buying him appointed sometime point. And yes, we're going to be doing that then read you know when Gabby Logan who's often I don't I know yourself you you're not you wouldn't really be watching my chair English sports, but you might have remembered her from she's a sportscaster first saw many different sorts of things within the BBC would

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James Geering 1:55:23

I probably not because I left the UK. I think I've been here 21 years now. It's been a long time. Yeah. So and I love I love sports, but the only ones I really watched UFC so it was a British fighter, I'd probably know him. But that's about it.

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1:55:36

Yeah, I don't think Gabby's hosting the UFC at the moment. But yeah, she'd be very well known as a sportscaster because she kind of does like her like, everything. So it's like, she commentate on the Ruby. She accommodates on like, the Olympics, and loads of other things where it's just very interesting character. And so she's doing it then her husband, who's a former Scottish professional, we're parallel as well. And then as a shitload of water, people who are kind of like, if you go through the list are probably less so for the American audience. But like, even if you live in the British Isles, you'd be like, Oh, no, damn, I know, damn, I know what Evan Ana goes, I be very lucky. And I appealed to, to the sort of the, the auditions as it were. And so I'm going to be amongst that. And I think that's gonna be like a great little trip, because it's, it's done in sort of little teams. But then we're still ongoing as, as a big as a big group. And yeah, so that's my, I've got to finish off my own little thing that I invented myself. And I'm the sole person doing that, which is that there's 32 counties in Ireland. And I'm trying to do at this point, originally, it was going to be a half marathon, running half marathon. And each one of the counties, however, I kind of, I don't want to say a hurt my knee, I'll say I'll strained my knee. And it made running just not a smart option, it was just too painful, I kind of felt like it would it lead to some sort of a snapping of a tendon injury. Whereas I am able to cycle and I am able to hike. So I'm just doing a sort of a physical endeavor in every single one of the 32 counties of Ireland, I'm calling it the all Ireland charity championship. And it was meant to be finished up a couple of weeks ago. However, because of the injury, it delayed everything, so I'm gonna finish that one out. And then it's going to be Edinburgh to Paris, which is going to be organised by someone else. So I just got to show up and do everything, which is going to be a nice, a nice kind of relaxing relief that someone is going to take to change a bit more take the reins,

 James Geering 1:57:40

how are you crossing the Channel? Is that ferry or channel? And

 1:57:44

I'm not sure I think it's the ferry as far as I know, because if it was the channel, I don't actually know probably is thinking about it. This goes, this shows you how little I actually have knowledge of the organization of the actual thing. But I think probably would make more sense because if we're going from Edinburgh, they'll probably be like a big coach with all our like stuff in it as and then like support crew and that sort of thing as we move. So maybe, I don't know, maybe the fucking boss will go on to the ferry. Either way, we're not going to be cycling through the channel. Now we're not gonna be cycling on the ferry.

 James Geering 1:58:22

Brilliant. And then the 52 miles to countries have to two weeks talk to me about that.

 1:58:28

So that is, that is a plan that I have way ahead in the future. So that is going to be 2025 is what we're aiming for. And we've done very little organization of, of this, it's far more of a concept, but in terms of like, going through what needs to be done, we are kind of hashing that out a lot more. So there are 52 countries and territories in the continent of Europe. Now that's open to interpretation, because they'd be like some Wikipedia pages, that'd be like, Oh, gee, Gibraltar, the Faroe Islands, they're in it, they're not in it, whatever. Like, you can make 52 of them. And that's what I'm going to do. And, again, people would argue like, oh, well, what's what's Europe as a continent? Like, you know, is Turkey included is Russia included. And it's like, on and on, it goes on. Fortunately, as you can imagine, Russia will probably be one of the more difficult ones seeing is how Ukraine is 100% involved in the continent of Europe. So if I go into one, I'd imagine it's going to be difficult to go into the other one because even if I'm not doing it, you know, crossing the border, I fucking won't be doing that. That will be a nightmare to try and get past. But let's say I do Ukraine start and I do Russia at the end. I would imagine there'd be some sort of a stamp on my passport. It'd be like, Hey, wait, the fuck why are you? What were you doing in Ukraine? And even it's like, well, if you look at the other 50 places that I have been to Ukraine was just the first I need to get into Russia for you know, the 52nd. But they're at they're not quite known for being really sound when it comes to bureaucracy. So yeah, hopefully things might have calmed down a little bit for both my own trip reasons. And then of course, you know, the whole death wars thing that, you know, kind of like that to end. But yeah, so 52 locations, and then 52 weeks in a year. And for anyone who's into their, their marathons or their endurance races, a double marathon and exact double marathon is 52 miles. So I was like, do one in every single, it's very similar to what I'm doing with the 32 County thing now, except focusing exclusively on the 52 Run, I'd imagine a lot of that will actually be walking, because 52 Miles is off walking huge amounts of their time to be, you know, on footfall. Even the like, really good ultra marathon runners would look at that, and think that's a, that's a quite a lot of distance to be doing in any one sort of go. But yeah, that's when I'm going to be, that's when I'm going to have loads of ideas within that European trip to sort of jazz it up and make it



more interesting, because it's like I'm doing one day, but then I have six days to do whatever I want within that country. And some people would look at that. And I think they might think of first hearing and like, Oh, my God, that sounds like the trip of a lifetime. God, I wish I could do something like that, that sounds fucking amazing. You get to go around all Europe for a year. I think anybody who's a seasoned traveler would kind of know that a year of not having a base where you can just call home and just sort of sit there and like, just go through a normal routine without much changes, it's going to be really fucking hard on them. My sort of mental space, my mental health, my mental fitness, I'll be around seeing all sorts of fantastic stuff. But I'd say with after two months, I'll be sick of seeing like, you know, I It's beautiful mountains up there. There's amazing like churches, there's fantastic artwork, and it's like fucking hair. Like, that's all I've been seeing. For the last three months, I don't need to see more need to go home and just fucking like, sit in my sitting room and you know, do whatever go to the mind, the gym that I know, the same gym that I know, not a new gym every day and walk my dog in the same park and see with the same friends just like you know, do some habitual stuff. But I know that at the same time, I'm going to see some really fucking amazing things. And I'm going to deliberately meet some incredibly interesting people along the way. And that's what we're going to try and achieve. And of course, it's for charity.

 James Geering 2:03:07

Well, going back to your knee for a second. When I'm getting people on the show, I always go on Instagram as the main social media platform, I use them. Okay, well, who do they follow? Who follows them just to kind of get an idea of that kind of interest? And you follow Ben Patrick? I think knees over toes. Is that right?

 2:03:23

Yeah, yeah, yeah, the last time that I was the last time that I was over with a really good physio, that's one of the men who he suggested. And truth be told, I haven't actually seen a lot of his stuff, I think I need to like, look at more of his videos and like, like a few of them, and then it will come up in my feed due to the the algorithm. So while I do follow him, I'll tell you straight away. I'm not like the most well versed in his actual things. It's just something that was advised me to do and I followed suit.

 James Geering 2:03:54

Well, I had him on the show as he went to Clearwater where his actual gym is and train with them. And then we did it. Right. So it's amazing stuff. I've used as ATG program before. Another one that I'll put on your radar is called foundation training. Yeah, and it looks, it looks like kind of weird yoga. You'd literally only do it for 1015 minutes a day. But I used it initially to heal back injury I had that I thought was going to end my career as a firefighter and ended up no surgery. No meds, just healing it with this. But that works really well for the knees as well. And Lance Armstrong, Kelly Slater, I mean, a lot of these high level athletes use Eric stuff. So score foundation training, and I recommend that as well. And you could literally do that, you know, when you get off your bike, for example, or, you know, halfway through a run, you just go into one of these poses and it just stretches everything out, but it's holding your body weight is making that stretch muscle hold weight as well, which a lot of stretching doesn't do you relax

into the stretch with this. It's lengthening the muscle but it's also making it hold, which then puts balance back in you your legs around your knee and around your back. So I find it phenomenal. I just did this this workout this weekend. And they had to do 225 pound deadlifts for reps. That's it. Yeah. And so you know, I always tell people this is me without any surgery at 49 still be able to do these things because of, you know, Cairo and then foundation training,



2:05:19

you're 49 Jesus Christ



James Geering 2:05:23

60, but it's been a rough few new and



2:05:26

you're 60 You look like you're fucking 60 months old.



James Geering 2:05:30

And ugly baby.



2:05:34

Oh, what's his name? Benjamin buttons.



James Geering 2:05:36

Here we go excited. So I tell my wife sometimes. Alright, well, then we've talked about the events, let's let's expand a little bit on what people listening can do. So I know there's a donation element. But also, it's an interesting thing. With followers. Now with views, there is a financial element from these social media platforms. So talk to me about all the ways that people can support you.



2:05:58

So the way that I've kind of come to think about it is some people have time now money, some people have money now time, and the people who have the money, there's you can donate if you want, you can 100% do it. And you go on to the social media platform. And then in the link, in the bio, there'll be a link and you can you can do that. But my focus is not on receiving donations from Joel public it is from receiving a getting followers is the most important thing. Because if you can donate good, go ahead, by all means, I'm not going to stop, you know, and, but if you can donate, you can also follow. And if you can't donate, you can follow. So it's like,

there's one thing that everybody can do together. And the reason that I had the option to do the donation thing is because some people were like, Fuck, what you're doing is incredible, but like I don't like I work in a fucking job. Like, I don't have time to be like liking all your shit. And like adding comments and sharing your profile and all that, like, I don't have fucking time to do it. I'm a lawyer, I'm busy. I have money give you money. So so people want to contribute, and the way that they want to contribute is that up to their own choices. And the idea being is follow the king of chemo, I'm on Instagram, I'm on tick tock YouTube, especially for some reason YouTube is still fucking dragging its heels being like, come on, I've got 4.9 million followers on Tiktok. And I've got 2.6 million followers on Instagram, and the rate they are growing is the amount of followers subscriptions that I have on YouTube, which is like 15,000 At the moment that Instagram is growing so fast that I get that in two days, which is crazy, that like, you know, I can clearly and logically without letting the ego get in the way say that this is YouTube's algorithm. It is not due to me not making good videos, but whatever. Like I'm not going to be upset about that because it's a silly thing to be upset about. I got fucking 8 million followers it's my scheme is clearly working. I don't think I'm gonna get too pissed off. But the fact that one of the Holy Trinity isn't quite unball yet. It'll break off fucking break YouTube soon. Oh five, it's just that it's just a tide that is rising behind the dam and soon that dam shall crack. But in the meantime, yes, Google the king of chemo. And then whichever is your social media platform that you particularly like yourself. Follow on that. Or if you have all three go nuts. Yeah, same thing for tick or not tick tock for Twitter. Or it's now what x. Same thing for Twitch. I haven't used twitch in a long, long time. But I am going to get back into that that's more of a live streaming focus, particularly on live streaming. That is the main thing for video games. But they Twitch is still viable for people teaching fitness classes, which is something I'm gonna start doing a lot more of. And then it's just down to the game. What you want to do yourself as someone who wants to be a part of the Lemo chemo team. So some people want to donate, you can do that you can. I tried to make all the donation stuff when it's when it's there. When I'm trying to focus on it. I tried to put fun into it. So the all Ireland charity championship at the moment is the equivalent if we're going off of America as the sort of the base model here. It's the same thing as we're putting all this states against each other. Where it's, I still haven't come up with like It's like local pride. But local pride doesn't quite sound as significant is national pride. But it's not national pride because there's 32 counties within the nation itself. They're not individual nations, just like states aren't individual nations even though they practically are for the difference in the laws. And the idea is that you can kind of be like hey, Dubliner number one right now but carry a very close behind so then all the people from carrier like fuck Hulk the historical winners we don't want them winning and so it creates this healthy level of competition where every Everyone's a winner but at the same time there is a winner because it the whole thing is like you know, the more money that gets thrown it's like ah cocked didn't come second Quark came third fuck. That's like, Ah, that's a disappointment boss. The fight itself the How come how competitive people got with each other meant that more money was raised for a child abuse charity as well it's being the money's being raised for at the moment. And that same model is exactly what I'm going to do when I'm raising money for the charity that's associated with the Edinburgh to Paris event I'm going to do the exact same thing I'm going to have a charity where it's like if you donate here it's like Ireland get more points if you donate here Wales get more points. England Scotland France basically just going to try and include as many Rugby World Cup teams that I feel are I don't want to say worthy but like sort of worth my time so not to shit all over Chile, but I don't think there's going to be a lot of one Chile in followers on my account and to Chile in rugby fans that follow my account. So I think I'll leave Chile out. I think I'll make sure to include Australia, New Zealand, South Africa. And you know, all the other sort of big teams that are going to be involved in the World Cup. Unfortunately America and Canada aren't involved for this this year, they were the last four years ago and they did all right but it is what it is.

 James Geering 2:12:00

Well, their world champions at other sports like baseball and American football.

 2:12:04

They're doing they're doing okay. A lot of competition on the ad the latter one that

 James Geering 2:12:11

I heard there was an American athlete day was pointing out they're very irony I think maybe it was I forget which sport it was but that's something that obviously when when you look at World Cup Rugby World Cup football, soccer, football, you know, okay, that's the world everyone gets to play. But when you see like the World Series of baseball, like is it really?

 2:12:30

Yeah. Was it America, Cuba? like Mexico, Japan. Does anyone else play baseball?

 James Geering 2:12:36

No, I don't think so. Canada, maybe yeah.

 2:12:43

Currently, like the Olympics is the only one that I can really think about, I suppose the USA or the the UFC. But the UFC isn't really like a national sport. Like if an American is playing a Brit. I don't think the Americans care too much about the person being an American. I think they just kind of care more about like the individual fighters.

 James Geering 2:13:02

Well, unless it's Conor McGregor, all of a sudden, identifies as Irish, which happens every March as well. Yeah, I thought you were from Israel originally. No, I'm Irish. Yeah.

 2:13:13

I think like for sort of the obscure, we're not obscure nations, but like for nations that wouldn't have like, you know, a huge population or a huge amount of people that are involved in that sort of thing. Then of course, the national pride starts like, you know, poking its head out like Yeah, have you been a yoga mat of like, the Russians definitely were like supporting him.

There's not that many Russians in the in the UFC. So it's like when he's out there, the Smash, smash him like, of course, you're gonna get like to know Russians going in there. And I think the same thing happens for like, New Zealanders and Nigerians, where it's like, you know, you got to African. I had his name in my head a second ago that just jumped off site and the trailer sign. Yeah, yeah, yeah. Yeah. So it's like, I'm sure like maybe some Israelis of Japan as well. It's like a clear his name. I mean, clearly, it was really a bit of that. But like, yeah, you want to jump on there? I wouldn't say jump on the bandwagon. But like, it's like, because he's a fucking incredible fighter. And he's so witty, so clever. And he's just, man I fucking love is he's a great man to watch. And, but yeah, it's like when you kind of have like a small population zine and have like a population of 4 million people. So like, when one sort of rises up like that, of course, you're gonna throw the M, the national pride in the patriotism on them.

J

James Geering 2:14:32

Yeah, absolutely. Well, I wanted to start some closing questions about you before I let you go. That's okay. Yeah, of course. Brilliant. So the first one I love to ask and you've mentioned some books already. But are there? Is there a book or are there any books that you love to recommend? It can be related to our discussion today, or completely unrelated?

o

2:14:51

Hold? Oh, wait, no, this is very visual, so I can't actually help out. Yeah, so I bought a book. From my Auntie You sent me enough and it's called the history of the world and six classes. And it has absolutely nothing to do with anything to do with motivational shit or anything like that. But it's just so fucking cool how it breaks down. It's like it starts off with beer. And it goes on about how beer was one of the first things that was used as a form of currency. And there was certainly slaves involved in the building of the pyramids, but the pyramids were being built for fuckin centuries. So they kind of changed things up quite often. So like often, it would be like in a workers who are paid well, that were educated, and then like another period would have been slavery exclusively, and so on. But beer was a form of payment, which was so interesting. And then it goes on to how coffee inspired the Oh, God, the enlightenment, about and same thing for, like, certain kinds of stock exchanges and loads of other things and why the Americans drink coffee more so than tea where the Britain, which has changed around now, I think everybody tends to drink more. In Europe and America, I think people drink more coffee than tea. I'm not sure if that's the same thing over in China. But I've never been, I got I got to China, China. And yeah, but it's basically just sort of the breakdown of all the different significant forms of drinkable things over the course of history and how they've had such a massive effect. But I like spirits being I think the most interesting almost spirits were one of the things that goes into about how the there's a strong theory that Rome made the difference of how England became the dominant naval force over France. And it was because France they are they're a wine making country, and the spirit that they had on their naval crew was brandy and Brandy is for is boiled wine, it's like further fermented, fermented wine. And it's more difficult to make far more difficult to make than rule Roma's just made from sugarcane. And so when the Brits were going around, and I think the colonized in around the similar Caribbean islands, and I think the northern part of South America, and they got access to sugar and sugar beet, and then they had a ready available amount of, of rum. And so when they had that, they were able to ration room off to the sailors a lot easier. And so as a selling point to just random people in the streets of England, where it's like, Hey, do you want to join the Navy? And they'd

be like, Oh, why don't want to join the Navy? Why would I do that? It's like, there's this much room every single day. I was like, alright, I'll join the Navy. Yeah, Beretta French, they couldn't do that, because it was just difficult to get that much brandy. So they literally were like, kind of coercing more sailors to join the Navy. So they just had more sailors. And then it became a like, a more of a patriotic thing. Because the sailors enjoyed being serious, far more and it kind of became this knock on effect, where us just had these really well experienced sailors and there's just more over them. And then you got the British Empire and then you got like, you know, was it at three quarters of the whole planet? And that were under the British flag. I mean, that's fuckin hard to do in a game or risk alone, let alone like the actual world,

 James Geering 2:18:35

especially when you look at the size of those who went in the beginning these two little rocks in the middle of the Atlantic to think that they I mean, it was obviously through some horrible ways, but the way they rule two thirds or three quarters, whatever it was of the planet, that's insane absence and like you said it was because of maybe and ultimately run so, you know, I guess we need to watch this. The North Koreans and the Russians make sure they don't start making rum or are in trouble. Yeah, exactly.

 2:19:00

I think the Russians are doing okay with vodka. But it goes through all sorts of the breakdowns of how these different things had such a huge effect on a underworld where it's like, it's so mad to just sort of think really wine is a soul is that difference to Rome? Why is it that much of a of a difference and then it breaks it down? It's like fantastic books one of my favorite books.

 James Geering 2:19:28

I've just realized all the NHS needs to do is that you want to be a nurse not really not the moment we have run Fuck yes. All right, well, then what about a film and or documentary

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and documentary? Then the latest Arnold Schwarzenegger was fantastic. But I think if you want to go back and watch the original pumping iron for anyone who hasn't done that, I used to think before I saw that film, like I liked a few Ernie films, don't we all but I think it was a Much the same that I just sort of looked at Mr. beast who when he was on the Joe Rogan podcast and I kind of heard him talking heard his ethos, and it was like, wow, I think completely different about this guy now. And that was the same for me when, when Ernest Wharton ago, I saw pumping iron. I was like, fuck, and how this guy is so intelligent. Like what he portrays on screen you think he's kind of like, you know, ha, ha, ha, I'm stupid. And I lift weights, and I shoot guns on television, or the movie screens and it's like, you kind of think that he's a bit of an idiot. And then you realize, oh, no, that is just what he is portraying. He is a highly intelligent human being he's incredibly driven. And when he's in the like, Bill Burr has a great fuckin sketch on him where it's like, you know, this guy's been in the fog zone for four decades, I can't even learn like you know, as as Spanish in Rosetta Stone, this guy comes over to America and

doesn't even speak the fucking language. He ends up marrying into like the, the equivalent of the the the American political royalty, where it's like the fucking Kennedys that it's like, he was a millionaire before he even went into, went into the movies. Like he's just such a fuckin interesting character, he started, he started his own real estate company, because he just kept reading the book and paper every single day in the real dissection. And that is a boring, laborious task that he just kept doing every fucking day. And then eventually, he was able to look at something and be like, That's a cheap property. I'm going to buy that property. And then I'm going to like jazz it up and resell and he had his own construction company. So he was actually able to physically do that himself. And that just went on. And so but pumping iron I think the big thing for me is it highlights his his I wouldn't say sportsmanship. He's a good sportsmanship person, but I think it's more his like Muhammad Ali and how he's so friendly. But at the same time, he's like, pre match. shit talking and his way of like, fucking met someone, mentally, is just so much difference to other people. It's like, Muhammad Ali, like, you know, I was, once we were kings. Is that the one about the Rumble in the Jungle with George Foreman?

 James Geering 2:22:23

I think so. Yeah. When we were carrying something like that. Yeah.

 2:22:26

When we were kings. Yeah, it's something like that King is within the word anyway. That'd be another fantastic documentary, where you just sort of see how well he's able to like, be super friendly, which almost makes him more annoying from an opponent's point of view where it's like, he's only making little jokes at me. Like, he's not really like, you know, coming out being like, I'm gonna fuck you up. Like, that's, like so many boxes do these days. Why would I leave you like jumping in further as opposed to be like, Well, I'm so bad. I'm gonna dance around your arm up, you're gonna like, you know, oh, this sort of thing. Like, you know, I wanted to go 20 rounds today they wouldn't let me Oh, I'm so fit man. I'm so it's like, it's like how can you get annoyed with that guy but he's still like in a winding you up. But Arnold Schwarzenegger is the exact same way. He's just sort of like in a lamb talking to one of the other bodybuilders like you know, well, you know, I wish good luck in the in the competition. Afterwards, you know, we can go we can have a nice, nice Italian. Nice telling dinner at your family's house. Maybe I could sit beside your system, we could have like a nice family dinner. It's very, like, you know, PC but like, you know, imply that like, I'm gonna be like, you know, again, anom with your sister and all that sort of thing, but still just like, Brandy stuff and like, so yeah, that'd be the documentary that that I would recommend. And what was the the third thing that you were asking

 James Geering 2:23:52

what was the documentary and or a film, like regular Film,

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film? I think off the top my head i i would go with any of the Tarantino films because they're just so he's just a master at his, at his craft defies so many sort of, of the the tropes of film and like you know hey a story needs to go And Act One act two act three And you know how

like, you know, hey, a story needs to go. And get one, get two, get three. And you know, how often does Quentin come in and go, No, a story like a good film doesn't actually need to be in any kind of a chronological order and it'll still be perfect. And it's like, okay, yeah, let's see me. Let's see you there. Quinton. Show us what you gotten. It's like, right, we're fucking here's Pulp Fiction. Here's Kill Bill here is Reservoir Dogs. None of them make any chronological sense. I mean, Kill Bill sort of ends chronologically, correctly, but it's still just like, let's have the end at the start and the middle of the back ends like that. Yeah. If you haven't seen in grantown films, all of them go see them all because Some are better significantly better than others, but they're all definitely worth a watch.

 James Geering 2:25:04

Absolutely. We're speaking of good people, is there a person that you'd recommend to come on this podcast as a guest to speak to the first responders, military and associated professionals of the world?

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I'm trying to think of someone who you could get that is also get a ball because there's a kind of a tricky line within that. I mean, David Goggins is off the top my head like the the most obvious choice, but then it's the question of, how would you get your hands on him because he's a quite a. He's not active on social media himself. Personally. He just uploads the video. So like, he doesn't follow a single human being on social media on Instagram, I was trying to text him you're like, Hey, David, can you can you just make me the one person because then I'm sure everybody would be like, Hey, who's that one fucking person he follows you after like, like any of my shit, or like comment on any of my ship. But just like the fact there's like that one thing on your your page and make a big difference. And

 James Geering 2:26:10

I actually he's, he I was was in contact with him a while ago, and he is a wildland firefighter now. So they actually said yes to the podcast, but then they put everything on hold, but I just think I'm about to be introduced to someone who's on his wildland crew, so we'll see. But that might actually happen. Another guy that I think that I saw you were in a conference with recently is James Smith as well. He seems like he'd probably be a fun guy. The the PT. I got that right. Yeah.

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Yeah, James was obviously the guy who's recently done the holding the heavy kettlebells

 James Geering 2:26:50

I'm not sure he's the blond guy that you know, swears like I say yes, yes. Yeah, basically talk shit about all the bullshit on social





2:26:58

the bullshit that's going on with like, you know, sort of fitness advice. Yeah. Now James James Kibby. I'd say yeah, he'd be very good guy because he's very similar to yourself and the sort of the cuts through the bullshit. The stoic says, stoicism like I did. He's a great man, he fantastically talented at the videos that he puts out that he's able to maintain interest while simply talking. Like he doesn't put in a huge he puts in effort, but he doesn't put in a crazy amount of effort for edits. Whereas I think a lot of times when someone has to do a talking point they have to like throw in lots of stuff to sort of keep the keep the audience interested. I like as a simple example, I was doing a hike hike of the Wicklow Mountains and the Muslim mountains are beautiful. And while I was doing that, I was kind of going completely off topic as is my, just my right. And one of the things I was doing is like, oh, yeah, here's a look at how beautiful this part of Wicklow is, you can kind of see that Ireland used to actually be a gigantic rainforest. And then it was due to the invasion that of like, this is something as well, just to go back to the very start of the podcast, we were talking about how there's so much negative historical sort of thought of the Brits and the relationship to Ireland. And like, there's that phrase that we have or caemlyn which are sorry, yeah, so Okay. Amblin means 800 years and it's to be like is 800 years of oppression from the Brits, but it's like, I don't know where people got that number from because 800 years ago, it wasn't really the Brits. It was like the Vikings and the Normans and then they kind of mashed together and kind of became what the Brits are now it's kind of weird that you'd be like, holding it all against this this one sort of group of people where that particular group of people changed into completely different people but they still are kind of like, Hey, you got fertile land, give us some of that shit. And but anyway, the OFAC I've completely lost my train of thought again,




James Geering 2:29:11


you're you're talking about it used to be a rain forest and you went off on the tangent?





2:29:16

Ah, yes. So I was going back to how James is so good at not using sort of things that are edited in and popped in, but I was talking about the rainforest and how that was taken away. And it was I said when the thing was like, ah, like I don't want to say like all it was the Brits invading or whatever, because like, you know, I don't want to upset the Brits, but like, you know, I if you know, your history, you kind of know who I'm talking about. And while I was saying that, I had a clip from Michael Collins, the film just kind of pan across the bottom of the thing and then Han away. So it's like, you know, a little kind of fun way of sort of winking at WhatsApp, what I'm talking about without being too much of like in our fucking shoving history down someone's face, and then the same thing again, whereas later on the film, I was talking about how, Oh, look at me, I'm on the top of a mountain I'm saying Going loads of photographs because I'm a social media wanker. And this is what social media bankers have to do whenever they're on a mountain. And then within that I then started showing clips of there's this photograph that people love to do. Couples love to do, and I fucking hate it. It's so cringy looking, where they have this thing of like, it's always the girl who does, where it's like, the girl is in the front of the of the shot. And then you see the man's and reaching,

 James Geering 2:30:26  
she's pulling him through and she's

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pulling him along, she looks back and pulls away like, Oh, we're going on an adventure together. It's like, it's like the same thing where you see people who are like doing social media shit, where it's like, hey, look, I'm helping this dog who's like a stray dog over here. It's like, Oh, are you Yeah, you're helping that dog up that little puppy that you found in the bin? You know what to make it easier if you had to fucking hands rather than a camera in one hand, and then you're trying to pick up this puppy from a bean with your other hand, use two hands your fuckin prick?

 James Geering 2:31:01  
Well, some of them you're gonna can't help but one that I see some of the comments like, you know, was that puppy outside the bin before you started picking up your phone? Did you put it in the bin and film yourself getting out of the bin? Because some of the ones I try and think okay, most people probably do good thing. But some of these are so fucking staged. Like, how did those four dogs get into that river? And then there's this dude with a digger downstream. And then you do kind of go you know what, this might actually be bullshit. They may have put it there for the video, because that seems like the window that actually would happen organically. And the fact that someone happened to grab their phone and film it. Yeah, it's probably all staged. And then especially, you know, you talk about the influencers. I just gave this guy \$1,000. He's homeless. And like, you didn't have to film it, did you? But you fuck yeah. So it's just valued everything.

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Yeah, it's a thing I'm very much against. And part of the reason why I'm constantly saying about how what I'm doing is not exclusively as like a charitable thing. Like, I'm a mother teresa kind of character, but that I'm doing it for the challenge within myself, it's to get rid of this. This this sort of fake Highness that is going on quite a lot. And it's like, I understand the argument against it, where it's like, you know, look, they're still helping. They're still helping the person, they're still raising money for charity, they're still doing this good stuff, even if it's not with them. It's not actually coming from the best intentions. And for me, I see that argument, and I can't 100% prove that it's incorrect. But it's just my opinion that I don't think that ultimately, it's a good thing. Because I think too many fake folks look at that. And they see the same thing. And it's like, Ooh, maybe if I give to charity, people will like my channel and like me as a person and think that I'm a better human being than I am. And it's like, if that becomes a sort of a, an ongoing cultural thing. I think we all end up being just fake shitty people that aren't actually trying to help each other when we need the help. And so to discourage that sort of fakeness and try to encourage actual help, is I think, yeah, I think it's far more important to try and push that forward. Because it's, it's a gray area, and I mean, even even Southpark make a good like, they don't specifically do it for social media, but they have that they have a really good episode where I think it's Kyle who's he's become like a messiah kind of character. And he's sort of

taking all the debts from everybody. And he's like, I will live with nothing. I will have everybody's debts and then like, Stan keeps kind of pushing back. No, no, no, no, you're doing a lot of good but you just, you can't do it as a as a as a as a douche. You can't be doing as a douche. You got to do the nice thing, but you can't be you can't be doing as a douche. You can't be thinking about like, you know, you're jumping on the sword for everybody. And you want everybody to look at you like that. And it's, it's it's a it's a gray area, but like it's for me, it's it's not gray. For me, it's fucking, if you're going to do something nice, do something nice. Don't put a fucking camera in front of it. And if you're going to put a camera in front of you have to be doing that in a way to like, don't deal with fucking homeless people ever, because it's just patronizing

 James Geering 2:34:24

your pets like your parents for them to be an extra and your shitty movie is basically what it is.

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Yeah, but it's really it's condescending as well. It's sort of like hey, you're having a shit time aren't you? Well, like you know your shit time I'm going to publicize. And without really getting consent, you're kind of forcing it upon them like you know, the assured a homeless person could like you know, like, tell them if you walk off get your camera out of my face like I don't care if you give me 1000 quid but like you're homeless like they're at their fucking bottom level so like their day will net you Never say no to a significant amount of money that could be perceivably life changing for your pride. Like, it's not a nice way to say it, but like, I don't think a huge amount of homeless people would have a large amount of pride that they'd be able to be like, fuck off. I know what you're doing Get that camera, but I'd always love to do a parody of that where it's like, I'm going to pretend to be a homeless person until someone comes up to me with a camera and tries to offer me money to be so nice and to kind of like have a like a hidden camera thing. And you'll see I'm waiting for the first person to fucking do it. I could do it easily like look at this look at this big long fucking hair I can make a mess of myself make myself look like a homeless person. Yeah, get off Get that fucking money out of my fucking

 James Geering 2:35:46

10,000 Like I'm gonna give this back to you because you need to go to the devil. See if you can get your soul back. Okay, I'm gonna film it by the way.

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Yeah, and then I take hey, here's your money back

 James Geering 2:36:04

Yeah, I agree with you completely though and it is is nauseating. But it just works against the such a need for kindness compassion community which goes back again to the beginning of our conversation English Irish Scottish Welsh coming together as a not you know, as nations, you

conversation English, Irish, Scottish Welsh coming together as a net, you know, as nations, you know, held together and rising up you know, I love that phrase the the rising tide lifts all ships, you know that we work together everyone benefits, you know, but

 2:36:27

Oh, yeah. I've been using that a lot at the moment because I'm kind of try and get loads of Irish Irish people that I don't like saying social media influencer. It's a fucking horrible title. But yeah, people who are like sort of video creatives and trying to get like a load of Irish lads together, because loads of people do that on social media. They get like little teams together. It's like, hey, it's kind of like a, like an all star cast in a film, where it's like, oh, wow, like fucking, and Brad Pitt and Leonardo DiCaprio? And Margot Robbie? Yeah, cool. I want to go see it at film. Let's go see that film. And bonus point, if you can name that film without looking it up. But it's that same sort of thing. I'm trying to get that same thing going, where it's like, my pitch is always to them here. Look, I like you might have bigger, more followers than me. I have more followers than this guy. But we all rise together. If the if tie goes up all our chips grouped together, someone might rise significantly more than the rest of us. But like that doesn't detract from what we're doing.

 James Geering 2:37:31

Absolutely. Well, one more question before we make sure everyone knows where to find you. And I let you go. What do you do to decompress when you're not running and creating, you know, social media content? What is your kind of off gassing that like?

 2:37:46

Oh, definitely video games, video games, chess, that sort of stuff. Often, often editing Blade Runner. Sometimes I kind of just get into like, usually when it's based around music, and all my every, without exception, every single one of my videos that has gone. I wouldn't say viral but like that's gonna, like got a real boost. Like, I think my biggest one is 40 million views. And that was all based around music. And you could argue that it is like the way music is done is it's very mathematical. And so when I'm getting it right, when I'm getting the shots matched up, there's it's a very satisfying thing for me to kind of get the things lined up together, and then I rewatch it. And then it's like, ah, it snaps into the beat perfectly. It's like, oh, that's it. And yeah, that would be it'd be mostly video games, but that one would be another big factor.

 James Geering 2:38:45

Beautiful. And just for everyone listening. So the king of chemo is the handle for pretty much everything. Yep. Beautiful. Well, yeah. And I want to say thank you so much. It's been an amazing conversation. We've been chatting for over two and a half hours now. Got to meet your mom, which is also great. And here's some seagulls. But no, it's been it's incredible. And to take something that some people might curl up into a ball about and turn it into a positive. I mean, you could obviously I didn't talk about this, but you can look at the drug trials and go oh, well, they, you know, were they one of the reasons that it happened. But the drug trial, you

know, journey was actually what allows you to discover what happens. So I'm really excited to you know, put this out to everyone and hopefully add some more people to your community. But also there's so much to take away from it as far as whatever that challenges in life turning, you know, lemons into lemonade and actually doing something good and finding as we discussed before, that purpose because whether it's overcoming or forging forward through some sort of disease, diagnosis or whether it's the mental health side, I think that purpose is what a lot of people are missing and that is always the ingredient to put positive mental health as well. So I want to thank you so so much for being so generous with your time and coming on the show today



2:40:06

oh thanks for having me on yeah even if it doesn't affect I find usually doing podcast doesn't actually affect much on there in terms of the follow up thing just gets sort of their different forms of media same thing when you go on to like a good morning shows. I've done a few of them doesn't affect really social media that much but for me, as if one person listened to your podcast and like gets out of bed, you know, 10 minutes faster than they would have. That's That's enough for me because I that's that's tangible.