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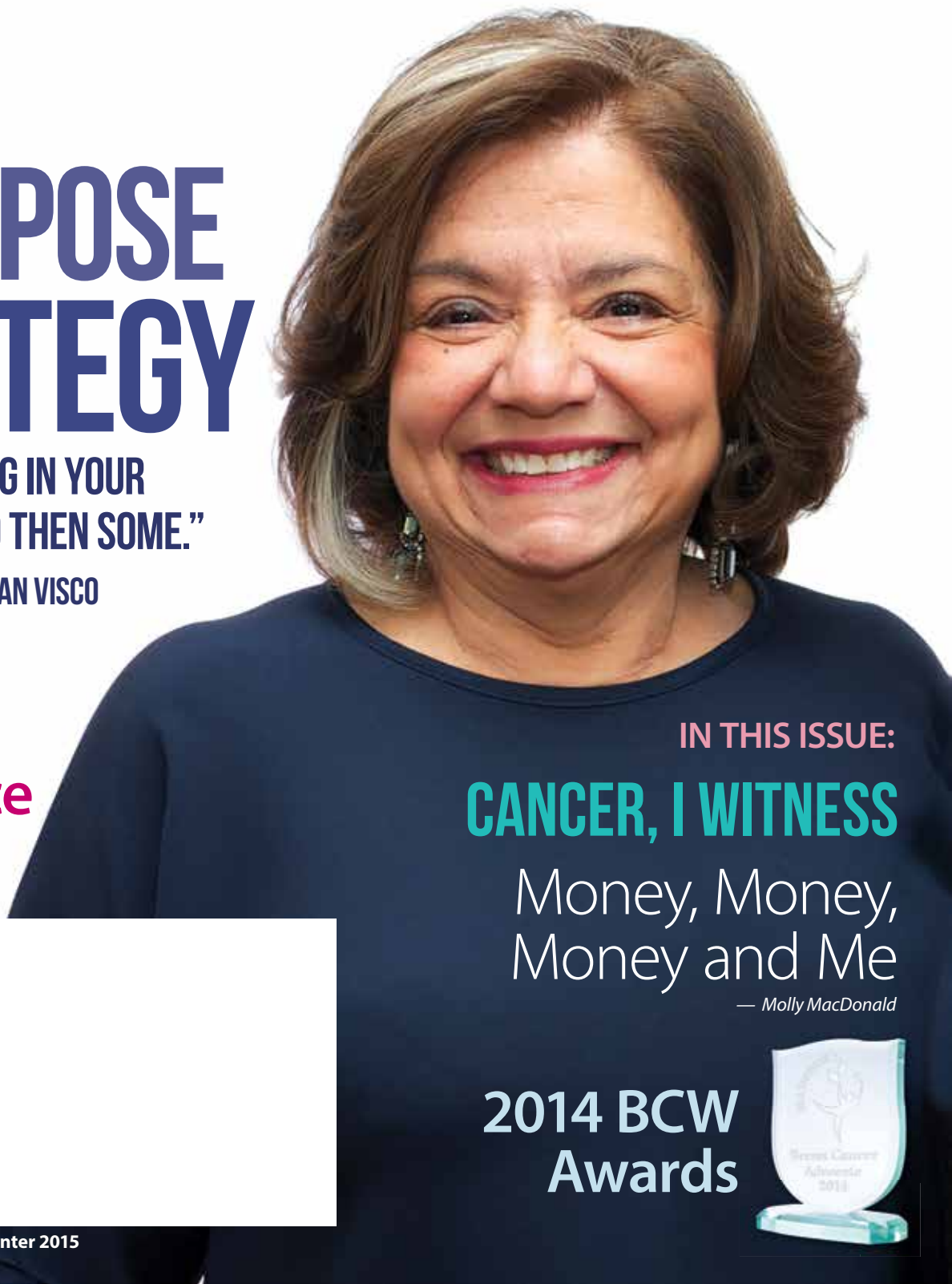

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CANCER, I WITNESS

Money, Money, Money and Me

— *Molly MacDonald*

2014 BCW Awards

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COVER THRIVER

Fran Visco p. 26

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PUBLISHER
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573.873.3444
beverly@breastcancerwellness.org

ADVERTISING
Bonnie Phelps
Director of Sales
417.581.3438
bonnie@breastcancerwellness.org

Please refer to breastcancerwellness.org for guidelines for story and article submissions.

Cookie Newberry
MaryJo Carson
Account Representatives

ART DIRECTOR
Stacie L. Marshall
www.hilldesignco.com

Breast Cancer Wellness
P.O. Box 1228,
Camdenton, MO 65020
573.873.3444
breastcancerwellness.org

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CONNECT WITH US!

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What's Your Money Story? In this issue, BCW debuts a new column on the topic of financial empowerment after breast cancer. Molly MacDonald, Founder and CEO of The Pink Fund, invites you to reflect upon your history with money prior to your diagnosis of breast cancer. Sometimes a peek into our past provides insight into what is blocking us from experiencing financial wellness at a time when we really could use more money.

Before breast cancer, Molly MacDonald was living the financially affluent lifestyle that many dream of. In a pivotal moment of what Molly believes was guided by divine intervention, she was drawn into a life purpose of helping women who face financial hardships after their diagnosis of breast cancer. In this new BCW column, Molly will be interviewing leaders in the field of financial wellness to shed light on this topic. We hope you will join in the conversation about the possibilities and opportunities for financial empowerment after breast cancer.

What have you learned? The journey of breast cancer has taught me the power of forgiveness. When my medical team told me their treatment options of my life, I had a silent rage that went off... inside I was screaming "is that all you can offer me?" Little did I know that was the beginning of my healing quest that would change my perspective about what my life was going to stand for, and how I would live out my remaining days on earth.

I quit blaming my doctors for the four misdiagnosis, I gave up being bitter and being justified in my anger, I quit interviewing attorneys in my search to find the best one to hire so that I could sue for my medical injustices. Instead I took that energy and transformed it. On my knees, from my heart, I forgave every single person by name who was not present and ignored what was best for my body at the time. Then I forgave myself for being so busy trying to build the American dream with stuff and then more stuff, that I had no idea what an enriched life looked like and how I was out of tune with my body. I learned to give thanks for my life and what I was learning about myself and my place in the world.

Melanie Young learned she didn't have to give up taste and style in order to make important adjustments in her diet.

We can learn a lot from a 13 year old. Danielle's message has a timeless reminder for all of us.

The Breast Cancer Wellness Magazine is beginning its 10th year in print. We knew from the beginning that we wanted experts to share their knowledge to help those of us diagnosed with breast cancer with our emotional, mental, physical and spiritual needs and breast cancer thrivers to tell their inspirational stories. It's been an amazing ride.

Publishing has taught me a deeper level of faith and to see deeper value in the stories that we share. And the countless times that Bonnie (director of sales for the magazine) and I have the same "knowing" or idea at the same time for the BCW mission. I know there is a higher hand over our work and for this, I am very grateful. Thank you Bonnie Phelps and Stacie Marshall for your passions and dedication to this mission. I love how we have magical synchronicity for working together.

Do you aspire to make a difference by sharing your story or expertise in a book? Do you want 2015 to be the year that you finally get your thoughts on paper and get your book published? If so, join us for the special get-it-done writers workshop where I will share my cost saving resources to get your book published that can help you land more speaking engagements, leadership roles, and make a difference with your message. I love publishing. I look forward to helping you become an author and perhaps also a publisher. ***Be sure and sign up for the early bird cost of $695.*** See page 43.

May you embrace all the blessings and goodness of the new year. Happy New You!

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Celebrating 10 Years

Breast Cancer Wellness MAGAZINE

Faith is the strength by which a shattered world shall emerge into the light. — Helen Keller

How we look at life

DEAR FRIENDS,

Sometimes we have to change *how* we look at something in order to see things in a new light. Just as turning the magazine in a different direction so that you could read this page, a diagnosis of breast cancer shakes our world up... it certainly has our attention to look at life from a new angle.

Do you feel it? There is a change happening within us and around the world. The pink sisterhood is no longer accepting the old ways of how we look at this disease. It is because of these awakenings happening within us and collectively that BCW honors those who make a difference in their own, very special way. **Join us in recognizing and honoring the BCW Awardees of the Year for 2014.**

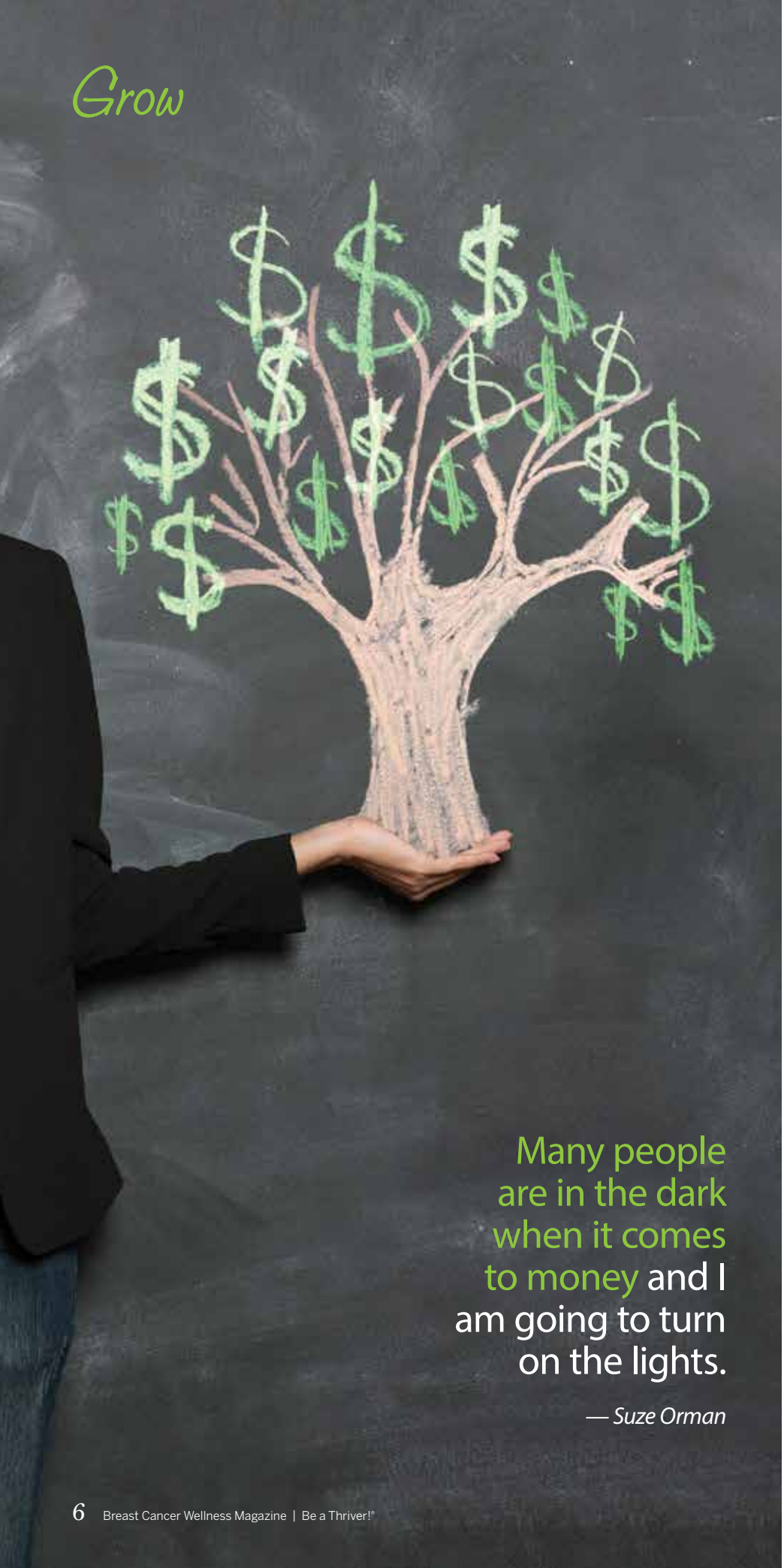
- **National BC Nonprofit** TRIPLE NEGATIVE BREAST CANCER FOUNDATION
- **Community BC Nonprofit** RED DEVILS
- **BC Lifetime Achievement Award** FRAN VISCO
- **BC National Leader of the Year** JEAN SACHS, LBBC
- **BC Community Leader of the Year** ANNE CLARK, HEALING CONSCIOUSNESS
- **BC Advocate of the Year** PEGGIE SHERRY
- **Thriving Caregiver of the Year** LUZMINIA PASCUAL
- **Oncology Nurse Navigator of the Year** MARSHA SCHMIT
- **Mastectomy Fitter of the Year** RANDI DENMARK
- **BC Blogger of the Year** ROBERT FISHER, M.D., PINK RIBBON SURVIVORS NETWORK
- **BCW Ambassador of the Year** ELYN JACOBS
- **BCW Thriver of the Year** DOREEN PUGLISI

You can also read more about each of these powerful groups and individuals on our website. Nominations for the 2015 BCW Awards begin October 1, 2015 at www.BreastCancerWellness.org.

I also learned there was a difference in looking at what was happening to me from an ego's perspective. Ego is oftentimes unwilling to look at things differently, yet our soul asks us to stand back and see the view of our life from a higher and different viewpoint... thus helping us to see for ourselves where we can make adjustments to our life that makes us happier, that serves a greater purpose, and helps us grow in the strengths of our personality and our faith in a higher power. After changing the angle how I looked at my life, I saw there are endless blessings every day and we each make a difference. The journey of healing isn't an easy path, but we can learn from sharing our stories.

The thriving stories in this issue are insightful.

Fran Visco is an amazing visionary and is leading the world forward to end breast cancer by 2020. Fran is the recipient of the BCW Lifetime Achievement Award. At the time of her diagnosis, Fran didn't immediately know that her inherent leadership skills would touch all of us.



Many people are in the dark when it comes to money and I am going to turn on the lights.

— Suze Orman

MONEY, MONEY, MONEY & ME

BY **MOLLY MACDONALD**

I remember the first time I really worried about money. I had returned to my parent's home after a year of studying and working as an Au Pair in Geneva, Switzerland. I was 22.

My first hint that something had changed was the contents of our refrigerator. I know how silly this sounds but it was startling to notice that the imported cheeses from Europe had been replaced with American Cheddar and Swiss. This was the 70's, long before Brie was common in American's deli drawer, but was a staple in ours.

My father, the very successful principal of a public relations firm, was having a nervous breakdown. His much older business partner at 72 was losing his hearing, and clients. In order to save the business, my father forced the partner to resign. A lawsuit ensued, my father lost his focus, more business and most importantly his confidence.

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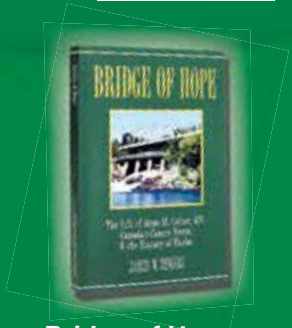

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Money Talk

Introducing a new BCW column on the topic of money.

Studies show that without adequate finances to pay for the costs of our healing needs, many women and families experience many ripples of financial fallout after a diagnosis of breast cancer. With the 2013 median US household income of $51,939, oftentimes covering basic health needs becomes a struggle. Because of this financial fallout, many breast cancer survivors face:

- ✗ Bankruptcy
- ✗ Foreclosure of home or downsizing of living space
- ✗ Liquidating assets
- ✗ Borrowing from family and friends
- ✗ Maxing out credit cards
- ✗ Selling assets
- ✗ Not being able to buy quality food for themselves and their families
- ✗ Not keeping medical appointments and oftentimes not taking medicine as prescribed as a way to save money.

There is more to the downward spiral; compromised beliefs about self-esteem, self worth, negative self-talk, isolation, hopelessness, depression, despair, shame, and feelings of helplessness, and sometimes forming a perception that one's life doesn't matter.

Each issue Molly MacDonald will interview experts to shed light on the topic of financial empowerment after breast cancer.

Bereft, he was paralyzed by fear that he would lose his business, our home and all his money.

My father worried about money.

Coming of age at the onset of the depression, he had been forced to leave Cornell University. Armed with his Tuxedo, Raccoon coat and engraved calling cards he made his way to New York City, took a room in a boarding house and sold shoes. Beginning Thursday evenings through Sunday, he would dress up, show up and eat up, by passing himself off as a guest at some of the city's swankiest hotels and private clubs, where bar mitzvahs, wedding and anniversary parties were held.

The summer of my return, I would waken to the sounds of his sobbing, his fist pounding his chest pleading to God to save him by taking his life. His fear pulsated down the hallway, into my room and planted itself into the very core of my being, where it has made its home ever since.

"Money. Money. Money." It's the 1977 title of an ABBA song.

Money is the currency on which we place value, our homes, the cars we drive, and the way we dress, from our jewelry, to labeled designer clothes, handbags and shoes. Who does not know the value of the bright red soles which shout with every lift of the heel "I am successful" on the 4 inch stiletto Louboutins.

We stamp ourselves from head to toe with someone else's brand, on which we too often bank our value.

Like the Abba song, I bought into its lyrics,

In my dreams, I have a plan
If I got me a wealthy man
I wouldn't have to work at all, I'd fool around and have a ball...

I got me that wealthy man, the Harvard grad, principal of his own law firm, married him, and gave up my career to fool around and have a ball.

The fooling around produced five children in nine years.

The ball equated to running a small business to keep our home running, as I so deftly explained to another mother of four of modest means who had the ovaries to ask me, "What is it you do all day?"

"Well," I told her, "I answer the door, point and write checks."

I wrote checks to the housekeeper who Monday through Friday, cleaned our home, polishing the silver one week, the brass the next; did the laundry, ironed the clothes and put them away. I wrote checks to the part-time Nanny, who spelled me in caring for the kids. I wrote checks to the pool boys, the lawn service, the gardener, the dry cleaner (who delivered), the grocer (who also delivered) and to my shame, the service which weekly watered my houseplants.

For years I lived a life of luxury the top 1% of Americans enjoy and the rest imagine, thinking if only I had... fill in the blanks, that house, that car, the jewelry, handbags and Louboutins, etc., ad nauseam, I would be happy. I would feel worthy. I would be at peace; I would feel whole.

While it was nice to not have to worry about money, the truth is, it was not enough. I was, apart from caring for my children, miserable. Married to a man whose value was steeped in how hard he worked and how much money he made, I was alone... with my children. And the help.

My father who recovered both mentally and financially from his business challenge — admired my husband's ability to "provide."

My mother, who had grown up well off,

> "All my worldly goods were appraised. The replacement value approached over half a million dollars, but I would be lucky to collect $50,000 if I sold it all. Not enough for a year's worth of basic living expenses.

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but with a "Scotch" attitude about money, was astounded at how much spending took place in our household, asked me one day, "Molly, what will you do if the money goes away?" To which I answered with confidence, "Not to worry, Mom. The money will never go away."

And then one day, it did.

It was late summer of 1997 when I drove up the driveway to our 6,000 square foot home situated on two acres with a pool and pool house; my five children ages 4-13 strapped into the back of my gas guzzling Suburban and noticed something tacked to the front door. In our neighborhood, people did not tack things to front doors, deliveries were made to the side door.

I pulled the note and read the small print. Our home was to be auctioned off in 30 days.

That evening I learned that the deal my husband told me would make us millionaires, and in which he invested all our financial resources and those of others, was not the only thing in which he was in hot pursuit.

Ultimately, he was forced to file bankruptcy. He lost our home, his business, his reputation, and unwilling to change his ways, his family.

I bundled up my "designer" wardrobe and carted if off to the resale shop, thinking I could cobble together a couple of months living from the proceeds, only to find the dresses which cost me $2,500, were tagged at $60. My split was not enough to fill my gas tank.

All my worldly goods were appraised. The replacement value approached over half a million dollars, but I would be lucky to collect $50,000 if I sold it all. Not enough for a year's worth of basic living expenses.

Our lives changed dramatically. We rented a home in a Leave it to Beaver looking neighborhood. The children began the transition from private to public school while I looked for work.

And worried about Money.

The fear which took root in my heart so many years ago was growing out of control.

My only salvation was a decision to live in the present. These days it is called mindfulness.

Each day I told myself " I have everything I need."

I refused to look too far in the future, because I knew, like my Dad, I might become paralyzed by fear.

Still, truth be told, I worried, but it was manageable most of the time.

Just as I was about to get that full-time six figure job with benefits and a car, my annual mammogram came back suspicious for cancer. We survivors know the drill, first, the biopsy, then the call.

My new career plans were detoured to the off ramp.

My treatment was mild, but the financial fall out as a result of my lost income and the addition of a costly COBRA premium to ensure my access to life-saving care was fierce. The second home faced foreclosure. I negotiated with Ford credit monthly without an ounce of shame, pleading, "please, please, please don't repo my car."

Cancer became the sidebar to the lead story, which was financial devastation.

I began to believe like my father, that death would save me from this nightmare and my only value was my ability to financially provide for my family.

It was impossible for me to thrive in that simmering mental stew.

As I desperately sought to get help, I experienced a divine shift in thinking from getting help to giving help.

Empowered by the single thought that I might be able to help others, I became energized in spite of the radiation fatigue, and in spite of the fact that our financial circumstances remained for a time, dismal.

Which brings me, FINALLY, to the real point of this column.

Fear is like cancer. It takes root and we both consciously and unconsciously feed it. Or we try to cover it up with addictive behaviors, like shopping which begets only more fear as we drive ourselves deeper into the hole that we hope to emerge.

For those of you like me, who have a fear of money deeply rooted within us; how can we face it down, like we did cancer?

That is the purpose of this column, to confront our fears about our finances and how it affects almost every area of our life, including our health and well-being.

With the help of financial experts, I will share how we can learn not to fear money, but instead to use that currency to thrive, whatever our circumstances.

Your first financial homework assignment is to excavate, explore and ponder what's at the heart of YOUR money story? In thinking about mine, I was surprised to learn my fear of money was so deeply routed in my early adulthood.

Please feel free to share YOUR money story with me. Molly@thepinkfund.org.

MOLLY MACDONALD

Diagnosed with breast cancer in April 2005, she was unable to start her new job as planned. Her family's already tight budget was immediately overburdened with the addition of a monthly COBRA health insurance payments coupled with the loss of her income.

As a result, she was determined to help others suffering from lost income as a result of their diagnosis and treatment. In 2006 she founded The Pink Fund, where she now serves as CEO working daily to provide help and hope to Survivors and their families. "By providing 90 days of non-medical financial assistance, making payments to the patient's creditors for insurance, housing, transportation and utilities, we give help and hope."

Since its founding, The Pink Fund has made $845,504.45 in bill payments on behalf of 843 Survivors.

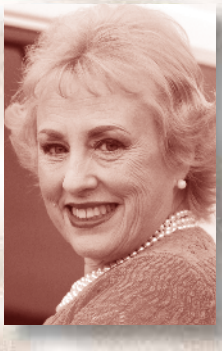
For her work MacDonald has been the recipient of many local and national awards, most notably she has been named a Pink Power Mom, by Kids II and Bright Starts. She is a Purpose Prize Fellow, presented by Encore.org for social impact, and Money Magazine's 2014 Michigan Money Hero.

The Pink Fund was recently recognized as a top global cancer innovator in patient centric care by The LiveStrong Foundation for its work in helping to rebuild financial health; and was named by Time and Money, together with Charity Navigator as a one of five national breast cancer charities worthy of your donation where you can feel confident your dollars will be put to good use.

A graduate from The University of Michigan in journalism, MacDonald's past work experience includes reporting, marketing, public relations and sales.

She is a mother to five adult children.

"Your first financial homework assignment is to excavate, explore and ponder what's at the heart of YOUR money story?



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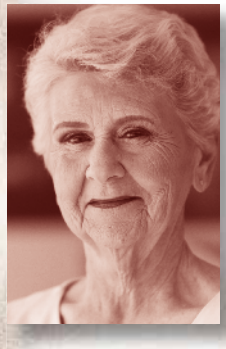

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15 Thriving Resolutions for **2015**

1 Pray more, worry less.

2 Be more mindful of self sabotaging habits.

3 Don't dwell on the past, or worry about the future, be present to the opportunities of each day.

4 Do something every day to empower my spirit, mind and body.

5 Speak up for my health needs

6 Do something every day for someone else.

7 Do something every day that I enjoy.

8 Do something every day that is out of my comfort zone.

9 Continue to strengthen spiritual health, mental health, emotional health, and physical health.

10 Ask for help when I need help and not let others disempower me by doing too much for me.

11 Give grace and forgiveness to others and happily and graciously accept forgiveness.

12 Don't engage in social media rants, work gossip, or media hype.

13 Allow myself time to vent, cry, scream, yell, and express my anguish and fears in healthy outlets as often as I need and without apologies.

14 Celebrate something each day.

15 Express gratitude for the blessings of the day.

Celebrating 15 Years as a Stage IV Thriver!

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Heather Jose speaks with survivors, caregivers, and healthcare professionals. Her high-energy presentations provide practical advice and encouragement to help patients play an active role in their journey. From tips, to daily schedules, to assembling the best team to help a patient move forward, your guest will leave empowered.

Heather was diagnosed with stage IV breast cancer at age 26. After being told to 'get her affairs in order', Heather chose instead to employ all available resources to take on the cancer. From conventional medicine to exercise and visualization Heather put together a comprehensive planand.... Now she'll help you do the same!

Heather is the author of *Every Day We are Killing Cancer*. Follow her on Facebook and Twitter.

To book Heather for your event please contact Paul Hile at Paul.hile@gmail.com.

Heather Jose gobeyond TREATMENT

You can customize Heather's book for your group or event with your logo on the cover.

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BREAST CANCER IS ON THE RISE IN YOUNG WOMEN — IS IT PREVENTABLE?

BY **CHRISTINE HORNER, M.D.**

Since the inception of "Breast Cancer Awareness Month," the message has been about reminding women 40 years of age and older to get mammograms. But, in this country, incidences of breast cancer are still on the rise in women under 40 — an age when mammograms are not effective. Mammograms will never stop the breast cancer epidemic; however prevention will.

Research shows that lifestyle choices made during the pre-teen and teen years are the most influential to your overall health as an adult. Here are a few simple tips to lower the risk of early breast cancer:

PRE-TEENS

Replace red meat and dairy with tofu.

Entering puberty early can increase a woman's risk of breast cancer by 50 percent. Research shows girls as young as 10-years-old who consume tofu on a regular basis can delay puberty. Tofu also causes breast cells to mature, making them more resistant to cancer-causing toxins, which can cut the risk of breast cancer in half. My favorite is Morinaga Mori-Nu Silken tofu because it is a good non-GMO soybean blend free of preservatives.

TEENS

Rev up your immune system.

Sexually active teenagers ages 14 to 19 have the highest incidences of human papillomavirus (HPV), a common virus passed from person to person during sex that can lead to cervical cancer. In recent years, there has been an aggressive campaign for girls starting at age 10 to get the HPV vaccine. But, it comes with many risks and for the 98 percent who get HPV only 2 percent are actually affected by cervical cancer. According to a 2013 VAERS report, the HPV vaccine has caused 30,000 adverse events including, 171 deaths, 922 disabilities and 550 life threatening illnesses.

There is a much safer option than vaccination. In a pilot study recently conducted by M.D. Anderson Cancer Center, HPV was eradicated in females who took AHCC, a natural substance extracted from certain subspecies of medicinal mushrooms that can be taken in supplement form (often found as an immune supplement), when taken daily for 90 days. AHCC is also the leading complementary cancer treatment used in hundreds of clinics throughout Asia to support the immune system in lowering the risk of cancer and improving survival.

TWENTIES

Stop bar hopping.

Alcohol is most damaging during a woman's 20s because her natural estrogen levels are peaking. Even one drink a day can increase a woman's risk of cancer by 11 percent; two drinks by 22-40 percent and three drinks by 33-70 percent!

Eating primarily a plant-based diet, filled with organic fruits, vegetables, whole grains, nuts, seeds and omega-3 fatty acids minimizes the risk of every chronic disease, including breast cancer. Regular exercise, a good night's sleep, minimizing stress and having the support of loving friends are also essential for good health.

You can read more about the research-proven natural ways to lower your breast cancer risk in, Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect against and Fight Breast Cancer. ■

www.drchristinehorner.com

Christine Horner, M.D.

Christine Horner, M.D. is a board certified and nationally recognized surgeon, author, expert in natural medicine, professional speaker and a relentless champion for women's health. She is the author of *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer*, winner of the Independent Book Publishers Award 2006 for Best Book in Health, Medicine, and Nutrition. www.drchristinehorner.com.

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WINNER, WINNER, CHICKEN FOR DINNER

Each new year brings hope for a fresh start and prosperity. For many of us touched by breast cancer (any cancer or chronic illness in fact) prosperity may come in the form of an improved health condition, getting out from under some medical debt or even simply finding peace as wejourney forward into unknown realities.

Beverly Vote reached out to me late last year with a desire to begin a dialog that might help improve the financial condition of the Breast Cancer Wellness Magazine community. Our conversation highlighted our shared beliefs that the financial wellness of the breast cancer community is as important as any other part of healing.

With this spirit we are diverging from, in fact improving, our normal dialog by focusing on how to maximize your food dollars and to demonstrate the economic and gastronomic potential of the foods we eat, in this case we are exploring what a simple chicken can offer.

As the former Dean of one of the top culinary schools in the country I used to embed the fiscal realities of cooking in a chef's curriculum from day one. In fact chefs are trained to maximize the potential profit of food, it is how we earn our pay and that is engrained in every thought I have about food, it is as natural as breathing to me. If you were to look in my freezer you would find bits and pieces, relics from past preparation of food that have a purpose somewhere.

I have always taken pride in my economic outlook of food and these lessons seem a perfect fit for the home cook as well.

You can grill it with assertive heat, poach it gently in a flavored bath (court bouillon), or roast it in a moderate oven just the same. Additionally it can be a haute offering or a low country picnic food. For our purposes we are going to highlight some of the key ways to stretch a chicken into several meals and increase our consumption of vegetables and other healthy ingredients.

> A chicken is an incredible ingredient for it offers a great deal of diversity, both in the types of meat (white or dark), but also in the techniques of how it can be cooked.

The economics of a chicken are also amazing. The chicken I purchased for our conversation cost $6.68. From this investment I was able to butcher out 2 full chicken breast, 2 thighs, 2 drumsticks, 2 wings and one full carcass. From this list of ingredients I can prepare a variety of foods, better yet I can also get the base for about 12 meals or dinners. I will explain how.

From the breasts I will sauté those with some vegetables and get 4 dinner entrees. The thighs and drumsticks will be cleaned from their bones and skin and ground up for the stuffing in a classic chicken and scallion potsticker. The wings I will save and freeze to add to a collection that I will use on Superbowl Sunday. The carcass, and here is where we get a lot of economic and flavor impact, will become a stock and used for soup. Each carcass will net me at least me one half gallon of stock, enough for 4 hearty portions of soups and enough to spare for some nourishing sips of an age old restorative.

So our $6.68 investment turns out to have a per meal (entree) cost of $0.56 ($6.68 ÷ 12 =$0.56). This is incredible. If you were to add another $1.50 in vegetables per meal (entree) you could serve a healthy dinner for 4 for $8.23, that is less than $10!

With the national check average for a party of 4 at a casual quick service restaurant hovering around $62.00 this idea could save you $53.77 a couple times a week (107.54 each week before tipping). If you eat out three nights a week give up 2 of those to cook at home and you save yourself $5,592.08 per year.

I can think of a lot of things do with an extra $5,500 dollars! Can you?

To get you started here is a recipe for our Thai Garlic Pepper Chicken (page 18). It is a simple and healthy recipe that uses up the chicken breasts. To make it a meal simply steam a bunch of your favorite vegetables and serve up some rice.

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Thai Garlic & Pepper Chicken

Serves 4.

1 pound chicken breast, sliced thinly
½ cup garlic cloves, peeled, smashed
4 teaspoons brown sugar
1 ½ teaspoon white pepper, ground
3 teaspoons fish sauce
4 tablespoons coconut oil or canola oil
2-3 tablespoons water
1 cup cilantro leaves

****

1. In a large skillet set over medium high heat heat the coconut or canola oil until very hot. Add the garlic, stirring constantly so it doesn't burn. When slightly golden brown, add the chicken. Cook until slightly golden brown, stirring every so often.

2. When the chicken is cooked through add the brown sugar, fish sauce and pepper. Mix well to combine. Cook for another minute or two. If the pan gets dry add some water, a tablespoon at a time until the liquid lightly coats the chicken.

3. Serve on steamed jasmine rice and garnish with the fresh cilantro leaves and a lime wedge or two (optional).

NUTRITION FACTS
Amount Per Serving — Calories: 294
Total Fat: 15.88g
Cholesterol: 72mg
Sodium: 435mg
Total Carbs: 9.58g
Dietary Fiber: 0.70g
Sugars: 3.37g
Protein: 25.34g

This is a **10 minute weeknight meal** that can easily be added to the weekend for an amazing friends dinner. **Great food deserves great company after all.**

For more information or other recipes, visit www.pinkribboncooking.com.

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Chef Curtiss Hemm

Chef Curtiss Hemm is the Founder and Executive Director of Pink Ribbon Cooking LLC. His mission is to educate cancer survivors and those looking to prevent the disease in subjects related to how food, nutrition and diet can improve the quality of life before, during and after a cancer diagnosis, sharing simple and healthy recipes, techniques and approaches to cooking food the entire family will enjoy. www.pinkribboncooking.com

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YOUNG THRIVERS

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BY **HEATHER JOSE**

My Healing Team

This is part two of a series on my healing team. I want to introduce Christy, my long time friend and a crucial part of my healing team. The first excerpt speaks to Christy having just learned of my diagnosis. The second is a reflection of the first year on this journey. I continue to be in awe of Christy's intuitiveness and her ability to support others.

Except from 'Christy's Snapshots,' taken from *Every Day We Are Killing Cancer* by Heather Jose:

"My husband talked me into going to the mall after work since it was Christmas time to take my mind off things.' All I remember was a sea of faces, the sound of my own heart beating in my head, feeling the hot tears rolling down my cheeks and wanting to scream: PLEASE SOMEBODY HELP MY FRIEND, SOMEBODY HAS TO BE ABLE TO HELP HER!!!

I knew I couldn't call and cry on her. I certainly wasn't going to make her comfort me. It took a few more days to believe I was composed enough to call her. When I called, I got Heather's father-in-law. I just asked him to tell her that I called and tell her that I knew. She didn't have to tell me. I was thinking it was going to be really hard to tell her friends.

I didn't know what to do or how to be helpful. All I knew for sure was that I wanted to help and that I could be there for her. Whatever happened I could be there. I didn't know anything about cancer. I didn't know the difference between chemo and radiation. I just thought I would want someone to be with me if I was scared."

"I have been asked time and again the best way to help someone who is going through cancer. I think the team approach may be the best advice for caregivers. Being the sole caretaker would be very stressful and taxing. Larry, Colleen, and I shared the role-we were a team. Our individual strengths combined to support Heather in different ways. Each of us could also feel good that someone else was there or on their way when we weren't. The situation was never very far from our thoughts, but we could get away and sleep, exercise, relax or eat well, whatever we needed to do to take care of ourselves. A caregiver that gets run down and sick can't be around to help.

I also get asked how this experience has changed me. I think I got to realize how precious and uncertain life is earlier than I would have. It made me realize we each only get one life. I took that to heart and changed my life in a million ways. I learned to choose me sometimes and let go of the people in my life who took too much. Life was too short to spend with anyone who left me drained and feeling bad about who I was.

I remember the first Thanksgiving after Heather's diagnosis and reflecting over the past year. I realized that it had been the best and worst year of my life. I never thought the best and worst could be the same year. I had never been so sad or so scared and yet I saw colors, sunshine, and the simple joy of being with people I loved more than ever before. I would never wish a cancer diagnosis on anyone, but I know for certain that good things come out of bad things."

– Christy

Christy spent more time with me than anyone. When my husband was at work Christy was there. She was a great example of someone who recognized that we could try anything. It might work or it might not, but there's no harm in trying. We tried new food, new exercise, new clothes (for my new chest). She took it all in stride. Everyone needs a Christy to help them move forward.

What made Christy an invaluable caregiver

- She led by example. Christy took the time to take care of herself, even in the midst of the craziness. By doing this it reinforced that I needed to take the time as well.
- She was willing to try anything. If we thought it could kill cancer, we tried it. We would then weigh the pros and cons to whatever it was we had tried and deemed it good or bad.
- She helped me achieve my goals. I set the goals, but Christy was always there to problem solve when roadblocks appeared.
- She knew how to help me manage cancer emotionally. It was a balance of laughter and tears, and topics of normal life things and the cancer world.
- She did a great job of communicating with others on my behalf. Everyone benefited and I didn't have to do all the work.

Heather Jose

Author, Speaker, Breast Cancer Wellness Advocate
Heather@BreastCancerWellness.org
www.gobeyondtreatment.com

About Heather

Heather Jose is a 15 year thriver of stage IV breast cancer, diagnosed at age 26, with a prognosis of six months to live. A national speaker and advocate, Heather's message is to go Beyond Treatment. Visit her online at www.heatherjose.com.

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AUGUST 22	BATON ROUGE, LA
SEPTEMBER 26	LAS VEGAS, NV
OCTOBER 24	HOUSTON, TX

Sisters Network Inc. National African American Breast Cancer Conference was created to meet the unique needs of African American woman diagnosed with breast cancer. The 10 City Conference Tour offers survivors and those with a vested interest the opportunity to learn about cutting edge research and developments in Metastatic and Triple Negative breast cancer plus the importance of clinical trials from trusted experts in the field of breast oncology and healthcare. This one day conference will be filled with door prizes, amazing raffles, a delicious lunch and important information in an interactive learning environment!

For more information contact us at 1-866-781-1808 or Infonet@sistersnetworkinc.org

BCW Awards 2014

We are excited to announce the recipients of the BCW Awards 2014.
These individuals and organizations make a difference by sharing their skills, gifts, compassion and leadership. They exemplify what is good in the world. Please join us in congratulating these outstanding individuals and organizations!

National Breast Cancer Nonprofit of the Year

Triple Negative Breast Cancer Foundation

www.tnbcfoundation.org
Norwood, NJ

Community Breast Cancer Nonprofit of the Year

Red Devils

www.TheRedDevilsMD.org
Baltimore, MD

Breast Cancer National Leader of the Year

Jean Sachs

Living Beyond Breast Cancer
www.lbbc.org
Haverford, PA

Breast Cancer Lifetime Achievement Award

Fran Visco

National Breast Cancer Coalition
www.BreastCancerDeadline2020.org
Washington, DC

Breast Cancer Community Leader of the Year

Anne Clark

Healing Consciousness Foundation
www.hcfbucks.org
Southampton, PA

Breast Cancer Advocate of the Year

Peggie Sherry

Faces of Courage Foundation
www.FacesofCourage.org
Tampa, FL

Thriving Caregiver of the Year

Luzminia Pascual
San Antonio, TX

Oncology Nurse Navigator of the Year

Marsha Schmit
Hurley Medical Center
Flint, MI

Mastectomy Fitter of the Year

Randi Denmark
www.jayannintimates.com
Huntingdon, PA

Breast Cancer Blogger of the Year

Robert Fisher, MD
www.PinkRibbonSurvivorsNetwork.org

Breast Cancer Wellness Ambassador of the Year

Elyn Jacobs
www.ElynJacobs.com
New York City, NY

Breast Cancer Wellness Thriver of the Year

Doreen Puglisi
www.PinkRibbonProgram.com
Basking Ridge, NJ

Because we all make a difference in our own way, BCW also salutes everyone who reaches out to touch others in the mission to bring comfort for our loved ones and to end breast cancer.

NOMINATIONS FOR THE BCW AWARDS 2015 BEGIN OCTOBER 1, 2015 AT WWW.BREASTCANCERWELLNESS.ORG.

Amy Bremner, MD
Breast Surgeon

June Chen, MD
Breast Radiologist

Lisa Curcio, MD
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Mark Gaon, MD
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Nimmi Kapoor, MD
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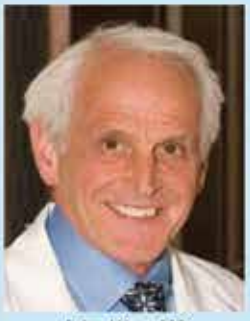
Wade Smith, MD
Breast Oncologist

Samantha Kubaska, MD
Breast Radiologist



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John Link, MD
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Thriver Profile

BLUEPRINT FOR MAKING A DIFFERENCE

BY **FRAN VISCO**

It was 1987, I was 39 years old, a partner in a law firm in Philadelphia. I had just had my first, and as it turned out my only child, my son David, when I was diagnosed with breast cancer. I had not given breast cancer even a passing thought. No one in my family had been diagnosed, and I was so uninformed I thought that meant I did not have to worry about it. In 1987, women were not talking about breast cancer. I was involved in a number of women's issue groups, yet breast cancer was not on any agenda. So my diagnosis came as quite a shock to me. I had ER, PR negative breast cancer, probably triple negative, but HER2 was not in the clinic at that time.

I had a lumpectomy, radiation and chemotherapy. The hardest part for me was my son, thinking I would not see him grow up or even go to school. For the most part, I worked through my treatment. I was exhausted but determined to keep my life as normal as possible.

I began to volunteer with a local breast cancer group, the Linda Creed Foundation. I was a child of the 60's, raised by a mother who constantly gave back to others, even though she had so little. It is simply part of my DNA to speak up and out about issues I believe are important. I also did quite a bit of volunteering in political campaigns. With my diagnosis, I began to read more about breast cancer and became angry that so little attention had been paid to this disease that affects so many women and their families.

Recipient of 2014 BCW Lifetime Achievement Award

I was fortunate; not long after my diagnosis, a group of women came together with the idea to form a coalition to do political advocacy around breast cancer. I represented the Linda Creed Foundation at the organizing meeting of what was to become NBCC. I have often said it was my epiphany. While speaking to groups about breast cancer was important, the idea that we could lead a movement to change the way breast cancer is dealt with was incredibly empowering and spoke to my activist nature. I was also a trial lawyer, commercial litigation. You give me a problem, and I figure out how to address it, and what strategy to employ to achieve the goal. While I was fine doing that for clients, I was driven by the opportunity to do it to save women's lives.

I met extraordinary women while we were building the National Breast Cancer Coalition, women from so many different backgrounds. They were committed to and passionate about ending breast cancer for everyone. Many of those women were in treatment, but that did not stop them. I have many memories of standing in the halls of Congress, with women who were bald from their chemotherapy, some who needed wheelchairs to get around, others who took days to get to Washington because they could not afford to buy a plane ticket. Yet they were all there, together. Building the coalition and keeping it together was difficult, but next to raising my son, this is the most rewarding thing in my life that I have been a part of.

We had devoted years to breast cancer, pushing the federal government to increase funding for the worldwide scientific community. As you know, we brought about the Department of Defense peer reviewed Breast Cancer Research Program (DOD BCRP), that to date has given out more than three billion dollars for research. And we changed the way research is done, getting scientists to focus on questions important to the public and making certain that trained advocates had a seat at the table side-by-side with researchers.

We designed and launched innovative science and policy-training programs for lay advocates, so that when we would get a seat at the table, we would know what we were talking about. We designed and successfully advocated for a law that made certain women screened through federal programs would also have access to care.

We have done so much over the past couple of decades. Yet the numbers did not change very much. And we continued to lose the women and men we love to breast cancer. Today a woman has a 1 in 8 chance of developing breast cancer—that's 50% more likely than in 1975. In the United States this year, 40,000 women will die from this disease. Worldwide, 522,000 women will die of breast cancer. That's more than 1,000 women each day. That loss of life is unacceptable.

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In 2010, we sat down and asked ourselves: Does the NBCC still matter? Can we still make a difference? Or is the business of breast cancer too entrenched, too big to change those numbers? We decided that we had done enough to bring money to researchers and policy issues to Congress, it was time for us to take control, to take leadership in setting the agenda. We wanted to be certain that scientists were asking questions that matter to us, the big questions that could end breast cancer – and not just lead to a new paper being published. So, after much analysis, we set a deadline to know how to end breast cancer. It was time to take the results of decades of investments in breast cancer research and care, and bring it together to answer the most important questions: How do we prevent people from getting breast cancer in the first place and how do we prevent them from dying from the disease?

We developed a blueprint, a plan of action to achieve the deadline, identified leaders in all stakeholder groups to be a part of the plan and moved forward.

The question I get asked the most is "what if you fail?" That is not a hard question to answer. The world has already failed: Look at the statistics. Those are women and men, not just numbers. I have never understood why you would not want to try. Yes, you may fail, but you do everything in your power—and then some—to make certain you do not. You push aside or climb over barriers, you bring everyone to the table, even the naysayers (but you don't let them stand in the way), you set aside your fear of the unknown and you become as creative and risk taking as is needed. The alternative is the status quo and that is completely unacceptable.

We need everyone who cares about breast cancer to be a part of this movement. To join NBCC, learn about the issues, work in your communities to change the conversation so that every discussion about, every act associated with breast cancer is all directed to answer the question: How can we end this disease once and for all? ■

BreastCancerDeadline2020.org

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Jane Chisholm who works in our fulfillment department, a cancer survivor herself, recently chased down the postman to be sure she could get a package in the mail to a customer on time. "She will go to the ends of the Earth to make sure something is delivered," Jill says. "She knows what it's like to be on the waiting end."

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END BC 2020

"We need everyone who cares about breast cancer to be part of this movement, to join NBCC, learn about the issues and work in your communities to change the conversation."

— Fran Visco

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A PROFESSIONAL FOODIE ASKS:

Did my Diet & Lifestyle Lead to my Breast Cancer?

BY **MELANIE YOUNG**

Tuscany, specifically Chianti Classico. I consider this beautiful wine region the starting point of my not so beautiful journey into cancer land. I own a wine and food marketing business working with many international clients from Italy to Spain and France. One of the pleasures and perks of my profession is the opportunity to travel to beautiful places to learn and taste.

In July 2009, I found a lump in my left breast on a wine business trip throughout Tuscany. As you can imagine, the stage 2A breast cancer diagnosis delivered to me a few weeks later left a sick, sour feeling in the pit of my stomach. There was no history of breast cancer in my family and like many newly diagnosed I kept thinking "What did I do to myself to get breast cancer and what can I do to improve my odds?"

After my diagnosis of breast cancer, I researched possible contributing breast cancer factors. I pondered if my cumulative years of an over- the- top diet of rich foods and above average alcohol consumption, jetting around for my job, not getting proper amounts of exercise and juggling the emotional and financial stresses of running a business in a tough city (New York) and even tougher economy were all factors that attributed to my breast cancer diagnosis.

Stress and lack of sleep also eat away at one's well being, and I was carrying a lot a stress along with a few excess pounds and worked in several time zones due to travel. Studies have shown that being overweight, lack of exercise and excessive alcohol consumption can increase a woman's risk for breast cancer, along with a host of other vital factors. The American Cancer Society has provided a guide for breast cancer risk factors on their website. (www.cancer.org/cancer/breastcancer/detailedguide/breast-cancer-risk-factors)

These factors may not have been the only conditional elements leading to my breast cancer, I also found out that I had a genetic predisposition, the BRCA2 gene mutation which now meant I was even more determined to make real efforts to increase the odds in my favor for lifetime survivorship.

> **"Always make a total effort even when the odds are against you."**
>
> — Arnold Palmer

Facing my medical treatments - a bilateral mastectomy with reconstruction and five months of adjuvant chemotherapy – I took a hard honest look at my life and made a plan that factored in what I could manage through dietary changes, an exercise program and ways to reduce and balance my stress levels.

Because I viewed my recovery more than just healing my physical body, I recognized there were four factors for me to consider in designing an overall health plan that would work for me:

- **First**, I knew it would be important to prepare my mind and body for what lay ahead with the surgeries and chemical infusions.
- **Second**, I knew I needed to reduce as many risks as possible of getting colds, flu, or any illnesses because chemotherapy compromises the immune system and blood counts.
- **Third**, I needed to keep running my business to earn an income. I put my best attitude and face forward to my wine and food clients even if I couldn't enjoy in their products as I had in times past.
- **Finally**, I simply did not want to become a cancer shut-in. I wanted to be fearless and fabulous and get out and feel somewhat normal and in control of my life. I was not ready to compromise pleasure and good taste for any reason including cancer.

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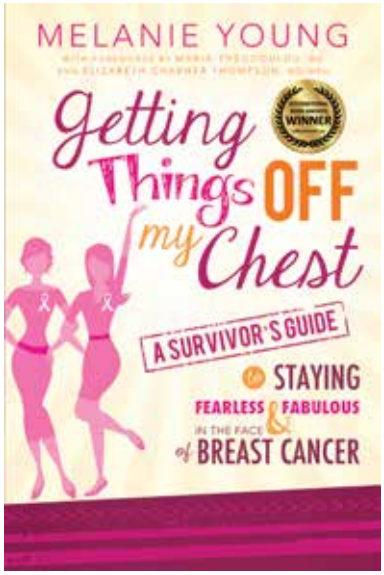
I consulted with an oncology nutritionist and a physical therapist after surgery and throughout treatment, something I strongly recommend. My mantra was "Hydrate, Gyrate and Masticate."

Studies have shown that healthy dietary management is essential to maintaining the health of a cancer patient. Too many patients (including me) experience compromised digestive systems and palates during treatment. Food may smell or taste unpleasant or can be difficult to digest. My nutritionist recommended keeping a food diary to log what I ate and any effects that specific foods created during and after treatments. I also learned how important food safety is. Maintaining clean counters, utensils and cutting boards, avoiding raw fish, not eating unpeeled fruits, and always washing our hands thoroughly before handling any food is very important. (Food safety is always important, not just when facing cancer).



I drank a lot of water and healthy fluids and abstained from my daily glass or two of wine for ten months. I wanted to flush out the chemotherapy toxins and avoid becoming dehydrated, a common and potentially dangerous side effect of many medical cancer treatments.

I retooled my diet to focus on lean protein, green foods, healthy and wholesome oils and grains, nothing processed or overly salted or sugary. I ate simpler food in smaller portions. Many cancer patients crave some foods and are repulsed by others. I wanted boiled spinach, sliced papayas and fresh juicy pineapples. Milk products other than Greek yogurt, did not agree with me, and the sight and smell of red meat- even to this day- did not appeal to me. I rebuilt my upper body and energy reserves through dance exercise, Pilates, stretching and walking a lot. The endorphins from steady exercise cleared my chemotherapy-fogged brain, gave me more energy, helped reduced my stress and put me in a better mood- all of which better equipped me to finish the medical treatments and to increase my odds of long term survival.

I grappled with the subject of alcohol consumption. It is my profession, and I enjoy drinking wine or a cocktail. But alcohol consumption is also high in calories and doctors and nutritionists advise reducing or forgoing beverage alcohol during treatment.

Before breast cancer I lived my life to eat well. Having cancer taught me to eat well to live better. I still love dining out at great restaurants and drinking good wine but now I do so with more temperance. I also value a healthy home cooked meal more than ever. Despite the ongoing challenges of working in the wine and food profession, I still adhere to my "holy trinity: hydrate, gyrate and masticate.

One of the positive side effects from retraining myself to hydrate more, eating healthier and regular exercise was that I looked and felt better and my skin glowed. Some people told me I looked ten years younger than before my diagnosis.

Five years later, I still focus on mindful moderation and more conscious consumption which means higher quality food and drink in smaller amounts and with greater appreciation. Interestingly, chemotherapy heightened

my sense of smell permanently (a plus in my profession!). I also am more lactose intolerant, and the smell and taste of red meat (beef, lamb, even my beloved southern barbecue!) no longer appeal to me. I don't believe in "dieting." Instead, I believe in editing what I eat by eliminating foods that are artificial, processed and overloaded with sugar (too much gives me a bad headache!) and adding in foods that are wholesome, natural and fresh.

Nutrition and healthy living became such an important part of the "New Me" that I went back to school to train as an Integrative Nutrition Health Coach and to help other women work on a healthier survivorship plan through eating well, daily exercise, stress management and re-setting priorities without sacrificing pleasure and adding more joy.

I'm not perfect. Sometimes I have a few too many bites or sips. And when that happens I say a silent prayer to my heavenly gatekeeper of food and drink, Julia Child, the great cookbook author and TV cooking show host, also a fellow breast cancer survivor. Julia enjoyed the pleasures of the palate, ate and drank what she pleased, and lived to age 92. ■

Breast cancer survivor, radio show personality and wine and food professional Melanie Young is author of two books: Getting Things Off My Chest: A Survivor's Guide to Staying Fearless and Fabulous in the Face of Breast Cancer (Cedar Fort/2013) and Fearless Fabulous You! Lessons on Living Life on Your Terms (Cedar Fort/2014).Tune into her Monday night radio show, Fearless Fabulous You! on www.W4WN.com (9pm ET) and on demand anytime at www.iHeart.com

Inspire
Thriver Profile

CANCER, I WITNESS

BY **DANIELLE BARRICK**

I live in the same house as someone with cancer, my mom. Many people wake up in the morning wondering what they are going to wear that day, my mom wakes up being grateful for another day and with thoughts of what she can do to help herself heal.

Mom puts a smile on her face and says "hello" to her clients at work. When people ask how she is doing, she reports she is doing well when actually she would probably rather tell them that she didn't feel like getting out of bed that morning. I wish my mom didn't have to think about these things. But this is what she has to live with. And because I love her so much, it's something I have to live with too.

October was breast cancer awareness month. Many people showed support by wearing pink ribbons. As nice as that is, there's no support like actually sitting down and talking with someone who has cancer, or is close to someone with cancer. As a 13 year old, I learned that support and comfort are important to everyone.

When my mom got diagnosed, there was nobody I could talk to. In fact, before I forced myself to write this article, I had a hard time expressing my grief and anger. I wrestled with why God would allow such an amazing person like my mom to have this horrible disease. For three years I held it in. I tried to be strong for my mom because she was the one dealing with cancer. It wasn't until recently that I realized I needed help too. Being able to talk about this with people I trusted was like lifting a 100 lb. weight off my shoulders. I needed support. I'm sure there are many of you who have loved ones experiencing cancer.

Here is a list of ways I've found that helped me the most during this difficult period of my life.

1. **Be positive!** Being positive helps the mind heal.
2. **Find someone you can trust, and then talk to them!** Even if someone isn't going through what you are, it helps to have their encouragement and love.
3. **Don't let your bottle fill.** A full bottle (this is a metaphor, people) needs to be emptied sometimes. Talking to somebody you trust helps empty your bottle of emotions.
4. **Find hobbies.** Keep yourself busy. Every sentence that I have written in this article has helped me open up. And it feels good. Find your outlet.
5. **Hope.**

I've also found that many people want to help but don't know how. Here are a few tips how to help someone like me:

1. **Ask how my loved-one is doing.** It's always helpful to know that there's someone on our side. Asking this lets me know that you're ready to listen. And for me, it feels good to talk about them. Even if it hurts.
2. **Ask how I'm doing.** Even though I'm not the one going through cancer, it's still hard on me. It's good to have your support.
3. **Show me affection.** Pat me on the back or give me a hug. Find ways to show you care.
4. **Listen.** Let me express my feelings in a safe way.
5. **Don't try to fix me.** Just comfort me. I definitely don't want pity, but showing care helps the healing process. For me, I just want someone to say that you're here for me. And then mean it.
6. **Be sincere.** There's nothing worse than opening up and feeling like you don't really mean it. Don't just be polite.
7. **Take your time with me.** If I'm going to be vulnerable, the worst thing you can do is leave right in the middle of our conversation.

Yes, I'll admit it, we're needy. But we're also not the average person. We're dealing with a lot, so we need a lot of comfort. So in support of breast cancer, wear your pink ribbons. But don't just stop there. Find your inner courage to walk up to someone dealing with cancer and ask them how they're doing. It will make a world of difference. ■

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To survive is our starting point. To thrive is our original design."
— Beverly Vote

Thriving Matters

BY **BEVERLY VOTE**

"Although the world is full of suffering, it is also full of the overcoming of it." — Helen Keller

For me, the energy of thriving is the essence of my soul. Our soul wants us to thrive.

Why does thriving matter? It matters because we all want a higher quality of life, no matter what our age or stage of life. None of us just want to survive, we want to thrive, to feel and share the joys of life every day. Why do we want to thrive... because it is our natural state of being. This is important because when we invoke the feelings of thriving into our bodies, it once again gives our body a reference point to return to. That is what true healing is, to be restored to our natural state... to a state of thriving and sharing joy and living a life of purpose.

How can thriving begin? It begins by having a shift of thought, a shift of mindset, a shift of perception, a shift of awareness, a shift of consciousness. It also begins by being aware and being mindful of what we are unconsciously and needlessly letting breast cancer take from us. There are beautiful sunrises everyday, yet often times our pain and misery stops us from enjoying the joyful moments of the day... the moments that don't cost a thing to enjoy, but are there to embrace just by choosing to open ourselves up to the simple but magnificent things in life.

Thriving also begins with how we label ourselves and how we think about ourselves. I like the word thriver because it is employs a higher feeling of life, a higher state of being, and that is the purpose of healing and not to be succumbed and consumed by the negative extracts of breast cancer. The word thriver quietly declares we are not helpless or powerless.

Thriving begins in the moment. Old school thinking says we have to wait for a five year bench mark to embrace being a thriver. The truth is we can embrace the spirit of thriving the moment we are diagnosed, at any moment or for any reason we choose to activate within ourselves that feeling to thrive in that moment.

Thriving matters! The energy of thriving calms the feelings of being overwhelmed, indecisiveness, devastation, anger and bitterness. The energy of breast cancer says thriving isn't possible and instigates feelings of fear, helplessness, despair and depression.

Ann, the Angel Lady (my name for her because she drew angel pictures) shared with me her belief that the energy of breast cancer is filled with fear and emotional, mental, physical and spiritual toxins. I have not forgotten her words. Her thoughts about these toxins remind me how important whole-person-healing is when diagnosed with breast cancer or when worried about recurrence.

By cultivating a thriving spirit in our heart, we are less likely to let those with negative attitudes bring us down. While a negative attitude may be a cry for help and a disbelief about one's life, it is not a state of being that we need to live in or be around and certainly not for very long and why would we want to? Bitterness, anger, and contempt serve no purpose if we allow these feelings to eat away at us. Negativity loves company, but who has time for negativity because most of us want to share as much joy and love and laughter as we can while we can.

Surround yourself with like minded thrivers. By surrounding ourselves with thrivers, we expand our own consciousness and abilities to thrive on a regular basis.

The energy of thriving helps us to connect with our higher self, our soul, and with God. Thriving allows us to be at peace, and to trust what we need will be shown to us or will be provided to us... we can't feel this, or see this when we are in the vortex of negativity.

Thriving is in our souls; awaken this resource, call it forth. ■

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Show Me the Way Out

Mary Ann thought she had everything
going her way
Until breast cancer was to change her
every day.
In anguish, Mary Ann cries out, her pleas
full of doubt.
She was in a dark hole with no light to
show her way out.

She thought she had hope when a
doctor walked by.
Why didn't he understand her tear filled
cry?
He wrote her a prescription and went on
his scheduled way.
But her hopes and her direction were
still in dark dismay.

Again, Mary Ann cries out, her pleas full
of doubt.
This time a priest nearby heard her
shout.
He walked to the hole Mary Ann was in.
I hear your cries, I will pray for your sin.
Bless you my child, he had to say,
And gave three Hail Marys to anoint her
way.

Once again, Mary Ann cries out, her
pleas full of doubt.
Quietly a stranger responds,
I know your fears inside and out.
I know the secrets hidden within.
I know too well this hole that you are in.

The stranger jumped without hesitation
Into the hole filled with so much
tribulation.
Bewildered, Mary Ann cries out, her
pleas full of doubt.
What have you done, why are you here?
I appreciate your grace,
But now we are both in this dark, dark
place.

Shhhsssh, says the stranger to Mary Ann.
I hear your cries, your pleas full of doubt.
I have been here myself, as a survivor
showed me,
I will show you the way out.

— Beverly Vote, 22 year breast cancer thriver

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Regrowing your hair after chemotherapy and/or radiation therapy can be painfully slow. Often the hair grows back thinner and a different color and texture from your original hair. After surviving breast cancer, women are often prescribed medications that have the unfortunate side effect of hair loss, causing these women to continue to lose their hair or even lose what they grew after chemo. What's worse, they have to continue these medications for years. Medications like Tamoxifen®, Arimidex® and Femara®, can cause hormonal hair loss in women. Additional hair loss and thinning occurs, and women who have already had thinning hair due to genetics (female pattern balding), experience accelerated hair loss. Fortunately, with Dr. Lewenberg's Formula, you can easily regrow and maintain all of your hair. If you had pre-existing hair loss or thinning, you can even have better hair than you did before the cancer treatment.

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3. Increases the duration of the growth cycle of the hair follicle, thereby increasing length and thickness of your existing hair and new hair

4. Reduces the effects of DHT and stops it from reaching your hair follicles, preventing additional damage and the progression of female pattern baldness.

5. Most importantly, it repairs damaged, dying hair follicles and can even create new hair follicles by stimulating stem cells in the hair follicle and the living layers of the scalp.

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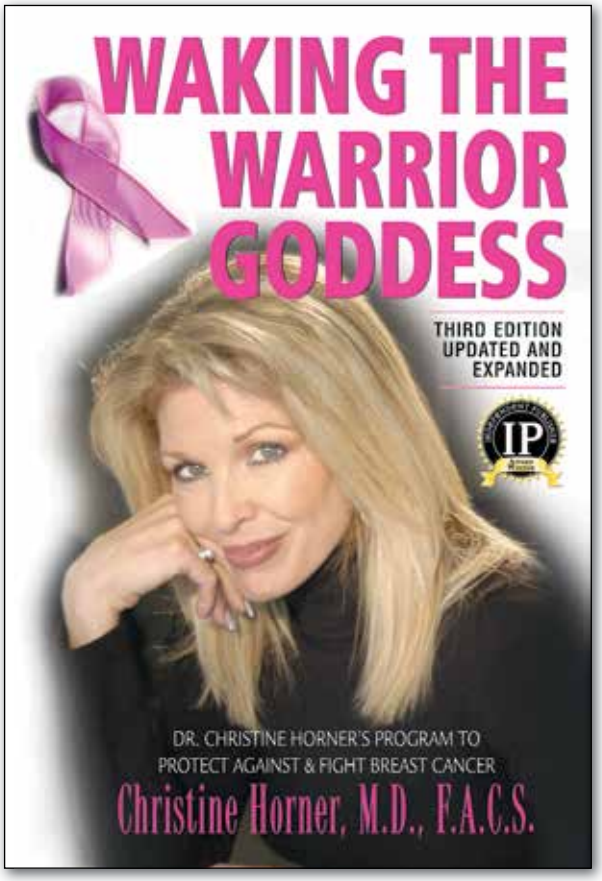
A pioneer who pushed through federal and state legislation ensuring that breast reconstruction after a mastectomy would be paid for by insurance companies, Dr. Horner lost her own mother to breast cancer. She decided then that her mother's death would not be in vain.

Using the metaphor of the Warrior Goddess, this book explains what Ayurveda, an ancient system of healing, describes as our "inner healing intelligence." It also explores the various foods and supplements that enable women to prevent and successfully fight breast cancer, as they claim the healthy body that should be theirs. Dr. Horner has added research from more than 500 studies to the updated third edition of her award-winning book, as well as information on risk and the BRCA1 gene mutation (the genetic condition Angelina Jolie was found to have), and a new chapter on "The Spiritual Journey of Breast Cancer." In it, she describes why cancer is a wakeup call, a time-out in which women can turn inward to evaluate their lives with the intent to restore good health and learn how to receive, trust, and surrender as they cultivate their relationship with their intuition and a higher power.



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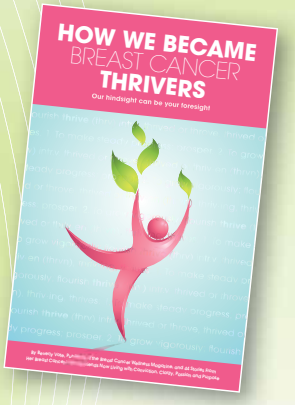

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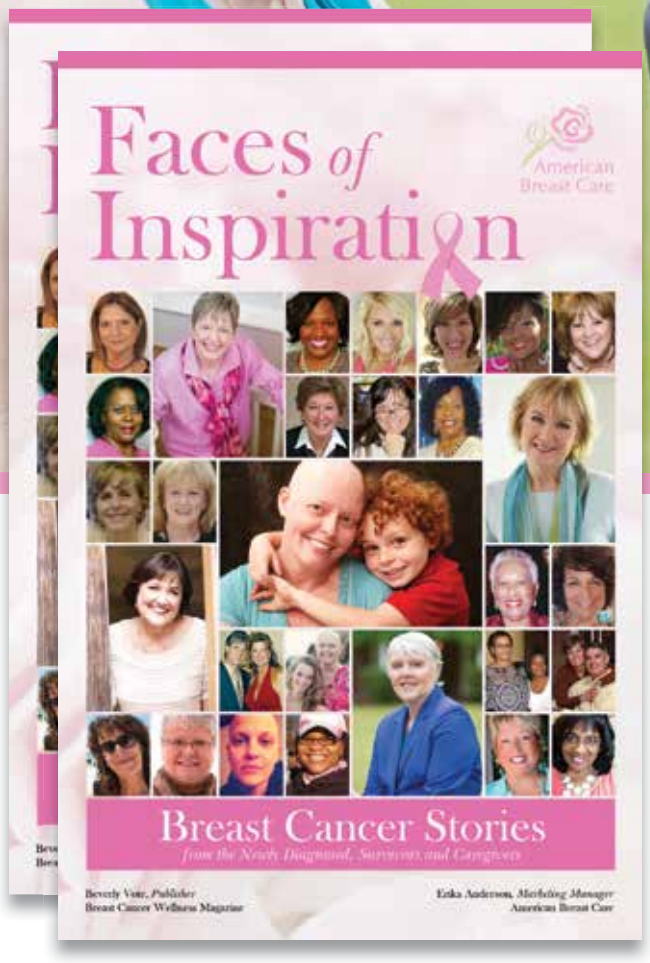

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