



# Breast Cancer Wellness

**Are you facing a cliff?**

Encouragement  
and Extra  
Tough Chics

**GO BEYOND  
TREATMENT**

FINDING **MY LIGHT** AT THE END OF A

## **DARK TUNNEL**

— JUDY PEARSON

**Ridiculous  
Passion & My  
Amazeball  
Team**



# THE FUTURE OF BREAST CANCER IS IN HER HANDS. **AND IN YOURS.**

*One day soon, genomic information  
stored on a tiny chip will personalize each  
woman's breast cancer treatment. Our new  
organization is working to make it a reality.  
See the future at [edithsanford.org/bcm](http://edithsanford.org/bcm).*



[edithsanford.org](http://edithsanford.org) • 855.GO.EDITH

©2013 Edith Sanford Breast Cancer Foundation



## COVER THRIVER

Judy Pearson p. 26

**WINTER 2013**  
Volume 8, Issue 4

## Subscribe

See page 39 or go to  
[www.breastcancerwellness.org](http://www.breastcancerwellness.org)

\*\*\*\*\*

### PUBLISHER

Beverly Vote  
417.532.9763  
[beverly@breastcancerwellness.org](mailto:beverly@breastcancerwellness.org)

### ADVERTISING

Bonnie Phelps  
Director of Sales  
417.581.3438  
[bonnie@breastcancerwellness.org](mailto:bonnie@breastcancerwellness.org)

*Please refer to [breastcancerwellness.org](http://breastcancerwellness.org)  
for guidelines for story and  
article submissions.*

Diana McIntyre  
Account Representative

### ART DIRECTOR

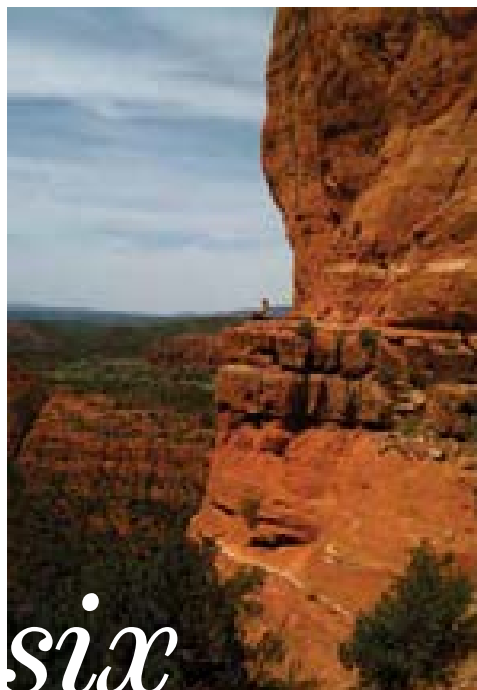
Stacie L. Marshall  
[www.hilldesignco.com](http://www.hilldesignco.com)

\*\*\*\*\*

### Breast Cancer Wellness

P.O. Box 2040, Lebanon, MO 65536  
417.532.9763  
[breastcancerwellness.org](http://breastcancerwellness.org)

Copyright 2014 by Breast Cancer Wellness magazine. All rights reserved. Breast Cancer Wellness magazine is published four times annually for world-wide distribution. While efforts have been made to authenticate all claims and guarantees offered by advertisers in this magazine, we cannot assume liability for any products or services advertised herein. The publisher reserves the right to accept or reject any advertising or editorial material. All advertisements created by the publisher are not considered a word made for hire and the publisher retains the copyright to all advertisements created by the publisher for the advertiser. The advertisements may not be reproduced without written permission of the publisher.



## Openings }

4 Editor's Letter

## Grow }

6 The Cliff  
10 The Benefits of  
Guided Imagery

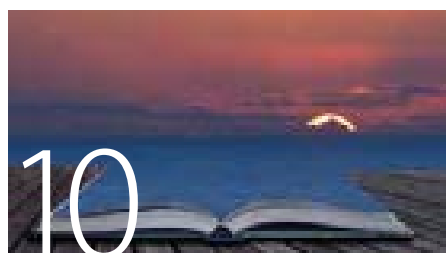
## Nourish }

14 Pink Ribbon Cooking

## Renew }

16 The Risks of Alcohol

## Contents



## Inspire }

20 Young Thrivers  
22 Breast Cancer Helpline  
Expands Hours  
26 Getting Through the Dark Tunnel  
32 Cancer? I'm Swamped But  
Let Me Pencil It In  
36 Ridiculous Passion, a Pink Ukulele,  
and Team Awesome  
40 Faith  
43 Encouragement Thru Caring


## Connect }

44 Pink Pages Directory



### CONNECT WITH US!

[BreastCancerWellness.org](http://BreastCancerWellness.org)  
[ThriversCruise.com](http://ThriversCruise.com)

Join us on 

## THE PINK FORCE



### DEAR FRIENDS,

One of the greatest forces on earth is the pink sisterhood. I catch myself saying this often because I truly believe there is nothing else like it on the planet. This force continues to advocate for each other, for environmental issues that affect cancer, for advanced health care needs, funding and research. This amazing union makes a difference for minority rights, education, prevention and for the future of all women. It's about the combined tenacity, compassion, commitment and vision that is *making a new difference* throughout the world. When women and men come together with clarity and purpose, history is made.

*May the pink force be with you* isn't just a catch phrase. Being around those who have made the journey before us helps us through our darkest hours. There are moments when all we have is each other, and in these moments is when we realize that having each other is a gift, a very powerful gift.

We all have a cliff in life that we have to face. I am grateful that breast surgeon and integrative care professional Beth DuPree MD seeks comfort and confidence and teaches her patients to do the same for

themselves in preparation for their healing journeys. The enormity of the cliff is no longer overwhelming when we calm our minds and quiet the clatter of our fears and then seek higher wisdom and clarity what is best for us. Dr. DuPree invites you to join her on the 8th Annual Breast Cancer Thrivers Cruise.

In the Thriver Profile stories, you will read how Fay found a physician who helped her heal after a stage IV diagnosis, Michelle used her music, life coaching and the power of team to help her thrive, Jill recognized it was time to move out of a career that no longer suited her, Judy shares how she found light in her dark tunnel through her new life's work and Rosie helped herself and others through a support group for 25 years. Amazing thrivers!

You have likely heard me mention Bernie Siegel MD often. Bernie is a rare unwavering pioneer in the field of patient empowerment. His newest book, *The Art of Healing: Uncovering your Inner Wisdom and Potential for Self Healing* provides wisdom and



direction for those seeking healing answers and relief from pain and despair.

Anyone diagnosed with a life threatening disease will greatly benefit from reading *Love, Medicine and Miracles* as well as *A Book of Miracles: Inspiring True Stories of Healing, Gratitude, and Love*. Dr. Siegel's books are life-changers to learn from and to give to others as a way of paying it forward.

In wishing each of you a Happy New Year, I encourage you to embrace and to share with others the simple yet profound words of Dr. Bernie Siegel, "Do what makes you happy".

*Be a Thriver!*

*Beverly Vate*

Publisher

21 Year Breast Cancer Thriver

facebook

## Be a Leader

If you are interested in joining the **BCW Leadership Circle** as a leader, teacher, speaker or partner, the **BCW Leadership Circle** is seeking founding members. This invitation is open to patients, survivors, personal or professional caregivers, breast cancer nonprofits, mastectomy fitters, businesses that support the needs of breast cancer, family members or friends and are interested in making a different type of difference, perhaps this is for you.

For more information, email Beverly at [beverlyvote@gmail.com](mailto:beverlyvote@gmail.com).



Announcing the  
**Breast Cancer Wellness Programs**  
**Monthly FREE tele-classes and webinars**  
to support the emotional, physical, mental and  
spiritual needs for any age, any stage of diagnosis.

Sign up at  
[www.BreastCancerWellness.org/freeclasses](http://www.BreastCancerWellness.org/freeclasses)

*For every  
“huggable” moment  
in your life,*

*Look beautiful  
and feel confident  
with our improved*

*NEARLY  
ME LITES®*

Lightweight Breast Forms

and

*NEARLY ME®*

Extra Lightweight  
Breast Forms with Flowable  
Gel Backs

*Visit a NEARLY ME® retailer for these new  
improved NEARLY ME® Lightweight and  
Extra Lightweight Breast Forms.  
Available in 9 natural styles to fit  
any figure and any surgery.*

*Call 1-800-887-3370 for the name  
of the retailer nearest you or for  
more information on all of our  
NEARLY ME® products.*

*Helping women look and feel  
beautiful again after breast surgery.*

®Registered trademark of Nearly Me Technologies. ©2013 NMT. All Rights Reserved.



***New and  
Improved***



*NEARLY ME® 375 Extra  
Lightweight Triangle with  
Flowable Gel Back*



*NEARLY ME LITES®  
Lightweight Semi-full  
Triangle*

Visit our new website:  
**[www.nearlyme.org](http://www.nearlyme.org)**

to see all of our latest breast forms, bras and fashion products



# THE CLIFF

**You must be the change you wish to see in the world.**

— Gandhi

BY BETH BAUGHMAN DUPREE, MD, FACS, ABIHM

Barb thought that she should be elated that her breast cancer treatment was completed. Her surgery was four months ago, the radiation finished two weeks ago, and she didn't need chemotherapy. Her skin did not burn, her cosmetic results were excellent, and she didn't lose her hair. She arrived for her first post-treatment appointment at my office and couldn't figure out why she was having trouble "keeping it together". But now here she was back in my office, where this journey began, and she was falling apart because of her fears.

She could be any patient after any prescribed course of treatment that has just hit a bump in the road of cancer.

I have been caring for women and men with breast cancer for more than 20 years and have come to recognize this place I call "The Cliff." Everyone who goes through the treatment of breast cancer, or any cancer for that matter, arrives at this place when the medical treatment of his or her cancer is complete.

**I feel better.**  
Feel your best with our care.

**New mediven flat-knit models - variety & highest-quality care.**

*New  
design  
elements*

**LIVE  
LAUGH  
LOVE**

Live Laugh Love



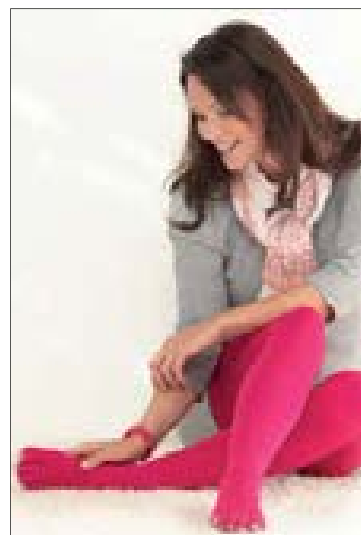
Timeless



Sportive



New trend colors &  
design features,  
same effective  
treatment & powerful  
containment that  
medi garments offer.



*New  
design  
elements*



Diamonds



Pearls



Stripes



I define the cliff as that place that my breast cancer patients reach anywhere from two weeks to two months after their treatment has finished. It is when another level of fear sets in and rational thinking flies out the window. Somehow being in treatment is like a security blanket since you are actually doing something to “treat” the cancer. Suddenly you are done and a new normal awaits you. The life you had before the diagnosis of breast cancer has become part of your past and your new life is currently plagued with fear. Most of the time you can keep your game face on, but in reality you are standing at the edge of the cliff scared that you are about to free fall to a place that is unknown.

I know that the cliff is coming for each of my patients and I intentionally schedule an appointment two weeks to two months after their last treatment whether that treatment is surgery, chemotherapy or radiation therapy. I use the appointment to empower them to face the cliff. The cliff can be daunting. It’s a long way down to the ground—that is, if you are even brave enough to look over the edge. There are three options for those with cancer who find themselves on the cliff, looking out toward their unknown future.

#### OPTION 1

Remain paralyzed with FEAR on the edge of the cliff, hanging on for dear life.

Fear is really False Evidence Appearing Real. It is our mind getting the best of us. The relentless tickertape of the brain is replaying every decision: Should I have

had a mastectomy? Should I have had whole breast radiation therapy? Maybe chemotherapy would have benefited me... Is my cancer coming back? How will it be found if it does? Am I going to see my children grow up? Will I ever have control of my life?

#### OPTION 2

Free fall to the ground, landing wherever you land, smacking your head as you hit.

Surrendering to the cancer and believing that no matter what you do you are doomed creates a sense of hopeless, helplessness, and despair that others can palpate when you walk in to the room. (Like Eeyore from Winnie the Pooh.)

#### OPTION 3

Strap on a pair of wings and learn to fly. It is by far the best choice as I see it. You may not know how to fly initially, but if you choose to don the wings you will feel the wind beneath them as you take flight and soar from the cliff to the new life that is being created after cancer.

*Option 3 requirements-* first and foremost is releasing the fear. Fear paralyzes our lives and robs us of our most precious commodity, our joy. When you have done all that you can to treat your cancer, it’s time to let go of the fear of it coming back and begin to be present in the moment for that moment is truly all that any one of us is guaranteed. Spending your days worrying about recurrence

doesn’t make it not happen; it simply robs you of joy. We cannot go back and change the past and we cannot predict our future but ruminating and worrying just deprives us of the gift of the present!

Cancer can be a gift if you chose to see it as such. Cancer gives you perspective. The trivial things that previously pushed your buttons suddenly aren’t so important. Your priorities realign and you have to make yourself the most important person in your life so that you can care for those you love. We all have baggage in our lives and cancer gives you the opportunity to clear the clutter that you have been holding on to for way too long. You need to look deep inside and connect with your passion. Then you can allow it to blossom and let your heart sing.

Creating a purpose-driven life allows you to feel meaning in all that you do. Some times it takes perseverance to create the changes to truly heal. In the end, it is all about creating joy in every day and finding peace in your heart. Give yourself permission to live the life that you want.

So let’s get back to Barb’s story. After her exam and the reassurance that she had completed her prescribed breast cancer treatments, we got down to the next level of her healing needs. I had to remind her that although she was fortunate to not need chemotherapy or to lose her breast, she still needed to allow herself to “heal”. She was experiencing a bit of survivor’s guilt as she had met so many women and men on her treatment journey who had a much more



tumultuous course of treatment. She was also keenly aware that her life had been changed with the diagnosis of cancer, and although her physical appearance had not changed, she was a different person from her experience. Others around her assumed that she would go back to “normal”. But Barb’s new normal is different, and can be amazing if she is able to see the gifts that her diagnosis had brought her.

Barb had not used her healing certificates (five one-hour individual sessions provided by The Healing Consciousness Foundation- [www.hcfbucks.org](http://www.hcfbucks.org) - to women and men treated by Comprehensive Breast Care Surgeons of Holy Redeemer. [www.comprehensivebreastcare.com](http://www.comprehensivebreastcare.com)) because she thought that her cancer was not “bad enough” to deserve them.

#### MY RECOMMENDATIONS:

- Use her healing certificates with integrative practitioners
- Pack her pre-cancer baggage and get rid of it!
- Embrace forgiveness. We forgive for ourselves—not for others—and then let it go.
- Become the number one priority in her new life centered on self
- Rid her life of “energy vampires”
- Love herself exactly as she is at this moment
- Realize that self love will attract more love and joy
- Love and be loved!

By loving herself exactly as she is, it is then, and only then, she and all breast cancer survivors become THRIVERS!

Join me on the 8th Annual Breast Cancer Thrivers Cruise. I will be leading a powerful meditation and discussing how you can face your cliff as an empowered thriver. ■



**BETH BAUGHMAN DUPREE,  
MD, FACS, ABIHM**

Dr Beth DuPre is the Medical Director of the Breast Health Program at Holy Redeemer Health System and Adjunct Assistant Professor of Surgery at The University of Pennsylvania. She is a surgeon with more than 20 years of experience treating breast cancer and has realized that helping patients heal is truly her passion. Caring for each individual

patient and guiding them on their journey is her main priority. She knows that her work could not end there. Changing the patient care model for access to quality timely care for all women and men with breast health issues has become her vision. Part of this process required a commitment to educating fellow physicians on the latest technologies and also empowering women and men to become responsible for their personal healthcare issues. In the process, she has become an author, researcher, public speaker, and an advocate for patients.

# Bella™

## Your Complete Line of Lymphedema Ready-to-Wear Armsleeves and Gauntlets



### JOBST® Bella™ Strong

- Therapeutically effective for moderate to severe lymphedema and edema
- Covers an unrivalled range of patient dimensions
- JOBST® Advanced Comfort™ quickly wicks moisture away for superior comfort and performance



### JOBST® Bella™ Lite

- Air permeable, soft and lightweight, knit construction
- Easy to don, comfortable to wear
- Fits a wide range of arm and hand shapes



To locate dealer near you, please visit our website at  
[www.jobstusa.com](http://www.jobstusa.com).



Comfort, Health and Style!

61676 RN ©2013 BSN medical Inc. REV 12/13

# THE BENEFITS OF GUIDED IMAGERY

BY **LESLIE RIOPEL**, ACHT MA PSYCHOLOGY, ADVANCED CERTIFIED HYPNOTHERAPIST



**Guided Imagery is a form of focused relaxation that helps provide a mental directive for the mind. It is a very powerful tool that can help enhance a person's coping skills.** Guided Imagery uses all of the senses and it can stimulate changes in bodily functions such as heart rate, blood pressure and even respiratory patterns. Guided Imagery can help one find the inner strength they need to cope with a variety of conditions including the challenges of facing breast cancer.

Guided Imagery has been used for hundreds of years as both a medical intervention and a tool for stress relief. There is recorded evidence that Tibetan monks in the 13th and 14th centuries used a form of Imagery to supplement their prayers for healing. Today, Guided Imagery is used in many clinics and medical centers throughout the world and it is quickly gaining acceptance as a practice of care for health and healing.

According to many studies, Guided Imagery helps reduce some of the side effects of standard cancer treatment. In a review of 46 such studies that took

place from 1966 to 1998 it was found that Guided Imagery was helpful in managing anxiety, stress and depression and it was even found to be helpful in lowering blood pressure, reducing pain and reducing side effects of chemotherapy.

One clinical trial involving women with early-stage breast cancer found that Guided Imagery therapy was helpful in easing the anxiety caused by radiation therapy — including those fears associated with surgical pain and the recurrence of cancer.

Researchers at the College of Nursing at Kent State University conducted a pilot study to determine the effect of Guided

Imagery and found that Guided Imagery was effective in reducing pain intensity and pain disability over an 8-week period.

Guided Imagery can be very powerful in that it helps one use the power of their mind to focus and direct the imagination. Guided Imagery can be as simple as visualizing winning a marathon or making a golf shot and can be used for something as complex as imagining their immune system strengthening and wiping out cancerous cells.

Those who have difficulty meditating or relaxing may find a tool like Guided Imagery much easier. Guided Imagery is considered



a very useful psychological tool that can help reduce the devastating side effects of cancer and because the powers of our mind continue to be studied, it may not be such a far-reaching leap to think that techniques like Guided Imagery may even help one overcome cancer.

The term “Guided Imagery” is often used interchangeably with terms like “Guided Visualizations”, “Creative Visualizations”, “Hypnosis” or even “Guided Meditation”. Guided Imagery is unique in the fact that clients can use the power of their imagination to facilitate healing. All of these types of mind-body techniques take advantage of the power of the connection between the involuntary nervous system and the visual brain.

When the visual cortex is activated and utilized, it can actually influence emotional as well as physical states. When clients hold these images in their mind’s eye, they can often influence the subconscious mind, where changes are more easily accepted.

Guided Imagery can be used merely for stress reduction and relaxation, or for more serious concerns such as insomnia, pain reduction, muscle tension and of course to help accelerate healing.

Processes like Guided Imagery and Meditation use both the conscious and subconscious mind, helping people make much needed changes. Guided Imagery is similar to meditation and other techniques, but much simpler to use.

According to the Cleveland Clinic, there are many benefits to Guided Imagery including helping to lower anxiety that can effect pain as well as prolong recovery time. Guided Imagery can help bring about a state of mind and body integration – a state of mind that is very conducive to healing. Guided Imagery can help decrease depression, increase relaxation, decrease side-effects, enhance sleep, enhance healing, decrease blood pressure, decrease nausea, improve immune function and even decrease the length of a hospital stay.

A guided induction method is typically used to help the client relax further. The process begins by simply relaxing and breathing deeply.

There has been much research done in the power of the mind-body connection and Guided Imagery can augment the recovery process and help accelerate healing, but to gain the most healing benefits from Guided Imagery, it is recommended to use Guided Imagery programs for healing every day. ■

**Guided Imagery can be very powerful in that it helps one use the power of their mind to focus and direct the imagination.**



*Cynthia L. Morris CHT RN BSN is a Certified Clinical Hypnotherapist/Freelance Writer with a Bachelor of Science in Nursing and Leslie Riopel ACHT MA Psychology is an Advanced Certified Clinical Hypnotherapist/Freelance Writer with a Masters Degree in Psychology Health and Wellness. They are the founders of Conquer Cancer Program.*

# CONQUER CANCER

## A Guided Imagery Journey

A beautiful, yet powerful 7 part series that allows you to use the power of your creativity and imagination to help heal your body.

This comprehensive Guided Imagery program embraces healing at all levels: physically, emotionally and spiritually. Each session builds upon the last, allowing you to focus on healing on many different levels.

### Session 1:

Learning to Relax and Let Go

### Session 2:

Releasing Anger and Resentment

### Session 3:

Removing Toxins from the Body

### Session 4:

Focusing on Healing

### Session 5:

Conquer Cancer Visualization

### Session 6:

Rebuilding a Healthy Immune System

### Session 7:

Daily Affirmations

This beautiful series is filled with vivid imagery as you learn to relax and let go. Symbols and imagery can be very powerful and can help you release emotional burdens and toxins that tend to block healing.

Help your body heal through sounds, vibrations and colors as you engage in a beautiful healing journey. Enjoy a powerful massage of light that targets cancerous growths and replaces damaged tissue with healthy clean tissue. This one of a kind series will leave you feeling refreshed and invigorated.

Don't miss this powerful digital download series, which regularly sells for \$142.50.

**Order yours today for \$49.88**, a 65% discount, by entering the code “I Am Healing” at

**Thescritpresource.com**

**leslie.riopel@fuse.net**

#### Reference:

<http://www.cancer.org/treatment/treatmentsandsideeffects/complementaryandalternativemedicine/mindbodyandspirit/imagery>  
[http://my.clevelandclinic.org/departments/integrativemedicine/guided\\_imagery\\_facts.aspx](http://my.clevelandclinic.org/departments/integrativemedicine/guided_imagery_facts.aspx)  
<http://www.ncbi.nlm.nih.gov/pubmed/21112919>



HAIR REGROWTH TREATMENT FOR WOMEN

## *Enjoy Life, While We Take Care of Your Hair*

REGROW THICK, FULL, HEALTHY HAIR FASTER AND KEEP IT!

**Losing your hair** can be devastating. You just want it back as soon as possible and for your hair to be healthy, thick and full. Even if you are taking medications that can cause hair loss or have a family history of hair loss, Dr. Lewenberg's Formula can help you regrow your hair faster and keep it!

**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.

**Dr. Lewenberg's Formula works in 5 ways to regrow hair after cancer treatments:**

1. Regrows hair all over the scalp, including the frontal hair line
2. Increases circulation to existing hairs and hair follicles, helping them to grow hair faster.
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.

*At this time in your life*, your hair should be the last thing you have to worry about. If you have lost your hair, have patchy hair growth, or are worried that you will lose your hair, Lewenberg's Formula will help. You heal your cancer; we will heal your hair.



FEATURED ON

THE  
BALANCING  
ACT  
airing on  
**Lifetime**  
TELEVISION

**Regrow your Hair Faster and Healthier with Dr. Lewenberg's Formula!**

*For more information and to tailor the treatment to your specific needs, please contact us at:*

**ADAM LEWENBERG, MD**

184 E. 70th Street, New York, NY 10021 • (212) 249-8800

info@BaldSpot.com

www.BaldSpot.com

# ESSIAC<sup>®</sup>

ESSIAC<sup>®</sup> from Canada: The renowned,  
original proprietary herbal formula from  
René M. Caisse, R.N.

Health Canada Approved



NPN 80012920

NPN 80015598

NPN 80012914

- ESSIAC<sup>®</sup> is a traditional herbal supplement and made only in Canada.
- It's been sold worldwide for over 90 years (since 1922) and has helped to restore health to thousands of people.
- It is all natural and safe and effective when taken as suggested.
- It helps with immune system support.
- It supports energy levels.
- It is safe to use in conjunction with any vitamin or supplement.
- There are never any side effects.
- It is used to detoxify the body and for general 'prevention.'

ESSIAC<sup>®</sup> consists of 4 main herbs that in conjunction with each other make it work:

1. Burdock Root
2. Slippery Elm
3. Sheep Sorrel
4. Indian Rhubarb Root

ESSIAC<sup>®</sup> has been approved in writing  
by the FDA, with no medical claims.

ESSIAC<sup>®</sup> is one of the few companies  
approved for a Natural Product  
Number (NPN) by Health Canada,  
Health Protection Branch.

# ESSIAC<sup>®</sup>

From  
Rene M. Caisse, RN



Health Canada Approved

Original Herbal Formula

- Trusted Worldwide Since 1922
- Premium Quality Herbs
- Immune System\* Support
- Gluten Free ■ Drug Free
- cGMP Compliance
- Made Only In Canada



Drug Free

Doctors Recommend



ESSIAC<sup>®</sup>  
Powder Formula  
NPN 80012920



ESSIAC<sup>®</sup>  
Vegetable Capsules  
NPN 80015598



ESSIAC<sup>®</sup>  
Extract  
NPN 80012914



Bridge of Hope

The Life of  
Rene M. Caisse RN  
& the History of ESSIAC

## Herbal Supplement

\*This product is not intended to diagnose, treat, cure or prevent any disease. These statements have not been evaluated by the FDA.

**BEWARE OF COUNTERFEITS**

U.S. Office: P.O. Box 365, Lake Worth, FL 33460  
Tel. (561) 585-7111 ■ Fax (561) 585-7145  
E-mail: [maloney@essiacfromcanada.com](mailto:maloney@essiacfromcanada.com)



# PINK RIBBON COOKING



## Parmesan Baked Eggs

*Breakfast in Tuscany. OK maybe not but these are delicious. Serves 4.*

1 tablespoon extra virgin olive oil  
 ¼ cup Parmesan cheese, grated  
 1 teaspoon fresh chives, minced  
 ½ teaspoon fresh thyme, minced  
 1 tablespoon fresh parsley, minced  
 8 eggs  
 1 slice prosciutto, crisped and crumbled  
 ¼ cup spinach, sautéed and chopped  
 salt and pepper to taste

1. Heat oven to 375°F. Oil four baking dishes.
2. Combine the cheese and herbs in a small bowl.
3. Place a small amount of spinach in each of the four baking dishes. Crack two eggs into each baking dish. If you break a yolk discard that egg and crack another.
4. Sprinkle prosciutto and the cheese-herb blend over the eggs. Add a pinch of freshly ground pepper.
5. Bake the eggs for 10 or so minutes or until the eggs have achieved desired doneness. Less time for runny yolks and more time for firm yolks. Serve immediately.

### NUTRITION FACTS

Serves 4. Amount Per Serving — Calories 173, Total Fat 12g, Cholesterol 372mg, Sodium 145mg, Total Carbs 0.88g, Dietary Fiber 0.09g, Sugars 0.39g, Protein 12.68g

✱ **Baked eggs are amazing.** This recipe is a sure bet for those weekend mornings. Baked eggs can go from having a liquid yolk to being fully set in no time so pay attention and make sure to not overload the eggs (in case you get carried away).

## Healthy Juicer

### Detox With Wheatgrass and Leafy Greens!

Use the Healthy Juicer! The most affordable, easy to clean and effective juicer  
 Only **\$49.95** - order at [www.Healthyjuicer.com](http://www.Healthyjuicer.com) or call 877-539-3611.





## Maple Brown Sugar Oatmeal Pancakes (GLUTEN FREE)

*Gluten Free pancakes that are light and fluffy. Yes it can be done and this recipe is enough for 6 hungry kids and adults!*

2 cup rolled oats  
1 ½ cup water  
¼ cup brown sugar  
¼ cup maple syrup  
2 eggs  
1 teaspoon cinnamon  
1 dash salt  
2 egg whites, whipped to stiff peaks  
¼ cup Maple Syrup

1. Place the oats, brown sugar, syrup, eggs, cinnamon, salt in a blender add 2/3 of the water and puree, adding the remaining 1/3 of water slowly until the mixture is smooth smooth (you may not need all the water or just a touch more depending on the consistency). Let stand a few minutes


2. Whip the 2 egg whites until they form semi staff peaks. To the egg whites add 1/2 of the batter and fold in, gently bringing the bottom over the top. repeat with the remaining batter.

3. Place a medium skillet or griddle over medium heat. Pour pancakes onto surface and cook until bubbles appear on the top side and the edges have set. Flip and cook until golden brown on the bottom.

4. Serve with a drizzle of 100% real maple syrup and if you like some fresh blueberries.

### NUTRITION FACTS

Serves 6. *Amount Per Serving* — Calories 323, Total Fat 4.54g, Cholesterol 62mg, Sodium 73mg, Total Carbs 58.53g, Dietary Fiber 5.74g, Sugars 21.88g, Protein 12.11g

 **I love pancakes** but do not like the excessive sugar rush and the lack of nutrients in the regular recipe, using all purpose white flour. By pureeing the oatmeal mixture in a blender and folding in whipped egg whites just before the griddle we achieve a light and fluffy pancake. These can be gluten free if you buy gluten free oatmeal. If you add too much liquid during the blender portion do not worry, let the mixture sit a few minutes and then fold it from the bottom up over the top. The oatmeal, once pureed has a huge thirst and will gelatinize rapidly. It will thicken again and when it does you can fold in the egg whites.

See more at [www.pinkribboncooking.com](http://www.pinkribboncooking.com).

RECIPES COURTESY OF:



### 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](http://www.pinkribboncooking.com)

## Keep Abreast of Immune Health with Maitake Mushroom



**Did you know?**  
**The best breast  
support doesn't  
come from a bra!**



- **Maitake D-Fraction Pro 4X** is independently researched
- Provides strong consistent immune support\*
- Supports conventional therapies\*
- Is safe and has no unpleasant side effects\*

Maitake D-Fraction PRO 4X is THE professional-strength formula.

**10% off! Limited time! Code: BCW**

**800-747-7418**

**[www.MUSHROOMWISDOM.com](http://www.MUSHROOMWISDOM.com)**



THE POWER OF KNOWLEDGE

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



# THE RISKS OF ALCOHOL

BY CHRISTINE HORNER, MD

**The holiday season is over. Oh the parties! The fun! The food! The champagne!** Chances are you overdid it with the food and drink. Celebrating with friends is an important part of life. Letting loose every once in a while is actually good for your health. But, if you keep that party atmosphere going—especially with too much alcohol—watch out!

When it comes to your risk of breast cancer, a seemingly small amount of alcohol can block a great deal of your body's healing intelligence. Numerous studies have found that even one drink a day increases your risk of breast cancer by as much as 11 percent. Two drinks of alcohol a day raise your risk by 22 to 40 percent. Three drinks a day adds to your risk by 33 to 70 percent.

Why does alcohol have such an impact on your breast cancer risk? Researchers have found a variety of reasons. For one, alcohol increases the amount of estrogen in your blood. It also causes the release of the hormone prolactin. Like estrogen, prolactin speeds up cell division in the breast. For women who take hormone replacement therapy (HRT), alcohol is particularly dangerous. This hazardous mixture causes estrogen and prolactin levels to skyrocket. Because alcohol appears to exert its ill

will predominately through the estrogen pathway, it is easy to understand why most studies have found that the cancers it endorses are estrogen positive.

Researchers at the Fred Hutchinson Research Center in Seattle, Washington, found that when it comes to allegiances, alcohol is the biggest supporter of hormone-receptor-positive invasive lobular carcinoma over all others. In fact, they did not find a statistically significant association with the more common invasive ductal carcinoma. Other researchers, however, have found a link with the more common variety, including those involved with the National Institutes of Health's "American Association of Retired Persons (AARP) Diet and Health Study."

A 2010 review study published in the journal Evidence Report Technology Assessment listed all the possible causal

mechanisms regarding alcohol and breast cancer that could be found in the medical literature. Here are a few of the cancer-promoting effects they found:

- Alcohol consumption is associated with
- ❑ Increased estrogen and prolactin levels
- ❑ Increased oxidative stress
- ❑ Conversion of ethanol to acetaldehyde, which encourages tumor development
- ❑ Direct stimulatory effects on the growth of tumors
- ❑ Increased hormone receptor levels
- ❑ Increased cell proliferation
- ❑ Modulation of gene expression
- ❑ Degradation of folate
- ❑ Increased inflammation

## Not Completely Bleak

But, you say, "My doctor — the one that tells me what I like to hear, not you — said having a glass of wine or two a day is good for me!" Is your doctor wrong? Well, yes and no. Yes, research does show all the ill effects that I described above, but there's more to the story. Alcohol isn't all bad. Research actually shows that teetotalers have a higher risk of chronic diseases compared to those who have one or two servings of alcohol

***Do you struggle to eat right and get the proper calories and nutrients to fight fatigue and stay strong during and after your cancer treatments?***

**Meals to Heal** provides the ultimate support with home delivery of fresh, nutritious meals that are tailored to ease treatment side effects. We also provide free evidence-based cancer nutrition information and can have your questions answered by one of our 8 oncology registered dietitians.

***Call us today!***



**Meals to Heal**™

The complete cancer nutrition solution

**www.Meals-To-Heal.com**  
888-721-1041

# Anita care

bras for everyday  
comfort and confidence



Safina 5349X, Cup A-F  
in white, crystal, black, nude,  
grey Pearl and bordeaux



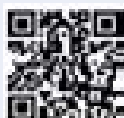
Annica 5725X, Cup A-D  
in nude



1020X breast form, 3-12

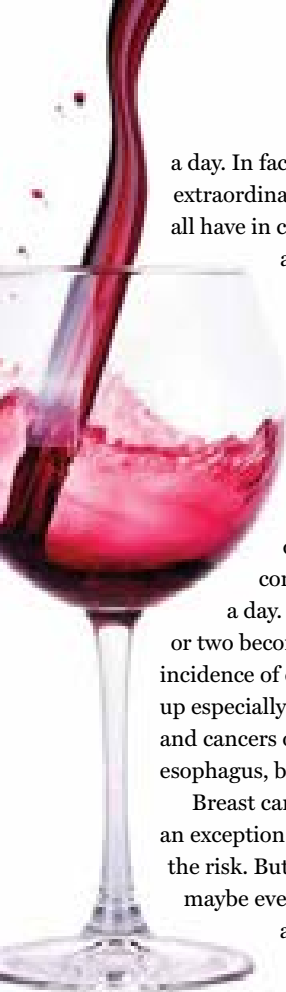


Ella 5723X, Cup A-D  
in white and nine iron



ANITA International Corporation · 3540 N.W. 56th Street · Suite 204 · Ft. Lauderdale, FL 33309, USA  
Toll free: 1-800-866-6223 · Phone: +1 954 730 8189 · Fax +1 954 730 8723 · E-Mail: [anita.usa@anita.net](mailto:anita.usa@anita.net)

[www.anita.com](http://www.anita.com)



a day. In fact, in cultures known for extraordinary longevity, one habit they all have in common is that they drink

alcohol — but not too much!

When the effects of alcohol and chronic diseases are mapped out on a graph,

it resembles the letter “J.”

The “J curve” illustrates the incidence of chronic disease in those who abstain, followed by the drop seen in those who consume one or two glasses

a day. But, if an additional glass or two becomes routine, look out! The incidence of chronic disease zooms up especially heart and liver diseases, and cancers of oral cavity, pharynx, esophagus, breast, prostate, and colon.

Breast cancer, as you now know, is an exception — any alcohol increases the risk. But, a glass of alcohol a day — maybe even two — may not be as bad as originally thought. First, the 11 percent increased

risk with one glass is actually a very small risk that in reality doesn’t amount to much. Next, researchers have discovered that low folate levels seem to be the culprit for most of the breast cancer-promoting effects seen in one or two glasses. Women who have a healthy amount of folate in their bodies because they enjoy a glass of wine along with foods high in folate (citrus fruits, green leafy vegetables, dried beans, and peas), or they take supplemental folic acid (400 micrograms a day) — do not have an increased risk of postmenopausal breast cancer.

What does all this mean? What researchers conclude is that it is absolutely fine for most women to have a glass of wine a day, but they must make sure their folate levels are adequate. More than a glass a day begins to increase your risk. So don’t make a habit out of drinking more. Be careful not to overdo on the folic acid supplements — taking too much can cause problems. If you eat foods rich in folate and don’t drink alcohol, you shouldn’t take a folic acid supplement. If you drink a glass of alcohol

every day, it’s considered a good idea to take 400 mcg of folic acid a day too.

If you partook of a little too much of rich, high-calorie foods and the bubbly this holiday season — it’s OK. But don’t keep that party mode going. Get back to a healthy diet and lifestyle. You might even want to consider a detoxification program for a week or so to get yourself cleaned out and rebalanced. Then if you want add alcohol back in, remember one glass — two at the most — is safest and don’t forget to supplement with 400 mcg of folic acid. ■

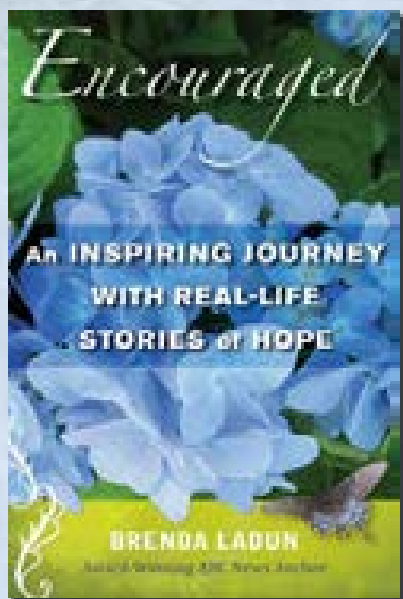


**Christine Horner, M.D.**

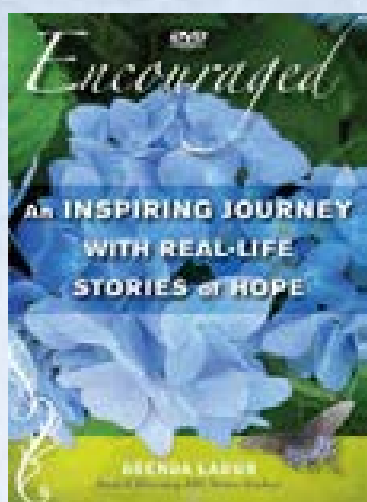
Christine Horner, M.D. is a board certified and nationally recognized surgeon, author, expert in natural medicine, professional speaker and a relentless champion for women’s health. She is the author of *Waking the Warrior Goddess: Dr. Christine Horner’s Program to Protect Against and Fight Breast Cancer*,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

Health, Medicine, and Nutrition. For more information see page 38 or visit [www.drchristinehorner.com](http://www.drchristinehorner.com).

## Everyone Needs a Little Encouragement!



\$14.99



\$29.99

Award-winning prime-time ABC news anchor and author Brenda Ladun has good news for you in *Encouraged*! Gain a new perspective on life’s difficult storms through Ladun’s stories of triumph and hope. With an accompanying DVD available, each chapter provides an engaging experience for the reader and hope for anyone seeking encouragement.

Available wherever books are sold. Read a sample chapter, author interview, and more at [NewHopeDigital.com](http://NewHopeDigital.com).



**NEW HOPE**  
PUBLISHERS  
Gospel-Centered. Missions-Driven.



# Shadow line®

*Intimately Beautiful*



Comfortable, feminine styles of daywear, panties and sleepwear feature our silky, opaque fabric made in the USA. Customer favorites for over 50 years!



Contact us for a retailer near you | [www.shadowlineingerie.com](http://www.shadowlineingerie.com) | 888-654-8924

## Living with Lymphedema is not easy... but we can help with a compression therapy system



*"Pneumatic compression pumps have been used in lymphedema treatment for over 50 years and are valuable tools in maintenance therapy of post-mastectomy lymphedema."*

— Andrew Sachs M.D., Ph.D., treated Lymphedema  
Center, Stanford University  
Clinical Studies Available • Upon Request

- Proven More Effective Than Wraps • Easy to Use • Lightweight & Portable
- Cost Effective • Covered by Most Insurance Companies

*"It's a miracle that after 15 years of unsuccessful treatment I now have my arm under control. I'm able to wear my normal clothing again. My doctor put me on a Sequential Circulator and the swelling went down. There was no longer a buildup of excess fluid under my arm and shoulder area. The previous treatment consisted first of massage then a wrap with a special low stretch bandage with foam underneath. I also had to wear a compression sleeve right and day that made my arm hurt so badly I could not sleep. The Ben Compression Sequential Circulator system allows me to lead a normal life and cost much less than manual treatment, which must be administered by a therapist. Your system is also easy to use, which is important since I'll be taking this treatment the rest of my life. With all this behind me, I wanted to let you know how happy I am with your Sequential Circulator."*

Helen Gustin • Marion, Ohio

Covered by most insurance plans. Please call to see if you are covered for compression therapy.

WE CARRY READY-MADE & CUSTOM COMPRESSION GARMENTS  
FOR UPPER AND LOWER EXTREMITIES

**OJ MEDTECH**  
COMPRESSION THERAPY SPECIALISTS  
Leader in Upper & Lower Extremity Therapy

Toll Free **888-414-9737**  
**[www.ojmedtech.com](http://www.ojmedtech.com)**

**Juzo®**  
Member of the National Lymphedema Network



## YOUNG THRIVERS!™

BY HEATHER JOSE

# Go Beyond Treatment

**Y**ears ago as I was considering names for my speaking business I considered many options, but I kept coming back to one, Go Beyond Treatment. This is why:

Within the first week of my diagnosis I felt helpless. Every test that was done resulted in more bad news. All I felt I could do was wait and brace myself for the next appointment. It was a horrible existence. Fortunately, that changed for me fairly quickly after a conversation with the doctor who still is my oncologist. She told me to eat lots of fruits and vegetables, drink green tea, and we would start killing cancer on Monday.

The instructions were more than a list of items to consume. They were permission to do something for myself. It was empowerment. And it felt amazing.

Go beyond treatment is a mindset. It is an acknowledgement of the fact that we as patients have the ability to affect our own healing. It is up to us to find our strengths and build upon them as we put together a plan to kill cancer. There are other people involved, but ultimately the journey belongs to each of us as individuals and there is much we can do.

You can go beyond treatment while in treatment. You can meditate, use visualization, eat well, exercise, pray, laugh, and much more. There is no need to wait until after it medical treatments are over. These things make a difference when incorporated with an attitude that they will do so. By that I mean that whatever you do, embrace it. Don't allow negativity to creep in and diminish it. I have worked very hard to keep my mind in check when it comes to negativity, as I believe negativity to be a cancer in and of itself.

You can go beyond treatment once treatment is over by making choices that promote health and wellness. I had many people who asked me when I was resuming to my normal routine when I had finished treatment. My answer to them was that I wouldn't be doing that. That life had led me to cancer, I had no intention of returning to it. That doesn't mean that I recreated everything. It means I evaluated what was working and what wasn't. I needed my life to be based around the values that I had learned from cancer.

Healthcare providers can also go beyond treatment, though in a slightly different way. They have the chance to impact the patients they encounter each and every day with their actions and words. They can encourage patients to take an active role, to be empowered, and to be team members rather than operating as if each aspect of a patients life is separate. This in and of itself could change the face of cancer.

December 2013 was my 15 year anniversary as a Stage IV thriver. Go beyond treatment has played an important role in that. What does it mean to you to go beyond treatment?

*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](http://www.heatherjose.com).



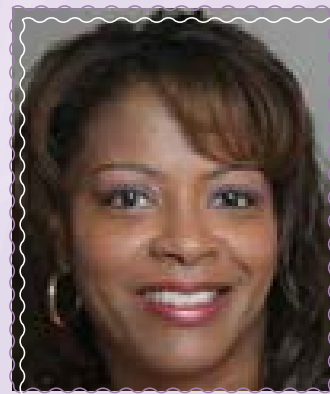
Visit Young Thrivers™ on Facebook <https://www.facebook.com/groups/264032713653598/>

## MOVING BEYOND TREATMENT

It was April of 1997, I was only 36 not even at the age to get a mammogram, but a lump in my right breast had manifested itself, I ended up being diagnosed with DCIS early stage of noninvasive breast cancer. I thought that I was done with cancer; but having undergone my annual mammogram in 1999 cancer was once again detected. The best medicine for me was to jump right back into the game of life. I am an athlete and a sports lover and I used sports as my escape as I went through treatment and recovery.

What really got me through the cancer both times were my unrelenting faith and my love for life. I promised myself after the first bout with cancer that I would go on vacation to a different place every year. So far I have been true to myself, I have been on cruises, and I've traveled to the Virgin Islands, Jamaica, Bermuda, Cayman Islands, St Lucia, Europe, Paris, London and Spain. I also learned that helping others would help me in my recovery, so I established a breast cancer foundation in 2000, the Hopkins Breast Cancer Inc. This foundation helps finance disadvantaged breast cancer patients to aid in the treatment and related costs after being diagnosed with breast cancer in the Washington Metropolitan area. Each year, I put on a basketball tournament to raise money for breast cancer survivors. Today I live my life knowing that I have become even stronger because of the experience.

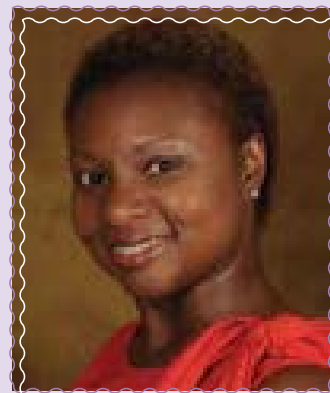
— *Donna Hopkins*



## MY NEW NORMAL

My name is Regina McCray. In 2009 at the age of 37 years of age I was diagnosed with grade III stage 2 DCIS breast cancer. I had a mastectomy, chemotherapy, radiation, and a year later I had natural reconstruction. Having had cancer taught me that life is a gift and I try to live my life to the fullest and I also try to be a blessing to others. Speaking out about my experience with the disease is something I do every chance that I get in hopes that it may bring awareness and inspiration to others. I am now a 4 and a half year thriver and I have changed the way I live my life. I begin each day with a prayer of thanks to God for all that he has done for me and to ask his continued healing on myself and other patients. I eat healthier (more natural and organic foods) and I exercise five to six days a week to stay healthy and reduce my chances of recurrence. I am so grateful to be alive and even though cancer was the most difficult and painful period in my life, it has helped me to appreciate every moment, to love more deeply, laugh more, and forgive others because now I know that life is a gift.

— *Regina McCray*



## THE NEW ME

I was diagnosed at age 44 on Valentine's Day 2012. I was a single woman who was used to taking care of herself and suddenly found that I needed help! I exercised before and vowed I would not let it stop me. I kept exercising and I did a ton of reading. I got rid of my teflon, canned and frozen foods, non bpa products, added more greens to my diet and have since upped the exercising.

The boyfriend at the time took my jewelry and pawned it. I lost friends and my family didn't fully understand what having breast cancer meant but through it all - I survived!!!

I also became a supporter, so to speak. I continue to tell my story in hopes I can help others. I give out a stuffed frog named Mojo to those that are just starting their journey. I do it to bring a smile and it works! We need to be able to smile and laugh through all of this.

Since then I have a new lease on life! I have participated in a few 5k runs, jumped out of a plane, hiked the Grand Canyon, threw tomatoes and got soaked head to toe, became a hat fashionista, finally got to see my real hair color, and got muddy "for the girls" at a mud run. I would have never done those things before! This is new me and I like it!

— *Sheryl DeHaven*



## REGAINING CONTROL

I was diagnosed with DCIS breast cancer in 2008 at the age of 48. After months of daily and weekly appointments and surgeries, I was done with treatment and found myself asking "What now?" Cancer can take so much from us but it can also give us a chance to make positive changes in our lives. I chose to focus on my physical well being as a way to "get back" at this terrible enemy. As soon as I could get back to the gym, I started weightlifting. Lifting helped me to feel like I was regaining control of my body; something that was definitely missing during treatment. As my physical strength increased, so did my emotional strength and my confidence in my new body. While my body will never be the same as it was prior to cancer I feel strong and healthy as I face each day with joy!

— *Tammy Bishop*



# BREAST CANCER HELPLINE EXPANDS HOURS

BY KEVIN GIANOTTO, ASSOCIATE DIRECTOR, MARKETING, PUBLIC RELATIONS AND CORPORATE RELATIONS, LIVING BEYOND BREAST CANCER

**Living Beyond Breast Cancer expands their helpline live calling hours to Monday through Friday 9 a.m. to 9 p.m. ET. to help those in need.**

Philadelphia-based nonprofit organization Living Beyond Breast Cancer (LBBC) announced it will expand the service hours of its toll-free Breast Cancer Helpline. Effective immediately, women diagnosed with breast cancer can call (888) 753-5222 from 9:00 a.m. to 9:00 p.m. Monday through Friday and be matched to another woman who has faced a similar diagnosis or circumstance in a confidential and caring setting. Calls received after 9 p.m. eastern or at any time during the weekend are returned within 24 hours. Calls can also be requested online by visiting [lbbc.org/helpline](http://lbbc.org/helpline).

*"LBBC is committed to making this service more accessible to anyone who would benefit from talking to another woman who has been diagnosed with breast cancer," says LBBC CEO Jean A. Sachs, MSS, MLSP.*

"Another benefit is that our Helpline volunteers can provide additional resources for information and support."

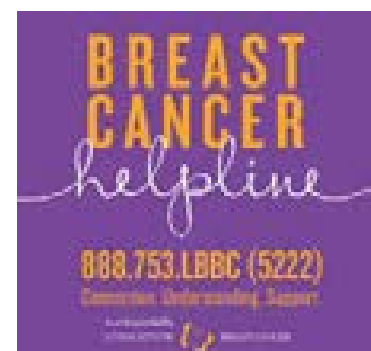
"We are thrilled to expand our Breast Cancer Helpline hours," said Lynn Ann

Folkman, CMP, LBBC's manager of volunteer programs. "Our goal with the expansion of the Helpline taking calls live is to make this service more immediately accessible to those residing on the West Coast as well as those on the East Coast who are unable to call during daytime hours." This expansion comes nearly a year after LBBC's live Helpline hours were extended to 5 days a week to meet an increase in demand.

According to Folkman, the growth of this service occurs in time for the holiday season, when some women might experience "complex emotions related to their breast cancer diagnosis, treatment or recovery. The holidays can be a difficult time for those who are dealing with a new diagnosis and who are eager to connect with someone who understands. I would like to thank our dedicated Helpline volunteers for making this possible."

## ABOUT LIVING BEYOND BREAST CANCER

LBBC's mission is to connect people with trusted breast cancer information and a community of support. National conferences, monthly webinars, regional community meetings, the Guides to Understanding Breast Cancer and a toll-free Breast Cancer Helpline are just a few examples of the services that are provided, always at little or no cost.





LIVING BEYOND  BREAST CANCER

# BREAST CANCER

helpline

**(888) 753-LBBC (5222)**

**Connection. Understanding. Support.**

LIVING  
BEYOND  
BREAST  
CANCER®  
L B B C . O R G



**[lbbsc.org/helpline](http://lbbsc.org/helpline)**



# 8<sup>TH</sup> ANNUAL BREAST CANCER THRIVERS CRUISE

## 2014 BCW Thrivers Cruise



## April 26, 2014

Sailing out of Ft. Lauderdale, Florida on the  
Royal Caribbean Liberty of the Sea to Belize and Cozumel

6 Days / 5 Nights  
starting at

# \$479\*

\*Port and Gov't Taxes not included

**Register  
Today!**



Contact Connie and her crew

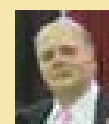
**866-499-4074**

[connie@totaltravevents.com](mailto:connie@totaltravevents.com)

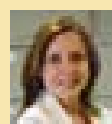
### Have you heard of thermography?

Dr. Phil Hoestra has over 40 years of expertise in the field of thermography and will present the latest exciting science on thermography specifically for the issues of breast care. Learn what is fact and what is fiction and how this non-invasive technology benefits women.

**THERMA-SCAN**  
REFERENCE LABORATORY, LLC.



Dr. Philip  
Hoekstra,  
Laboratory  
Director at  
Therma-Scan



Theresa  
Hoekstra,  
Clinical  
Director at  
Therma-Scan



Join us on this landmark event. We come from different parts of the globe to share inspirational stories, make new friendships and memories, and celebrate life together.



**Beverly Vote**

Co-Host of the 2014 Thrivers Cruise

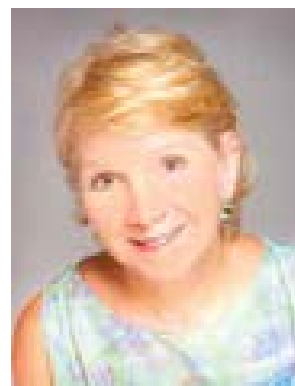
Publisher of the *Breast Cancer Wellness Magazine*

Meet your 2014 hosts...

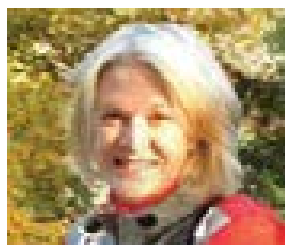
**Beth Baughman Dupree, MD, FACS, ABIHM**

Co-host of the 2014 Thrivers Cruise  
Presenting a fun and interactive workshop  
on nutrition, exercise and risk reduction

Breast Surgeon, Author of *The Healing Consciousness: A Doctor's Journey to Healing* and  
Founder of The Healing Consciousness Foundation



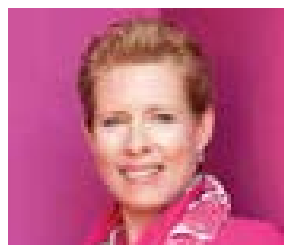
and the 8th Annual BCW Thrivers Cruise guest speakers...



**Linda Crill**

"Vroom! Rev Up Your Life"  
Keynote Address

Breast Cancer Thriver,  
Reinvention Expert and  
Author of *Blind Curves*



**Molly MacDonald**

Breast Cancer SurThriver™  
Founder, President and CEO  
of The Pink Fund



**Vaughn Hebron**

Getting in Touch with  
Your Core Strength  
Trainer, Workshop Leader,  
and Two-Time Superbowl  
Champion



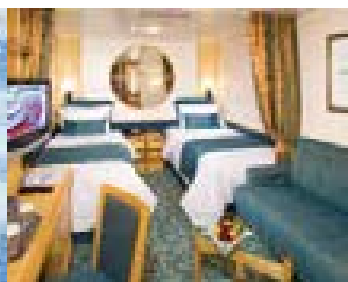
**Tami Boehmer**

Stage IV Thriver  
Author of *From Incurable to Incredible, Cancer Survivors Who Beat the Odds*



**Maimah Karmo**

Author of *Fearless: Awakening to My Life's Purpose through Breast Cancer*  
and Founder of  
Tigerlily Foundation



# *Getting Through the* **DARK TUNNEL**

BY JUDY PEARSON

**I am an organizer, a list maker. The cans in my cupboards line up like pieces on a chess board.** Clothing in my closet hangs sorted by color. Throw pillows are not thrown in my house, they are placed. I'm not a tidiness tyrant with my loved ones; but I do fluff and rearrange in their wake.

Before that dreadful phone call from my doctor in April 2011, the one that created the line in the sand of my life like a personal 9/11 where everything changes in an instant, I'd seen my share of life challenges. I had survived divorces, deaths, and surly teenaged sons, doing what I knew best: making lists and following them. But this thing called cancer? This was a different beast all together. No longer was I reacting to external events happening to me. This was a tempest brewing within me, dragging me into a frightening tunnel whose end I could not see.

## **INTO THE DARKNESS**

In 1994, the English Channel Tunnel, commonly known as the "Chunnel" was opened to the public. At 31 miles long, it connects Britain and France, making travel between the two faster, cheaper and easier. But it was not born without problems.

The Chunnel doesn't run through the water as you might think, but rather through a layer of chalky muck beneath it. The work was dark, dangerous, and often disorganized. The cost of the chunnel ended up being 80% over budget. I've traveled through the Chunnel four times, loving the fact that I get on the train speaking English and off it speaking French, my second

language. But the Chunnel is more than that for me. It very much represents my journey through cancer.

Creating great chaos in lives, cancer is the sworn enemy of an organizer like me. From the moment of diagnosis, every future plan, decision and scenario must be reworked, filled with questions like "should I," "will I," and "what if." Control goes out the window.

At the time of diagnosis, my emotional plate was already overflowing (although I challenge you to find anyone who says, "Cancer came at the perfect time for me!"). On the one hand, I was newly married to the man of my dreams. Conversely, I was pulling together all my strength to endure my eldest son's six month deployment to Afghanistan. A happy newlywed and proud parent? You bet. A terrified mother? Absolutely.

And then came that call, adding the fear of death to my emotional plate. I fought to stay organized: making inquiries and lists to learn about options for fighting triple negative breast cancer; struggling to keep everything in place, including the throw pillows; trying to be a good wife and a good mother. But it was a losing battle as the control I had so sharpened began slipping through my fingers. Would my new husband leave me? Would my son be mentally or physically maimed? Would I die?

The darkness in my cancer tunnel began to close in. One gray afternoon before my mastectomy, I crawled under the covers in my bed, pretending to take a nap. Downstairs were my two daughters-in-law, step-daughter, and three grandchildren. The thought of not seeing their lives blossom was too much and I started to cry.

“You will be all right.” Those words were spoken in a voice so clear, I poked my head out of the covers to see if my husband had come into the room. I was still alone. I didn’t hear anything else, no explanation, no instruction. And there was no list for me to follow to get to “all right.” I had no idea what it meant or if it was real. I thought about Joanne.

Fifteen months before my diagnosis, I had watched my beautiful stepmother, Joanne, die of cancer. Prior to my biological mother’s non-cancerous death, Joanne had been a dear family friend. I had known her since I was nine, and as she often said, I was very much her daughter. This was her third bout with the disease: she had survived colon cancer and oral cancer (which left her unable to speak clearly or eat). This time, her prognosis was grim. She chose to leave this earth on her own terms and was gone ten days later.

I spent as much time as I could with her before the end. I asked if she was scared. Oh no, she said. I asked her (as I had my own mother) who I would go to if I needed advice. I’ll be there, she said, but you already have everything you need. This lovely woman died as courageously as she had lived. And her memory was what I turned to that dark afternoon.

#### **DARKNESS AND MORE DARKNESS**

Joanne was a list maker, too. She carried her notebook everywhere, and used it with great abandon during my father’s illness and her own. Step one, then, was to get a notebook just for my medical notes. It was something concrete I could do. Hurray, a little control established and a little light in the tunnel.

I took notes at every doctor’s appointment and asked my husband to help out when I couldn’t. The cancer was contained in my breast, but without chemotherapy, I still had a 30% chance of recurrence. For me, that was too great a risk, and I begrudgingly signed on for 18 grueling rounds. My notebook came with me to every appointment, filled with questions asked and answered. And amid balloons and flowers, I officially graduated from patient to survivor. (Technically, the medical world considers one a survivor from the moment of diagnosis. Still, the completion of treatment is the goal line to someone with cancer. That’s the moment you feel you’ve scored survivorship.)





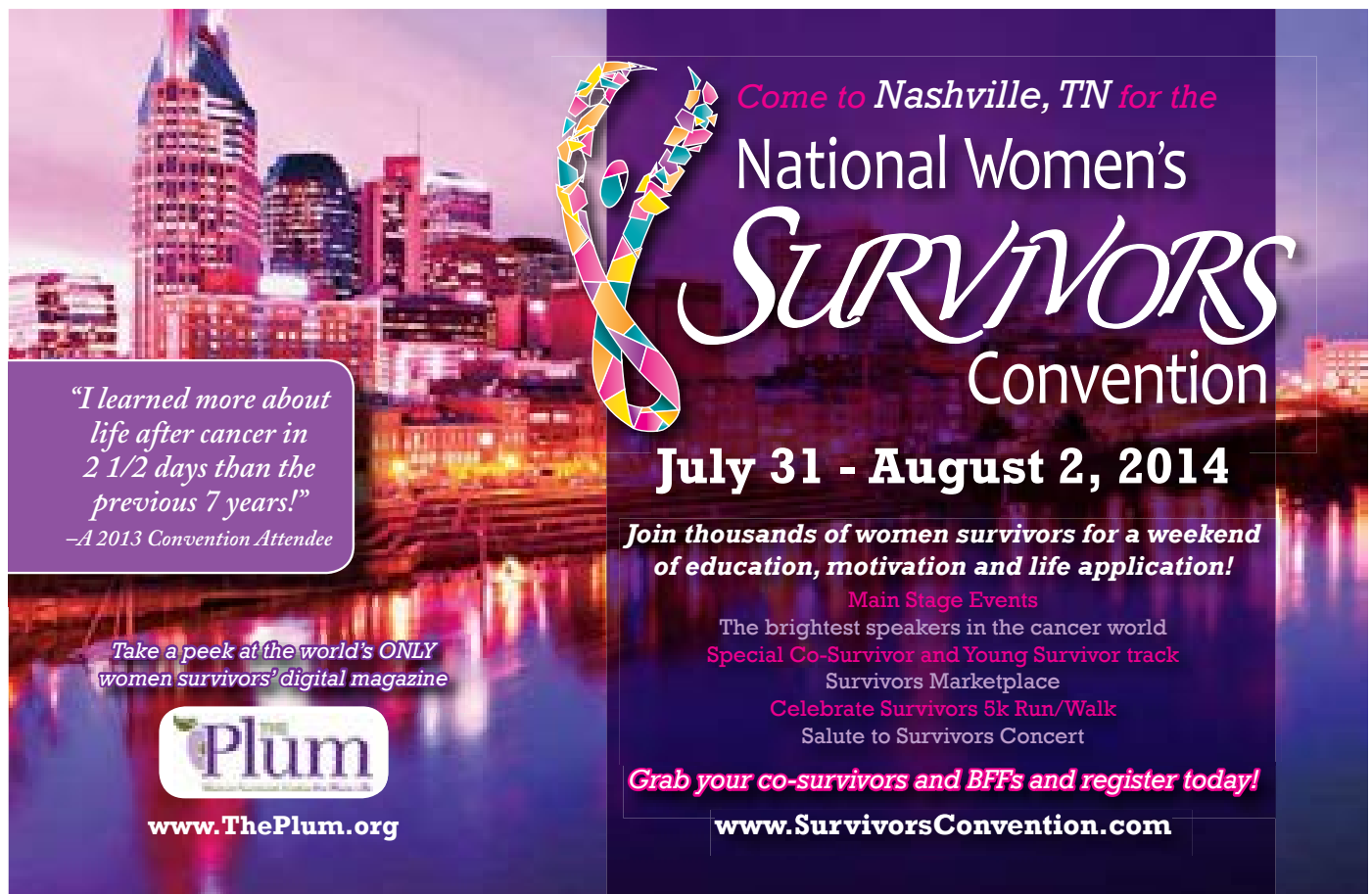
I expected that the old Judy would ride out of the tunnel that day. I expected her to jump into Christmas shopping and decorating, and then homecoming celebrating when my son finished his deployment. The old Judy, however, was no where to be found. I tried to organize and make lists. But I was too tired, too foggy-brained to get much done. My joints hurt. I had night sweats. It all angered and frightened me.

At my next appointment, I took out my notebook with its list of questions and asked my oncologist why I hadn't been forewarned about these new conditions. We were saving your life, she snapped defensively.

Great, I've survived the beast, only to find myself dragging its carcass behind me. I refused to believe I was alone on this strange planet and knew my skills as a researcher and writer would not only help me, but also those who might read an article on survivorship. That's when I met a 25 year uterine cancer survivor named Karen Shayne.

#### I SEE THE LIGHT

We couldn't be more different. I'm a northerner, who loves cold calling and prefers to keep her hair short. She's a southerner, with long flowing locks and a penchant for numbers. We are the yin and yang of survivorship, and together we're an unstoppable force when it comes to survivor advocacy. Our paths crossing was no accident.



*Come to Nashville, TN for the*

# National Women's SURVIVORS Convention

## July 31 - August 2, 2014

**Join thousands of women survivors for a weekend of education, motivation and life application!**

#### Main Stage Events

- The brightest speakers in the cancer world
- Special Co-Survivor and Young Survivor track
- Survivors Marketplace
- Celebrate Survivors 5k Run/Walk
- Salute to Survivors Concert

**Grab your co-survivors and BFFs and register today!**

**[www.SurvivorsConvention.com](http://www.SurvivorsConvention.com)**

*"I learned more about life after cancer in 2 1/2 days than the previous 7 years!"*

*-A 2013 Convention Attendee*

Take a peek at the world's **ONLY** women survivors' digital magazine

**[www.ThePlum.org](http://www.ThePlum.org)**





## ActiveFlow

Feel comfortable and confident while swimming, jogging, gardening and during exercise classes such as yoga.

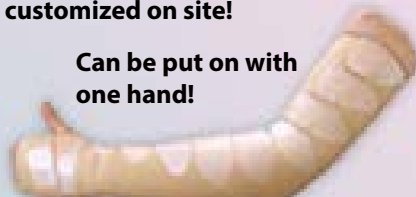
The perfect fit for an active lifestyle after breast surgery.



## One-Stop-Shop for all Upper Extremity Compression Needs

Walk in with a prescription -  
walk out with a **garment  
customized on site!**

**Can be put on with  
one hand!**



FarrowWrap Trim-To-Fit™ Arm

Simple Velcro®  
fasteners  
**adjust as needed**



FarrowWrap™  
Hand Gauntlet

**Durable and  
Comfortable**

Use instead of  
finger bandaging



Farrow  
Microfine Glove

**Edema • Lymphedema  
Venous Disease  
Post Surgery**

[www.FarrowMedical.com](http://www.FarrowMedical.com)  
[sales@farrowmedical.com](mailto:sales@farrowmedical.com)

(877) 417-5187 p • (979) 775-5202 f

“

Creating great chaos in lives, cancer is the sworn enemy of an organizer like me. From the moment of diagnosis, every future plan, decision and scenario must be reworked, filled with questions like “should I,” “will I,” and “what if.”

Control goes out the window.

We understand, right down to our guts, how difficult it is to explain to others how cancer is a life game-changer. We aim to be the voice of the previously voiceless: the 7 million women cancer survivors in this country.

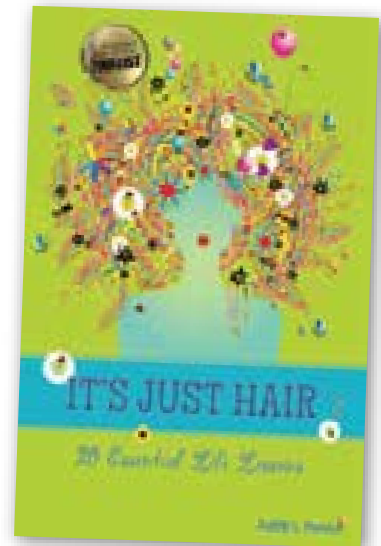
Our organization, the Women Survivors Alliance (WSA), supports women survivors in three ways: with an annual convention ([www.SurvivorsConvention.com](http://www.SurvivorsConvention.com)), a digital magazine ([www.ThePlum.org](http://www.ThePlum.org)), and one day events held around the country called Plum Life Clubs.

It was in meeting beautiful Karen that I finally saw the light at the end of my tunnel. Everything I knew, all my talents and experiences, came together in that one spectacular moment. The WSA gave me a clear, new focus. There is great healing in helping, and even if we only help one woman a day, we succeeded that day. My doctors helped treat my body, but Karen and the WSA have become the lifeline for my survivorship. It will always be a part of who I am, but I am far better equipped to face each challenge, and even find value in it.

We are each given a finite number of days. How we spend them is for us to choose. I choose to continue to make lists, because that's what I do. But I also choose not to waste time mourning things I don't accomplish. I choose not to spend a single precious moment with toxic people. I choose

to define my priorities and boundaries, and not apologize for them. I choose to laugh, even when there's nothing to laugh at or when there's nothing else I can do.

I got to the end of my tunnel because of my darling husband, children, friends and extended family. I got there remembering Joanne's courage and grace. And when I got there, I found a beautiful new life with amazing people I would never have met had I not been dragged into that darkness in the first place. ■



**COSMETICS**

**SKIN CARE**

**BODY CARE**

**HAIR CARE**

**ALL NATURAL, ORGANIC COSMETICS**



**1-800-253-1694**  
[www.realpurity.com](http://www.realpurity.com)

**Your Home for All Natural and Organic Beauty Cosmetics Without Chemicals!**

**INTRODUCING OUR NEW ALL-NATURAL STICK DEODORANT —**

Clinically proven formula contains essential oils and 100% organic ingredients that offer 24 hour protection and a pleasant lasting scent.



**25% OFF** your next purchase

Offer expires March 31, 2014. Please use coupon code BCW2014

Your BCW discount will be applied at checkout.





# The Annie Appleseed Project

*Presents*

## 8th Evidence-based Complementary & Alternative Cancer Therapies Conference

March 6-8, 2014

(aka #Cam4Cancer)

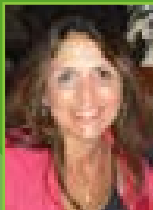
**WEST PALM BEACH, FLORIDA**



KEITH BLOCK, MD



GEORGE LOVE  
DOM (Doctor of  
Oriental Medicine)



JUDY FITZGERALD  
Teacher



MICHAEL SCHACHTER



SARA CARAPEZZI  
Director of the Royal  
School of Yoga

- ♥ Organic Lunches
- ♥ Exhibit Hall
- ♥ Giveaways and Raffles
- ♥ Patient Panel
- ♥ Networking
- ♥ Acupuncture
- ♥ Herbs
- ♥ Mind-Body-Spirit

Annie Appleseed Project helps people reduce risk of cancer occurrence, recurrence, risk of toxicities, and educates on alternative therapies. Online since 1999, on Facebook and Twitter (@annieappleseed)

### TO REGISTER:

[www.annieappleseedproject.org](http://www.annieappleseedproject.org)  
561-749-0084

*Sponsored by*



**Breast Cancer  
Wellness  
MAGAZINE**



**CAM  
For Cancer**

Complementary and Alternative Medicine Conference

# Cancer? I'm Swamped But Let Me *Pencil It In*

BY JILL FOER HIRSCH

**Humor is mankind's greatest blessing**  
— Mark Twain

As if hearing that I had cancer wasn't bad enough, my day took a turn for the worse when my boss heard the news and, well, hugged me. She told me to take care of myself and not worry about anything in the office, but we all know what she was really thinking. "OMG I'm so glad I'm not the one with cancer!" So everything she said after that was suspect.

First of all, no hugging! I know it's a serious disease, but let's not get carried away. Second, I was super busy. As the Chief Operating Officer of a law firm, I was terribly important. Surely in my absence the world would indeed stop turning!

It just wasn't a good time for me to fit cancer in to my schedule. Cancer is very time consuming, and it's hard to multi-task. I knew I was in trouble when they told me I couldn't bring my laptop in with me during my MRI. A total waste of 45 minutes, just lying around in a boring metal tube. They could have at least let me have a staff meeting to spend the time, but noooo, everyone whined about radiation. My cancer could have been one big team-building exercise if it wasn't for all those pesky doctors and nurses taking over.

Cancer required that I had to learn so much, from how to bedazzle a hospital gown

to the best way to elicit sympathy in the form of expensive gifts. Now on top of all that, I had to figure out how to keep my career from imploding? Good grief, do I have to do everything around here?

## REALISTIC EXPECTATIONS?

My expectations of myself had never been realistic; why start now? I could stand on my head and spit wooden nickels while juggling phone calls, email correspondence, meetings and memos. So maybe standing on my head would have to be nixed for the moment, but there was no reason to believe I couldn't keep the other balls in the air.

What was I thinking! Ultimately I wasn't even allowed to juggle at all most of the time! It turns out they put you to sleep for surgery. So much for catching up on email. And after my bilateral mastectomy I wasn't even allowed to raise my arms higher than my waist.

On the occasions I was able to mosey into the office, between Cancer Activities, I wasn't prepared to go from zero to sixty in two seconds flat. After all, a lot of people had been working under my hood and two of my tires were spares. I needed a few warm-up laps.

## I'VE GOT STYLE

As a manager I was always decisive; I was used to shooting from the hip and going with my gut and using every other cliché you can think of in this sentence. Welcome to chemo-world. Judgment slightly impaired, sort of like college but not as much fun. Making quick decisions was good sport but seemed





to end badly. So no more fast forwarding through movies, or getting the gist of the plot by watching just the trailer. Nope, I had to slow down. Sit through the whole movie to make sure I didn't miss anything. This was expensive because it required extra snacks. And lesson learned, don't sit through the movie with that girlfriend who thinks it's just fine to mooch off your popcorn instead of getting her own. Her hand in your bucket can be very distracting.

Cancer isn't pretty, and neither was that metaphor, but try to suck it up and smile for my sake.

### REALITY CHECK

Chemo brain is good fun, but do you think that in the middle of it I knew I was being out of line? Nope, not at all. Thankfully I had a deputy who could be trusted to tell me I was nuts when I came up with mind-numbingly off-the-wall ideas.

Had it not been for my trusted confidante, I might have moved forward with ideas like Pajama Mondays and Bring Your Pet To Work Month. When she told me there was a reason no one was allowed to wear pajamas to work, I was skeptical, but in hindsight she was 100% correct. I guess I forgot because every day is pajama day at the hospital!

### I KNOW I LEFT THAT DOOR SOMEWHERE

While I was gallivanting around having a Cancer Adventure, my firm was gutting and expanding its office space. New walls, new configuration, new furniture; they even moved the location of the front door! This is the sort of thing that can catch Chemo Girl off-guard. In fairness, I was doing a little gutting and renovating of my own, so good luck if anyone needed to know where my boobs were. Ha!

Imagine my chagrin that even in my absence, people made decisions and moved forward with projects when they were supposed to be sitting around feeling morose about my cancer. They got a little cocky; started thinking they didn't need me so much. They were sort of right, too. I hate when that happens.

### I'LL TRY TO FIT WORK INTO MY SCHEDULE

There's no question that sometimes Cancerland was much more interesting than work. So many surprises around every corner; so many operating rooms, so little time. While I tried my best to fit

work into my schedule, it just wasn't always practical. What if it was popsicle day at the infusion center? The problem was that not everyone understood how things like that take precedent. One minute I'm planning to come to work and the next minute one of my incisions opens up and I'm spending more quality time at the surgeon's office.

People in the office seemed to feel that I was less than 100% reliable, which is not nice when I was bravely battling cancer. So behind my back, other people took over my sandbox. They moved all my toys around;

even broke some of them! And my favorite blankie was missing for weeks.

No, I wasn't around to play with my toys, but that didn't mean I wanted anyone else touching them! It sucked, almost as much as this metaphor. Hang tight, I'm going to come up with a brilliant metaphor one of these days!

### ON SECOND THOUGHT, MAYBE I SHOULD JUST STAY HOME

I learned this lesson the hard way. I was really worried that other kids were messing

**Coobie Seamless Bras**

- ❖ Ultra soft, stretchy, one size fits 32A-36D
- ❖ Built in pockets for pads/prosthesis
- ❖ Removable modesty pads
- ❖ Pure comfort in many colors and styles

"This bra has truly lifted my spirits!"  
Suzanne, MI

"All I can say is THANK YOU!"  
Kathy, IL

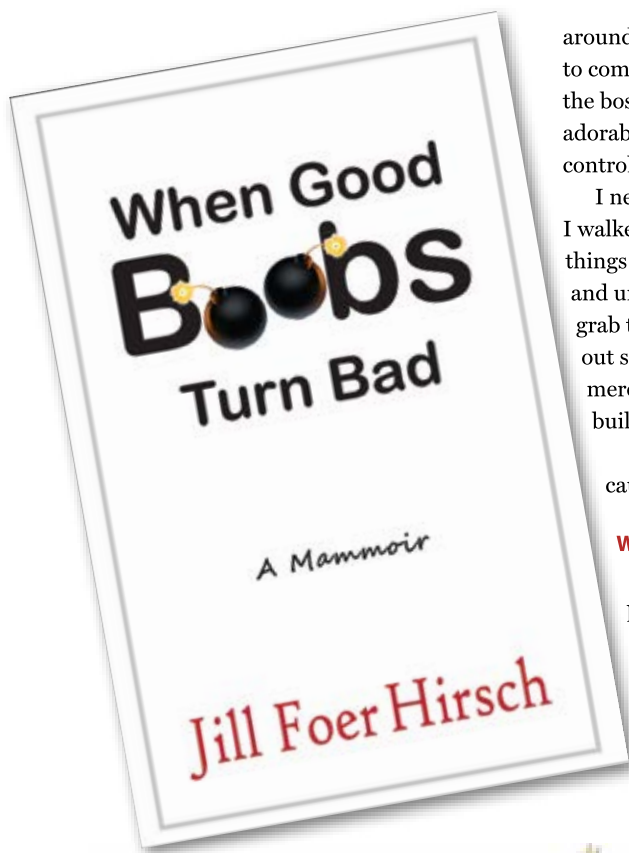
"Finally! Comfort and support I need!"  
Rosie, TX

BCW readers try them and save \$20 on 3 or more bras!

Use code: BCW114 at [www.shopcoobie.com](http://www.shopcoobie.com)

888.789.1037, [info@totalstockroom.com](mailto:info@totalstockroom.com)





around in my sandbox, and I felt compelled to come in to the office and resume being the boss of everyone, and everything. So adorable, I actually felt like I was still in control of all these things.

I never even made it to the playground! I walked in to my building one morning and things became a little fuzzy. I was sweating and unsteady and hey, maybe I would just grab the wall for a minute. Saying I passed out sounds so dramatic! The fact is I was merely resting my eyes...on the floor of the building lobby.

Of course it was exciting, but I would caution against anyone doing that.

#### WHAT WAS THE POINT OF ALL THIS?

I ultimately decided I didn't like that stinky old playground anyway. I wanted a new sandbox, and new toys! So I moved to a new neighborhood. The swing set is

really cool, and sometimes there are even nice people who will push my swing until I really get going.

If cancer hadn't so rudely interrupted my perfectly quiet life, I might have stayed on the old playground forever. Wondering if there was something nicer on the other side of town, but never wanting to leave what I knew best to find out.

It turns out that life is full of surprises. My life went off its well-worn path the day I got that call and heard congratulations, you have cancer! I wasn't sure if it was a minor detour, or a big fork in the road, but either way I had to change course. So I stuck my head all the way out the window, let the wind blow in my face, and enjoyed the scenery. I can't wait to see what's just around the bend. With any luck, it will be a really clever metaphor. ■

Jill is the author of *When Good Boobs Turn Bad: A Mammoir*.  
[www.JillFoerHirsch.com](http://www.JillFoerHirsch.com).



The  
Third Edition  
of This Award -  
Winning Book

# WAKING THE WARRIOR GODDESS

## Dr. Christine Horner's Program to Protect Against & Fight Breast Cancer

Breast cancer has reached epidemic proportions in the United States. Once a relatively rare disease, it now affects 2 to 3 million American women. What can we do to protect ourselves? Christine Horner, M.D., has the prescription: Eat healthy foods, add a good dose of certain supplements, get the rest and exercise we need, and avoid things that are bad for our bodies. We each have a Warrior Goddess in us, and it's time to set her free.

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.

The final part of *Waking the Warrior Goddess* presents Dr. Horner's Thirty-Step Program for reclaiming health and defeating breast cancer. In addition, this book includes an extensive, newly updated resources section for obtaining the particular nutrients and products that our bodies need to become and stay strong and healthy.

*Harness the power of Nature and natural medicines to achieve extraordinary health*

Only \$19.95 • 978-1-59120-363-6

Available in print or in e-book editions at bookstores and health food stores and online everywhere, or to order directly from the publisher, call 1-800-575-8890 or visit [www.basichhealthpub.com](http://www.basichhealthpub.com).

**Basic  
Health**  
PUBLICATIONS, INC.



# Ridiculous Passion, a Pink Ukulele, and Team Awesome

BY MICHELLE WARD

**My family didn't know if we had much to be thankful for on Thanksgiving of 2011.** I spent most of the day before with a breast surgeon who, upon examining the lump I found in my left breast 5 weeks prior, sent me to immediately get a mammogram, ultrasound, and multiple biopsies.

We got the results the next day — the doctor called with the stage two diagnosis. I was 33 years old. I had a lumpectomy the next month (and was upgraded to stage 1), four rounds of chemo, a boobal removal (okay fine, “bilateral mastectomy”), surgery to swap my expanders for implants, and another surgery to remove the implant after an infection.

From diagnosis to final surgery, I spent

thirteen months full of appointments, tests, surgeries, procedures, and bated breath. But I made a conscious decision in 2012 to keep my perspective, my sense of humor, and the sheer willpower to “get through it all.”

My work as a certified life coach proved to be an asset for my own healing needs in more ways than one. Not only was I already a “hippy-dippy” optimist who expected the best, but I also knew that (1) I couldn't get through it alone (2) I needed

to be held accountable for all the changes I wanted (and needed) to make and (3) that the worst thing I could have done for myself was to stop coaching.

My ridiculous passion for my life's work of helping others and finding a way to tell my story helped heal my soul and kept me feeling healthy, even if my body was telling me otherwise.

## I AM RIDICULOUSLY PASSIONATE

I've worked full-time as a career coach for creative women since 2010, helping each of them discover what they want to be “when they grow up.” It's work I'm ridiculously passionate about and that I feel lucky every day to wake up and get to do. While my job does call for speaking and lots of writing, the significant part of my work consists of coaching calls with



## Bloom Anew

Offices in Charleston and Mt. Pleasant, South Carolina  
[www.naturalbreastreconstruction.com](http://www.naturalbreastreconstruction.com)

Wondering if natural breast reconstruction is right for you?  
Visit [www.breastreconstructionnetwork.com/educate](http://www.breastreconstructionnetwork.com/educate)

*Regain breast shape and fullness without artificial implants or loss of muscle.*

DIEP ■ S-GAP ■ I-GAP ■ SIEA

To learn more about these exciting procedures or to schedule surgical or consultation appointments contact us at 843-388-0660 or toll free at 1-866-374-2627.



THE CENTER FOR  
NATURAL BREAST RECONSTRUCTION  
Helping Women Make Smart, Informed Choices

small groups and one-on-one clients - and that's the work I love best.

When I got my diagnosis, I thought for a second of stopping my coaching calls, but it immediately left me feeling somewhat empty. While I knew that I had to cut back (I never scheduled sessions on chemo weeks and took 4 weeks off during my "boobal removal"), I couldn't bear not having these sessions be a part of my life.

I felt like Braveheart: "Cancer could take my boobs, but it will never take my coaching calls!"

Being "The When I Grow Up Coach" — and the work that came with it — was my relief and my release, since it gave me the ability to feel normal for a few hours each workday and unburden myself of all that I was going through by fully focusing on the goals and challenges of my clients.

### I USED LUCILLE, MY PINK UKULELE, TO TELL MY STORY

Growing up and into my twenties, all I cared about was being on stage. I've been performing since the age of 6, and I was fortunate enough to have been accepted to NYU's Tisch School of the Arts for musical theater. Receiving my BFA from that program is one of my proudest accomplishments. I was so focused on being on Broadway until I realized, in my mid-20s, that I didn't want to pursue it as a career any longer.

Once I made that decision, performing took a back seat. I went full-throttle on getting my life coaching certification and building my business, and there wasn't time to audition, sing, or perform. For years I let it fall to the wayside, until I felt the call in the summer of 2011 to buy a ukulele. I wasn't confident that I'd be able to learn it and play it well (I took piano lessons for about seven years and never got past the advanced beginner stage), but I still considered it \$30 well spent.

I played around with it on my own, happy to have an outlet for my singing, but it became a life raft of sorts for me post-diagnosis. I had only been playing for a few months at that point, but when I searched for a way to tell my clients and my blog readers about my diagnosis - as I knew it would radically change the way I ran my business in 2012 — I picked up my (pink!) ukulele, Lucille.

I was determined to keep my "announcement" as light as possible (I find

nothing clears a room faster than "I have breast cancer"), and after about an hour I had penned my very first song: "I Have Boob Cancer".

I put it up on YouTube and posted about it on my blog, Twitter and Facebook — and I got the most unbelievable outpouring of love you can imagine. Throughout my treatment I wrote songs that announced what was coming ("I'm Getting New Boobs"), what had just happened ("The Boob Cancer is Gone") and the only "good" thing about having cancer ("The Cancer Card"). Love is an empowering tool and it comes from so many directions... who would have thought that Lucille would help make this happen for me.

This added love gave me courage to write a one-woman show called "Boob Cancer and Show Tunes", which included my original songs as well as some songs from Broadway shows. It was meant to be a one-night-only fundraiser for my Avon Walk (more on that later), but I re-caught the bug and immediately asked for more dates. I hope to bring the show to festivals and conferences around the world, getting more people to laugh with me about a subject that's usually whispered about — and nodding knowingly to "Everyone's Your Friend When You Got Cancer."

### MY SUPPORT NETWORK WAS AMAZEBALLS

I would joke when I went to chemo that I brought a party, and when I came in for my treatment with my husband, mother and stepfather, the volume in the room would definitely go up. Thankfully, nobody seemed to mind (or they did and just knew to stick us in the corner where we'd be the least bothersome).

I'd be accompanied to every doctor's appointment by my mother and my husband — we were the 3 Musketeers. And being so open with what I was going through on big social networking sites got me so many well wishes, gifts and donations that I felt like the whole world was just a big laser beam of love aimed right at my boobs.

It also made an enormous difference that, upon first being diagnosed, my brother connected me with a young woman he used to work with who was a breast cancer survivor. I'm forever grateful that Beth agreed to talk to me in that first week. Being able to share with her what I was going through and hear about her experiences made me so





# Flax Seed Breast Cancer



Studies have shown that a high blood level of omega-3 fatty acids combined with a low level of omega-6 fatty acids can reduce the risk of developing breast cancer.

To order Mother Nature's "miraculous food," call 800.387.5516 or online at [www.goldenflax.com](http://www.goldenflax.com)

Nature's Gem Premium Omega3  
Golden Flax Seed Starter Kit



100% Whole Flax Seed Basic  
Starter Kit with 500g Flax  
Seed Grinder

now only **\$49.95**

Includes **FREE SHIPPING!**



North American Nutrition

PO Box 456

Warroad, MN 56763

**800.387.5516**

“

My ridiculous passion for my life's work of helping others and finding a way to tell my story helped heal my soul and kept me feeling healthy, even if my body was telling me otherwise.

much more confident in making the decisions that were right for me. It also didn't hurt that she seemed to know everything about, well, everything cancer-related — so it was like talking to a doctor who just also happened to be a young woman with cancer. She was so smart and BS-free and funny that it definitely put my family and I at ease. It made such a difference to have a peer to talk to about everything!

## MAKING CHANGES TO HELP SAVE MY LIFE

After my diagnosis, I had the “Why me?” question sitting in my head day and night, especially since I tested negative for the BRCA gene. One of the first things I did was get a copy of the book “Anti-Cancer”, and everything seemed to make sense. While I'll never know exactly what caused my cancer, reading about hormones in meat and pesticides in food and parabens in lotions just all made sense.

I immediately exchanged my plastic containers for glass, my nonorganic fruits & veggies for the organic kind, my meat for the antibiotic-free and grass-fed kind (and, even then, much less regularly than before), and my “toxic” make-up, lotions and creams for ones that rated low on the Environmental Working Group scale (Google it, it's a goldmine). My husband even started making peanut butter from scratch and I made my own eye make-up remover. I feel much more safe and in control as to what goes in and on my body.

## TEAM AWESOME = ACTION + ACCOUNTABILITY

That 2 Day Avon Walk was something I wanted to do for a long time — but I always found a reason to put off. Only a few weeks after my diagnosis, I told everyone I was registering for the walk that October — and then I did. My mom, best friend since 6th grade, and dear friend all followed suit (I think half in support and half to keep an eye on me) and we formed Team Awesome.

I knew that exercising would be key in

a strong recovery, but I didn't trust that I'd follow through. I figured the walk would keep me accountable and boy, did it ever! I stuck to the training guide to the letter, and for the 4 months prior to the walk you'd find me clocking no less than 10 miles a week.

When the day of the walk came, I was just about a month out of my last surgery (to swap my expanders for implants), but I was ready to go the distance of 39.3 miles. We did 24 the first day (2 miles short of how far we were supposed to walk on Day 1), and I begrudgingly called it quits. We took a cab back to my home in Brooklyn, and I immediately had to face the fact that I was too worn down to walk at all the next day. It was an absolute disappointment despite it doing the job of keeping me active during my treatment and raising a huge amount of money for breast cancer research and victims.

This year, Team Awesome walked again - and we made it to Day Two! Being there for the closing ceremony and getting to stand with the other survivors made it an even more powerful experience.

So despite the breast cancer diagnosis, it turned out we had a lot to be thankful for during that holiday in 2011. I can also humbly add that I know my optimism, creative nature and sense of humor allowed me to handle all this in a way that I was able to rebound quickly from any depression that I periodically had.

My favorite part? When I had 2 minutes to tell my story in front of 1,000 people at a conference I attended in the summer of 2012. I knew immediately what I had to do: I took the words to “I Have Boob Cancer” and got to change them to “I Had Boob Cancer” — and I take the same pleasure singing it to this day.

But my ultimate joy? When I work with my clients helping them discover — and achieve! — the passionate career that speaks to their values, priorities and strengths. It helps us all keep living our lives in a way that leaves us fulfilled. ■

[www.whenigrowupcoach.com](http://www.whenigrowupcoach.com)





**Salicin™ has recently been added to the RGCC Circulating Tumor Cell test as well as BioFocus Labs Cellular NK test**

Malignant cells produce a protective enzyme which shuts down the local immune system allowing cancer to grow unchecked. Salicin stops the production of this enzyme and simultaneously enhances your NK or natural killer cells which can now find and attack the malignant cells. The two labs referenced above have proven not only that Salicin enhances your own immune cells but also directly kills both circulating tumor cells (cells that will metastasize to other organs) but also kills cancer stem cells as well.

Salicin is non-toxic and will only be accepted by anaerobic (malignant) cells. These cells see Salicin as sugar which they can metabolize for energy. Because only anaerobic cells possess b-glucosidase, the sugar-splitting enzyme, they take Salicin in but when the sugar is split from the glycome the cells are left with a portion they can not rid them selves of which becomes cyto-toxic and they begin to die. Your enhanced immune cells now destroy the damaged malignant cells and metabolize them away as refuse. For more information please visit our website:

[www.salicinum.com](http://www.salicinum.com)

## SOMEONE WITH

One site with **everything** you need for your breast cancer journey.



### Especially during the winter months, essential oils can:

- Lift your spirits
- Induce sleep
- Calm your mind
- Promote balance

Use your **BCW discount** and experience the transformative powers of our aromatherapy products

For BCW Magazine Readers  
**15% OFF**  
Your Entire Purchase  
Use the promo code BCW15

Our "best in class" products include recommendations by breast cancer patients.

Every product is reviewed by a physician to ensure that no ingredient or material is detrimental to a breast cancer patient.

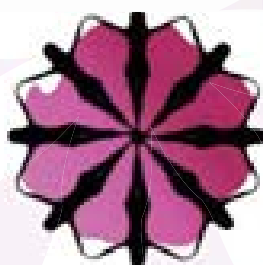
The **Someone With** Patient Registry allows family and friends to offer support with gifts that will be truly welcomed.

At **Someone With** our products are selected with compassion, presented with compassion and shipped with compassion.

**855.557.6631**

[someone@someonewith.com](mailto:someone@someonewith.com)

[WWW.SOMEONEWITH.COM](http://WWW.SOMEONEWITH.COM)



SOMEONE WITH



Subscribe today! **Only \$15** for 1 full year

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_

☐ Yes! Sign me up for a year subscription (4 issues) of BCW Magazine.

☐ Check/Money Order ☐ Bill My Credit Card CC # \_\_\_\_\_ Exp \_\_\_\_\_

Subscribe online at  
[www.BreastCancerWellness.org](http://www.BreastCancerWellness.org)

**SEND TO** Breast Cancer Wellness, P. O. Box 2040, Lebanon, MO 65536



# Faith

BY REVEREND FAY OCTAVIA ELLIOTT, MDIV

*"Nothing can be more important than being able to choose the way we think."* — Eknath Easwaran

When I walked into the bank recently, my favorite officer said, "You look so alive" and hugged me. I have now thrived breast cancer three times. The third time I was diagnosed with metastatic breast cancer to the lungs and bones. I sent an email to my friends and posted it to a blog I set up to keep everyone up to date on my condition. I felt I was facing certain death. Day by day it was harder and harder to breathe. I felt like an astronaut living on an alien planet. I could not breathe without oxygen equipment, and my condition worsened week after week. I called two minister friends that attended divinity school with me and asked them to help me prepare my end-of-life service. I put my Will and other papers in order, pre-paid my cremation, and started giving away my most precious objects. I sold my bicycle thinking I would never ride again. I was sure I would not live long enough to see my new grand-nephew.

I felt as if I was hovering at the edge of a deep precipice. Looking down was death and looking back in the other direction was an uncertain life. I had no idea which way I was going. Day by day it was as if the breath was being sucked out of my lungs. Unknown to me over the course of a year, my lungs had filled with tumors. I remember when it started because I began coughing all the time. It felt like someone was standing on my chest. After a while the cough intensified,

my spine ached, and I had sharp pains in my head. I went to my oncologist and said something is very wrong. Please check my lungs, my spine, and my head too.

By then there were tumors throughout my bones including my skull. On the PET scan image of my body, there were so many dots, I looked like a leopard. The doctors offered me little hope. They assured me that I had an incurable and terminal (3-6 months) illness. The best they could do was buy me a little time with chemotherapy. The odds of it working were less than 40%. What did give me some immediate relief was a procedure called thoracentesis. The cancer caused the cavity behind my lungs to collect

fluid. On the right side, there was so much fluid, it was collapsing the lung. When they drained over a liter of fluid out, it was very painful as the lung gradually re-inflated. I endured this procedure three times in the ensuing months.

The first scan was after three chemotherapy treatments (nine weeks). There was little change and no real regression in the cancer. I was weak and sick in bed by then. My days were spent mostly in bed or doctor's offices. Between the chemotherapy and the lack of oxygen, I was crawling up the flight of stairs to my living space whenever I came home from being out.



The saving grace was the blog I started. The love and support I received there (over 14,000 hits in eight months) and on Facebook was amazing. So many people included me in their prayers. Friends and family started coming to visit to say their goodbyes, people I hadn't seen in years – cousins, former co-workers and bosses. It was so beautiful to sit on the couch and visit with them. Often I would take them sightseeing if they had never been to Colorado. I would sit in the van and watch them walk around and explore. I love showing off my beautiful state.

Everyone collectively kept saying, "You have so much life in you still. How can you be dying?" One friend commented how amazing it was that I was still "me" despite everything. Then my body got in on the act. It started complaining. It seemed it was tired of lying around and wanted to stretch and move. I wasn't sure what to do, but I surveyed my body and it still seemed to be pretty sturdy. The lungs weren't working, and the chemo made me feel lousy, but the rest of the body still seemed to be quite healthy.

I got out of the bed and started researching options on the internet. Friends gave me books and sent me links to everything under the sun. There were many alternatives to the classic model of chemo, surgery and radiation – that I knew I could do something different. What I realized quickly is that lots of different things work for some people and nothing seemed to work for everyone who tried it. I concluded it was faith in whatever you choose that was the key. I knew I had no faith in my chemotherapy, and that my doctors didn't either.

A friend sent me a link to an interview with a doctor named Lissa Rankin. She had just published a book called *Mind Over Medicine*. In the interview, she said that 95% of patients whose doctors believe they are going to live, live and 95% of patients whose doctors believe they are going to die, die. I was ready to fire my

oncologist immediately. More importantly I was ready to live. Rankin said it was faith in the therapist and the therapist's faith in the therapy that seemed to make the difference. Faith, it kept coming back to faith. It also helped to reduce stress and relax the body/mind so the immune system could recover to do its job.

“  
I found treatments I could put my faith in... resurrected my meditation and prayer practice, started walking and doing yoga, and rejoined the world.”

I found treatments I could put my faith in including a ketogenic and anti-angiogenic diet and two non-chemotherapy drugs (faslodex and xometa) among other things, resurrected my meditation and prayer practice, started walking and doing yoga, and rejoined the world. My prognosis was 3-6 months.

Nine months later, I have birthed a new me. On the most recent scan, I am "dot free." The tumors in my lungs are gone; the bone pain is mostly gone; my blood levels are normal; I am 40 pounds lighter; and I feel better than I have felt in at least

## SIGVARIS

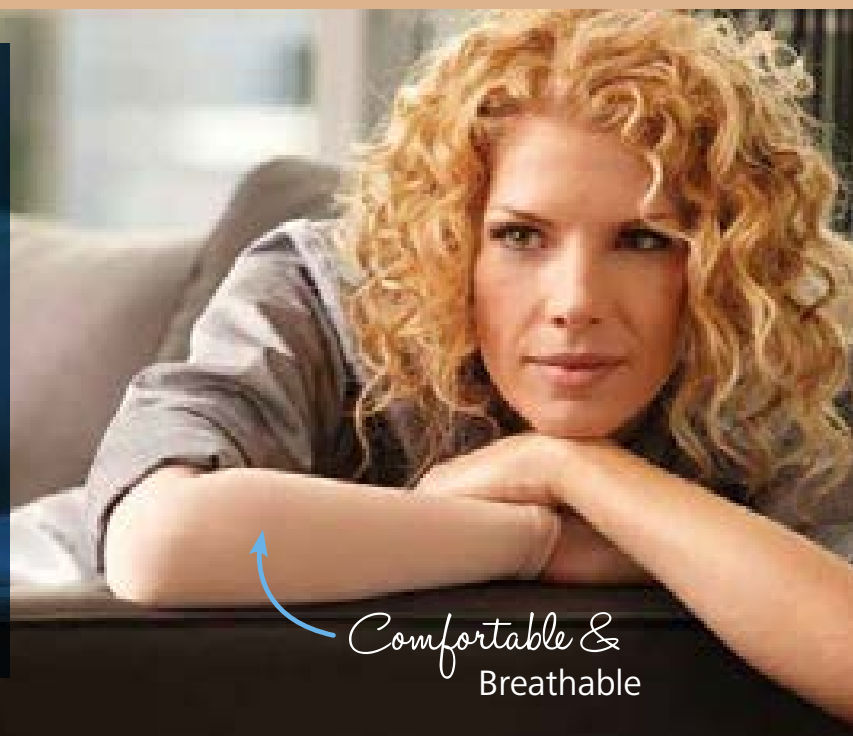
### ADVANCE Armsleeve

From the Graduated Compression Experts

Be *Natural.*  
Be ADVANCE.

**Inspired By You.  
Designed For You!**

Enhanced design increases daily wear for long-term Lymphedema management.



*Comfortable &  
Breathable*

For more information: [sigvarisusa.com](http://sigvarisusa.com)



five years. My friends say I am glowing. Certainly I feel more vibrant and alive than I can remember feeling since I was young. My faith in the potential of the human body has been restored. On a recent visit to the chiropractor I saw a quote by B.J. Palmer the founder of chiropractic, "The power that made the body, heals the body. It happens no other way." I believe the combination of faith in my therapies and in my body's capacity to heal itself gave it a chance to do just that. ■

Fay Octavia Elliott is an ordained minister and chaplain with a ministry focused on issues of cancer, aging and dying. She teaches meditation programs to people with cancer and chronic illnesses, caregivers, and people grieving losses. She can be reached at [info@FullyAwakeInc.com](mailto:info@FullyAwakeInc.com). Read her cancer blog at [www.mylifeline.org/fullyawake](http://www.mylifeline.org/fullyawake).

*PUBLISHERS NOTE: Your results may vary. Please seek professional advice what is best for you.*

**Celebrating  
15 Years  
as a  
Stage IV  
Thrifer!**

Are you looking for an experienced,  
refreshing speaker at your next event?

### **You can make a difference. Let's Go Beyond Treatment**

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 plan and.... 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](mailto: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.**

**GoBeyondTreatment.com**

# Encouragement Thru *Caring*

BY ROSIE VERSLUES

**The name of our support group is ETC.** It stands for Encouragement Thru Caring. Some of us girls think it should stand for Extra Tough Chics.

We meet monthly usually at a cancer center in Jefferson City Missouri. An oncology nurse, Carol England, comes to our meetings and has been doing that for at least 5 years. It is nice to have questions answered at the meetings if someone has a medical issue.

We will mark out 25th anniversary in 2014. It was begun by Mrs. Wankum. At that time I was a about a 3 year survivor and it bothered me quite a bit to talk about my experiences. But at one of the meetings when I introduced myself as a 3 year survivor, the lady sitting next to me was very encouraged by that. That is when I realized I could help someone by spreading encouragement and hope to others. I am the only one still attending from the original support group. I continue to visit with many breast cancer survivors and tell them my story.

I have kept a large scrapbook over the 25 years of our support group. It contains many memories. One is a beat up calendar where I kept a schedule of volunteers to stay with one of our members who wanted to be at home when she passed. I asked the family if there was anything I could do and they gave me the job of lining up volunteers. It was a great task and I spent many hours on the phone, but we got the job done and was able to grant her wish.

December 10, 2013 was my 27th anniversary since my breast cancer surgery. I feel truly lucky and blessed and am thankful that God gave me life and a chance to see my children graduate, get married and enjoy my grandchildren. The morning of my surgery, I asked God for these blessings. I will forever be grateful. People can reach me at my home (573) 635-3283. ■



*Cutline*





# Pink Pages DIRECTORY

BreastCancerWellness.org

## Apparel



### RADIANT WRAP

Feel beautiful during Radiation Treatments! Radiant Wrap is an alternative designer gown made exclusively for women to wear during Breast Cancer Radiation Therapy. Makes the perfect gift for you or for someone you love! [www.theradiantwrap.com](http://www.theradiantwrap.com)



Let's Be Comfortable

Post-op Top provides unique, comfortable, fashionable and affordable apparel for post operative breast cancer patients.

[www.postopap.com](http://www.postopap.com) 714-356-7650

## Apparel/Moisture Wicking



**WILD BLEU** Sleep Dry, Sleep Cool, Stay Asleep. Moisture wicking heat release fabric of Bamboo origin pulls moisture away from the body evaporating 4 times faster than cotton and virtually eliminates odors. [www.wildbleu.com](http://www.wildbleu.com) 877-365-7228

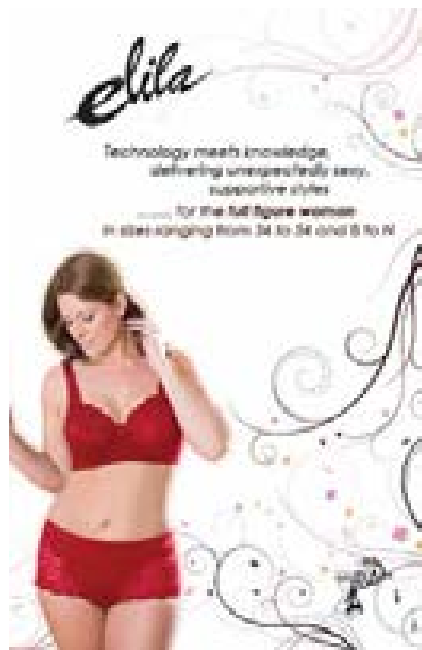
## Books

### BEHIND THE SCENES OF BREAST CANCER

Award-winning prime time news anchor Brenda Ladun openly shares her struggles and victories through her transformational journey with breast cancer. Learn more at [www.NewHopeDigital.com](http://www.NewHopeDigital.com).



## Bras



## Caregiver Support

**Voices of Hope**  
*Sharing the Journey*

**DVDs offer emotional support for the breast cancer journey for both the patient and the caregiver.**

**One free copy with any donation.**

For ordering information visit our website [voicesofhopebc.com](http://voicesofhopebc.com) or call Diane Davies at 651-436-7234.



## Compression Garments



**ACADEMY BANDAGES** is the leading supplier of lymphedema treatment supplies and training courses. We have a comprehensive list of supplies and excellent customer service. Visit [www.acols.com](http://www.acols.com) or Call Today 800-863-5935!



**YOUR ONE-STOP SHOP** for lymphedema and compression therapy products at discount prices. All major brands plus economical alternatives. Quick shipping! Order online or call 1-877-545-8585. [www.Brightlifedirect.com](http://www.Brightlifedirect.com)



**LYMPHEDEMA PRODUCTS** carries compressions bandages, gauntlets/gloves, arm sleeves, legwear/hosiery, nighttime compression devices, foams and padding, shoes/boots skincare lotions and educational materials for Lymphedema, venous edema and other edemas. Call Kelly Thomson at 866-445-9674, Fax 866-445-7800. <http://www.LymphedemaProducts.com>



[WWW.FARROWMEDICAL.COM](http://WWW.FARROWMEDICAL.COM)



[WWW.MEDIUSA.COM](http://WWW.MEDIUSA.COM)

## Cosmetics



**ALLNATURALCOSMETICS.COM** carries over 700 toxin-free makeup, haircare, skincare, and bodycare products. Purchase sample sizes first to ensure satisfaction. We scrutinize the ingredients so you don't have to! 888-586-9719 [www.allnaturalcosmetics.com](http://www.allnaturalcosmetics.com)

## Gifts



Treasured Gifts for those we Cherish!

**NEW! Artisan Accessory Signature Collection**



Scarves \* Turbans \* Tea Towels \* Journals  
Marble Magnets \* Vanity Bags \* Pillows  
[www.BaldBeaute.com](http://www.BaldBeaute.com) 970.846.7907

## Hair Loss Solutions



**DR. LEWENBERG'S FORMULA** is a medical treatment that regrows hair more quickly and completely after cancer treatment by reversing damage to hair follicles and stimulating them. We treat most forms of hair loss and tailor the treatment for each patient. 212-249-8800 [BaldSpot.com](http://BaldSpot.com)



Advertise in  
**BCW**

## Hair Loss Solutions



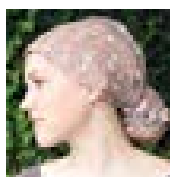
### EMBASSY STUDIOS HAIR RESTORATION

Chicago's most trusted name in hair replacement for over 40 years. Specializing in cranial prosthetics, hair replacement systems and neograft hair transplant. [www.embassyhairloss.com](http://www.embassyhairloss.com) Please call 312-642-9800

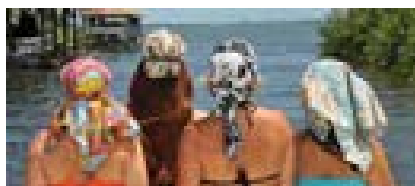
## Hats & Headwear



**ANOKHI** The softest cotton scarves you will find! Dozens of beautiful prints for all tastes. Squares and rectangles for many tying variations. Breathable, non-slipping cotton for total comfort and loveliness! "Tying Guide Available". 978-341-0753 [www.anokhiusa.com](http://www.anokhiusa.com)



**HATS, SCARVES AND MORE** Beauty that nurtures and delights your spirit. Over 100 different styles of hats, beanies, headscarves, and sleep caps that feel like jammies and look like a million bucks. Fast, low-cost shipping. Free shipping over \$100. 1-877-838-6151 [www.hatsscarvesandmore.com](http://www.hatsscarvesandmore.com)



**ABONITA SCARF** is a unique cotton head scarf that has a built in adjustable headband that snaps and stays on! Designed by breast cancer survivor Bonita, who found a need for a stylish, comfortable solution for hair loss. You get four different looks without tying! \$24-\$26 each [www.abonitascarf.com](http://www.abonitascarf.com) 321-432-3390

## Lymphedema Product



**ACADEMY BANDAGES** is the leading supplier of lymphedema treatment supplies and training courses. We have a comprehensive list of supplies and excellent customer service. Visit [www.acols.com](http://www.acols.com) or Call Today 800-863-5935!



**LYMPHEDEMA PRODUCTS** carries compressions bandages, gauntlets/gloves, arm sleeves, legwear/hosiery, nighttime compression devices, foams and padding, shoes/boots skincare lotions and educational materials for Lymphedema, venous edema and other edemas. Call Kelly Thomson at 866-445-9674, Fax 866-445-7800. <http://www.LymphedemaProducts.com>



**OJ MEDTECH** Providing lymphedema pumps and compression garments for post mastectomy lymphedema. Certified fitters ensure the right fit for your compression needs. Insurance specialists work with most insurance companies, ensuring little to no out of pocket costs. 888-414-9737, [www.ojmedtech.com](http://www.ojmedtech.com)

## Mastectomy Products



**ABC** creates post-mastectomy solutions for women all over the world. We're dedicated to helping women lead fuller lives after breast surgery. Find ABC in a mastectomy center near you. Visit [www.americanbreastcare.com/retailers.html](http://www.americanbreastcare.com/retailers.html)

Contact **BONNIE PHELPS**, Director of Sales for your advertising, online banner ads, product launches, events, advertorials, and catalogs...

**Email** — [bonnie@breastcancerwellness.org](mailto:bonnie@breastcancerwellness.org)

**Phone** — 417-581-3438

## Mastectomy Products

### Janac Mastectomy Wear for Fighters & Survivors

Designed by a breast cancer survivor



Been-A-Boob  
by Janac

NEW adjustable non-silicone breast form for use during reconstruction, weight loss and in-between sizes

Fits any regular or mastectomy bra

Check website for all styles of breast forms and our products with built-in pockets.

[www.janacmastectomywear.com](http://www.janacmastectomywear.com)

Call 905-332-7576

Toll Free 1-866-290-0821

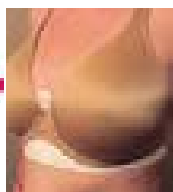
Call for further information and request a brochure. Wholesale is available.

## Mastectomy Products

NEARLY ME®  
Mastectomy Products

[WWW.NEARLYME.ORG](http://WWW.NEARLYME.ORG)

Pambras  
Full Coverage  
BRA LINER



PAMBRA'S LLC #1 Doctor recommended, soft cotton liner, absorbs perspiration, stops heat rash, fungus. Multiple styles and new tummy liners. [www.pambras.com](http://www.pambras.com)

Trulife

[WWW.TRULIFE.COM](http://WWW.TRULIFE.COM)

## Natural Skin & Hair Care



Botanicals  
for Hope  
Skincare that Cares

**BOTANICALS FOR HOPE** Additive-free and fragrance-free skin care products created by a cancer patient using ingredients from nature. [www.botanicalsforhope.com](http://www.botanicalsforhope.com) [info@botanicalsforhope.com](mailto:info@botanicalsforhope.com)

Earth Angel Minerals

**EARTH ANGEL MINERALS** 100% Pure Botanical Infused Cosmetics & Skin Care. NO Parabens, Phthalates, Bismuth Oxychloride, or cancer causing chemicals. Being a cancer survivor, I created a natural, affordable alternative to natural brands. [www.tryearthangelminerals.com](http://www.tryearthangelminerals.com) 918-237-0943

## Oncology Nurse Navigators

NCONN  
National Coalition of  
Oncology Nurse Navigators

NCONN promotes excellence in oncology patient care by fostering collaborative relationships and professional development among oncology nurse navigators and all healthcare disciplines locally, regionally and nationally. [www.nconn.org](http://www.nconn.org)

## Prosthesis

Gracefully  
Yours  
By Braza®

- Breast Forms
- Balance Forms
- Discrete Accessories

All at affordable prices!

visit us at:  
[www.braza-bra.com/breast-forms/](http://www.braza-bra.com/breast-forms/)

During Every Stage of Your Recovery,  
You **CAN** Be Comfortable  
and Attractive!

THE WOMAN'S  
PERSONAL HEALTH RESOURCE, INC.®

We Are Your Solution!

Providing...

### Post-Mastectomy Products

Breast Forms • Bras • Camisoles  
Swimwear • Skin Care • Exercisewear  
Leisure Wear • Wicking Sleepwear

EVERY MANUFACTURER AVAILABLE  
HELP WITH MEDICARE

877-463-1343

[www.womanspersonalhealth.com](http://www.womanspersonalhealth.com)

## Sleepwear & Bedding



Wild BLEU®

**WILD BLEU** Sleep Dry, Sleep Cool, Stay Asleep. Moisture wicking heat release fabric of Bamboo origin pulls moisture away from the body evaporating 4 times faster than cotton and virtually eliminates odors. [www.wildbleu.com](http://www.wildbleu.com) 877-365-7228

## Support Groups

**BREAST FRIENDS OF CADILLAC MI** Breast Friends Affiliate Support Group. Meets second Monday of each month at 5:30 p.m. at CareLinc Home Medical Equipment and Supply, 205 Bell Ave, Cadillac MI. Contact Robin Mosher at 231-775-7143, [rmosher@carelincmcd.com](mailto:rmosher@carelincmcd.com) No one should go this alone!

# SAVE <sup>THE</sup> DATE



NATIONAL AFRICAN AMERICAN BREAST CANCER  
SURVIVORSHIP ORGANIZATION

NATIONAL AFRICAN AMERICAN BREAST CANCER CONFERENCE  
AND PINK ANGEL AWARDS LUNCHEON

*celebrating*  
**20 YEARS**  
**OF SURVIVORSHIP**

General Sessions  Workshops  Style Show  Sunday Brunch



**OCTOBER 9 – OCTOBER 12, 2014**

**ROYAL SONESTA HOUSTON**  
(FORMERLY INTERCONTINENTAL HOTEL)

2222 W LOOP SOUTH FREEWAY  
HOUSTON, TEXAS 77027

For more information, please visit [www.sistersnetworkinc.org](http://www.sistersnetworkinc.org) or call 1-866-781-1808







All of our breast forms are  
hand-crafted with care in the USA.



American  
Breast Care

NEW  
FORM!

ask your fitter about

# ABC DIAMOND

## Collection

Introducing an innovative  
breast form solution for the  
**PHYSIQUE** of today's woman.

With the **ABC Diamond**  
Lightweight Silicone Breast Form  
you will:

- *Stay* cooler
- *Reduce* perspiration
- *Minimize* breast form shifting
- *Experience* maximum comfort

Specially designed for the  
woman that deserves **MORE...**



Stay Connected with ABC  
[www.americanbreastcare.com](http://www.americanbreastcare.com)

