



Breast Cancer Wellness

RADICAL REMISSION

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Beyond Hope

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Discovering

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— Beverly Vote, BCW Magazine Publisher



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If you are interested in joining the **BCW Leadership Circle** as a leader, teacher or partner, we are seeking Founding Members. Candidates can be patients, survivors, personal or professional caregivers, breast cancer nonprofits, mastectomy fitters, businesses who support the needs of breast cancer, family members or friends. If you are interested in making a different type of difference, perhaps this is for you.

To learn how to qualify, email me at beverlyvote@gmail.com and I will personally fill you in on the details.





COVER THRIVER

Barbara Musser p. 24

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Contents

42



6



36



Openings }

4 Editor's Letter

Grow }

6 What is Radical Remission?

10 Chemo Secrets

Nourish }

12 Black Cohosh for Menopause:
A Godsend or a Placebo?

14 Pink Ribbon Cooking

Renew }

20 Young Thrivers

Inspire }

24 Discovering Love and Beauty
on the Journey

32 Moving Beyond Hope

36 Healing My Whole Self

42 The Gift of Another Chance

Connect }

44 Pink Pages Directory



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HEARTFELT WORDS

DEAR FRIENDS,

Each person who has contributed to this issue of the magazine wants you to gain something of value from their heartfelt words. May we each learn what we need to know from their research, experiences, lessons, as well as their pain.

Ten years, ten countries and over one thousand cases of medically documented cases of radical cancer remissions became the research of Kelly Turner Ph.D. Her findings identified nine of the most common key healing factors among those who have survived cancer against the odds. The opinions of these diverse survivors mirror the opinions of many integrative and holistic cancer experts — that releasing our suppressed emotions helps us heal from cancer. [p.6](#)

Is it possible to experience love and beauty after a breast cancer experience? Barbara Musser shares her story how she went to great lengths to live up to the image that marketing giants want us to believe about beauty. She also went to great lengths to learn anew about beauty and self love... by baring not just her soul, but also her bare body to perfect strangers. This brave experience helped Barbara transform her limited and self-imposed painful perspective into a new healthier understanding about herself. [p.24](#)

After her third diagnosis of breast cancer and being told to get her affairs in order, Lori Baran took the recommendation of her physician to add integrative treatments to her journey to wellness. Educating herself became a regular part of her life and today Lori spends her time advocating for the mission

of breast health. Remember to seek qualified and experienced professional caregivers for your journey, whether it is integrative or traditional treatments, it is your choice and you deserve the best. [p.32](#)

Rhonda Smith shares what she learned through her yoga practice to heal her whole self and how what happens “on the mat” is a reflection of her life “off the mat.” Miya Goodrich-Phillips writes her letter of heartfelt wisdom I will long remember. [p.36](#)

Beginning May 1, BCW and Barbara Musser invite you to listen to the re-launched Inspire! Show. Barbara’s first series of interviews will be with leaders in the field of thriving. We can’t wait to share these series of interviews and webinars; they are being recorded so you can listen at your convenience. [p.2](#)

Be a Thriver!

Publisher

21 Year Breast Cancer Thriver

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P.S. Remember the healing words of Bernie Siegel, M.D. “Do what makes you happy” as part of your daily prescription.

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WHAT IS RADICAL REMISSION?

BY KELLY A. TURNER, PhD

I began studying Radical Remission out of frustration.

Ten years ago I was counseling cancer patients at a major cancer research hospital in San Francisco, helping people deal with the emotional roller coaster of their cancer journeys. During my lunch break one day I came across a case of Radical Remission in a book I was reading — and froze. Had this really happened? If so, why hadn't I heard about it before? Why hadn't it been on the front page of every newspaper? Later that

night, I did more digging and quickly found that there were over a thousand of these cases published in the medical literature — and yet, no one was really looking at these cases as a whole in order to find possible common threads. That's when I decided to pursue this field so I could study these Radical Remissions in depth.

This is what led to my work of studying people who were supposed to die. When I put it that way, it sounds morbid, but in reality studying Radical Remissions is incredibly uplifting. A Radical Remission is any cancer remission that is statistically unexpected. To be more specific, I look at three categories of Radical Remission:

1. People who heal from cancer without using any conventional medicine at all.
2. People with cancer who first try conventional medicine, but it does not work, so they are forced to switch to other methods, which do work.
3. People who use conventional and alternative medicine at the same time in order to overcome a very serious prognosis (i.e., any cancer that has a less than 25% 5-year survival rate, such as advanced lung or pancreatic cancer).

Some people call these remissions 'miraculous healings' or 'spontaneous remissions,' but I prefer the term 'radical remission.' A miracle is too closely associated with religion, and 'spontaneous' implies that the remission occurred by chance. Instead, most of the incredible survivors I studied ended up making radical changes to their lives, so they take offense to the idea that their healing was simply by accident. That's why I prefer the term "Radical Remission" — because these people's radical changes have led to a radical result: surviving cancer against all odds.

This research has taken me around the world to ten different countries where I

have scoured mountains, cities, and jungles for cancer survivors and alternative healing facilitators who are achieving Radical Remission. After analyzing over 1,000 of these cases, I have identified more than 75 healing factors that these people use to get better, nine of which are by far the most common. The book *Radical Remission* is the culmination of this decade-long research and it includes these nine key healing factors in depth.

Some of these factors I expected to see, such as changing one's diet in certain ways, while others were more surprising, such as working with their intuition.

One Key Factor: Releasing Suppressed Emotions

I expected to hear mostly about vegetables and vitamins from the Radical Remission survivors I interviewed, which is why I was surprised when the topic of managing emotions kept coming up again and again; it couldn't be ignored. For example, the Radical Remission survivors kept mentioning that releasing suppressed emotions that are held in the body — such as stress, fear, grief, or resentment, etc. — helped them, in their opinions, to heal their cancer.

In the mind-body medicine field we hear a lot about the power of positive thinking, but not as much about the power of letting go. Radical Remission survivors certainly don't have positive thoughts 100% of the time, but they do make it a priority to feel fully — and then release fully — any emotions that come to them, whether positive or negative. That way they are always able to be fully present in the moment, instead of troubled by the past or worried about the future.

One Radical Remission survivor that I interviewed who focused on releasing emotions from her past in order to help heal her cancer is "Emily," who was diagnosed with Stage 4 cervical cancer. She agreed to have surgery, but when her doctor insisted



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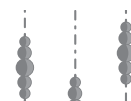
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on following up with chemotherapy and radiation in order to treat her metastases, Emily hesitated and asked her doctor to give her a couple of weeks to try to resolve the issue on her own. Her intuition told her that her already weakened body would not be able to handle such intense treatments, and more importantly, her previous training in emotional wellness led her to believe that suppressed emotions from her recent divorce might be keeping her immune system from working as well as it could:

"I asked my doctor to give me a couple of weeks. I explained to him about my brutal, unexpected divorce. My doctor gave me the opportunity to do that, but told me to come back after those two weeks and have a CAT scan and other tests to be sure the cancer was gone. So, I agreed. For a couple of weeks I prayed, cried, laughed, forgave, did Yoga, Healing Touch and Reiki, and one day at a time started clearing and dealing with my emotional pain and grief. The process was truly healing on many levels."

When Emily went back for a follow-up scan just two weeks later, her doctor was shocked to see that her metastases were gone and she had no detectable cancer left in her body. Six years later (and counting), Emily is now feeling happier and healthier than ever, especially now that she has

released the grief of her divorce.

The alternative cancer healing facilitators I study also agree that releasing suppressed emotions is a key factor in Radical Remission. One such healing facilitator is Michael Broffman, L.Ac, a well-known acupuncturist and herbalist from San Francisco who has treated thousands of cancer patients over the past twenty years. In my interview with him, Michael talked about the importance of releasing the emotion of fear from the body:

"We're mostly seeing Radical Remission when you can release somebody from fear... The people who experience Radical Remission, and those who have been the most successful in long-term remission even if they've been called back for treatment, are those who have the best way of dealing with uncertainty. Uncertainty seems to be a very key aspect – people who can stay in the present and not project fear into the future [do better]. So, if you can deal with uncertainty about the cancer by staying in the present, then that seems to be the ticket. From a remission standpoint, it seems to then cause the body to relax. The body relaxes, gets more oxygen, more oxygen means the cell has a better chance."

Michael's main healing tools, acupuncture needles and herbs, can help facilitate the

release of fear from the body, as can other healing activities such as meditation, psychotherapy, or guided imagery.

What Does Science Say?

Scientists are now telling us that the mind and body are not as separate as we once believed. There are hundreds of compelling studies from the field of psychoneuro-immunology (PNI) conveying how the connections between mind, brain, and immune systems interact with one another. When it comes to releasing suppressed emotions, PNI studies have shown that doing so can boost our immune systems in a variety of ways, from increasing our Natural Killer (NK) cell activity to reducing tissue inflammation. For example, in one study, breast cancer patients who took a 10-week stress management course had higher white blood cell counts afterward, as compared to a control group of breast cancer patients who did not take the course. In other words, finding ways to release the suppressed emotion of stress helped these women to strengthen their immune systems — and a strong and active immune system is essential for helping the body to heal after a breast cancer diagnosis.

In countless other studies, PNI researchers have shown that fear keeps the body stuck in fight-or-flight mode, which means the body cannot switch over to



rest-and-repair mode. Many people don't realize that these two modes of operating are mutually exclusive — so, if you are feeling fear, your body is not healing, and if your body is self-healing, you are not feeling fear. For example, in one study people who tended to be fearful to begin with did not produce any Natural Killer cells after being exposed to a stressor, while people who were by nature less-fearful did produce them. That is why so many of the Radical Remission survivors repeatedly told me that releasing fear from the body is one of the absolute best things a person can do to help the body heal — because fear literally shuts down the immune system.

Aiming for a Radical Remission

Along with the other eight key healing factors that have emerged from my ten years of research, releasing suppressed emotions is a good first step to take regardless of whether a person is aiming for a Radical Remission of their own, hoping to prevent cancer in the first place or trying to avoid a recurrence. While this research is exploratory in nature — which means the nine key healing factors should not be generalized to a larger population — other studies have shown that each of the nine healing factors is health-promoting and immune-boosting on its own. Therefore, taken all together, these nine factors can impact our health and happiness.

If you or someone you know has experienced a Radical Remission, please consider sharing your story at www.RadicalRemission.com. This free and soon-to-be searchable database of Radical Remission cases will allow us to continue learning from these wonderful examples of healing. ■



KELLY TURNER, Ph.D

The interest of Kelly Turner, Ph.D in complementary medicine began when she received her B.A. from Harvard University and it later became the sole focus of her Ph.D. At the University of California, Berkeley. Kelly's research included a year-long trip around the world.

Her newly released book, "Radical Remission: Surviving Cancer Against All Odds," summarizes her research and

is now available on Amazon.com. Dr. Turner also lectures nationally to cancer patients and wellness seekers who are interested in radical remission and inspirational examples of healing. She is also spearheading the Radical Remission Project, an interactive website that collects new cases of Radical Remission and connects current cancer patients with Radical Remission survivors.

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CHEMO SECRETS

BY ROXANNE BROWN

When I was diagnosed with breast cancer, I spent hours consulting oncologists, breast cancer survivors, books, magazines, support groups, newsletters and the Internet.

I was often frustrated by having to wade through long texts and multiple sources to find information. What I needed to know was scattered over this multitude of sources, in addition to numerous fliers, handouts, and Xeroxed sheets from my nurses. I felt overwhelmed and disorganized.



In order to help myself and to help others, I created a compilation of tips and resources into a book that shows how to manage information, communications, finances, work and side effects. Here are a few of the tips:

ORGANIZATION

CANCER101.org People are going to ask you over and over again “when and where and what has happened.” The Cancer 101 Planner is a 3-ring, tabbed notebook and pocket folder for people with cancer and their caregivers. It’s helpful when bills come in and when insurance companies are involved. You can pay for the system (\$20 plus \$4.95 shipping) or, in some circumstances, Cancer101.org will provide this planner free of charge when you call 646-638-2202.

CALENDAR You will have an energy pattern and it’s important to document it. Then you will know when you have high energy and should book fun things — and when you will have low energy and should not. Always tell people that you may need to cancel at the last moment — you’re going through cancer and/or chemo.

COMMUNICATION

FAMILYPATIENT.COM Teaches you easily and effortlessly how to build a free blog so that family and friends can check the blog for information updates on you — no need to repeat everything. Secret: Delegate blog administration to someone else.

HONESTY POLICY Consider leaving a message on your phone or email responder — “I may not return calls or emails because a lot is going on here. Thank you for your kindness.” Do be honest and say, “Please don’t tell me about everyone else who has cancer and who died from cancer. Let’s talk about normal things.” Many readers have said this was invaluable advice.

FINANCES

DON’T PANIC Medical charges are not necessarily set in stone. You can negotiate. Contact your hospital’s financial counselors or financial assistance center for help. Secret: Do not assume you make too much money for assistance. Cancercare.org provides free counseling with professional oncology social workers and also provides co-pay and financial assistance.

WORK

KNOW YOUR RIGHTS AT WORK Cancerandcareers.org provides free expert advice, essential tools and information for employees with cancer. Secret: If anyone (from the CEO on down) at your company has taken advantage of the Family Medical Leave Act, they may have set a precedent and you may be able to get the same benefit that they did. Your workplace needs to accommodate you.

SIDE EFFECTS

HAIR AND THE LACK THEREOF Secret: Fold a paper towel into fourths. Place it between your wig and your scalp; no more itch, no more heat and much more comfort.

PREVENT, ALLEVIATE, STOP MOUTH SORES With your doctor’s permission, use Arm & Hammer Baking Soda toothpaste and Biotene mouthwash. In addition, start this regimen 1-2 days before chemo and continue it on chemo day and for 3-5 days after chemo. Ask your doctor about using Arm & Hammer Baking Soda toothpaste, Biotene mouthwash and a combination of Lysine, Glutamine, and B6.

SPEAK UP AND TRUST YOUR INSTINCTS

With treatment completed, I was sure cancer was behind me and never looked back. After five years of going to see the oncologist every 3 months, I decided to skip my newly scheduled, “once every 6 months” appointment.

I canceled that appointment because ironically, I didn’t feel well. It was flu season and like me, many people were tired and had a persistent cough that wouldn’t go away. It did not dawn on me that I might have cancer again.

When I did finally see a doctor, I was misdiagnosed with the flu. Then I saw

another doctor who said, "With a list of symptoms that long, it must be something else — like a stressful job." Outwardly I agreed, but inwardly it didn't feel right.

When I was out of breath after climbing the stairs, I went to a heart doctor, who discovered fluid in my lungs. The breast cancer had metastasized to my lungs, bone and liver.

Once one has had cancer, these kinds of symptoms may mean more than the flu. If you've never had cancer, they still may not be the flu.

HEALTH MUST BE OUR NUMBER ONE PRIORITY. Keep your oncology appointments, eat more healthfully, get exercise and reduce stress.

HORMONAL THERAPY IS JUST AS IMPORTANT AS CHEMO THERAPY Don't decide to stop taking your hormonal therapy as I did. Should this be challenging, check with your doctor to see if taking a smaller dose is an option. Secret: Take Tamoxifen in the morning or it may keep you awake in the evening.

ACID REFLUX Secret: Drinking green vegetable juices seems to soothe this, along with prescription meds from your doctor.

NEUROPATHY Always get an okay from your doctor before following any suggestions. Secret: You may want to take Coenzyme B-Complex capsules and L-Glutamine to lessen the tingling and numbness.

PAIN Nip it in the bud. The minute you feel pain, nausea or depressed, tell someone — get help. It is so much easier to treat pain at the beginning. When you are in pain, the world looks negative. Don't go there.

SUPPLEMENTS Always tell your doctor what you are thinking of taking. Supplements can interact with other meds. Secret: If you choose to take supplements, start with the lowest dose and test them one at a time to gauge your unique reaction. Certain forms of calcium (calcium carbonate) may make you constipated. Some people get joint pain from drinking too much green tea.

GET PAID AND PAY IN Do elect to contribute to disability with your employer — my cost was less than \$4 a month. Because I did that, I am able to collect CA Disability — 55% of my salary. Also, my employer contributed, without my knowledge, to a private insurance company for additional long-term disability. That

company now pays 15% of my former salary — I am now getting 70% of my salary while on medical leave. This definitely decreases stress.

CREATE BEAUTY As I go through chemo again, a friend is helping me organize and declutter 58 years of accumulation. Secret: She suggested we also beautify as we do this. Making everything beautiful is the icing on the cake. My dishwashing liquid is no longer in the Dawn plastic bottle. It's in a gorgeous glass bottle with spout — purchased at a thrift store for \$1. I've glued an inspirational greeting card to the front of my 3-ring reminder binder and it's now beautiful to look at. Creating beauty makes life more fun and enjoyable and it can even make me enjoy doing the dishes — well, at least enjoy it more than I used to.

RESOURCES & RETREATS Her2support.org, Living Beyond Breast Cancer (LBBC.org), Breast Cancer conferences through LBBC.org and BCRecovery.org. Search the Internet to find breast cancer retreats. Many offer scholarships.

HELPING ONE ANOTHER Please share this article with others. And, should you purchase *Chemo: Secrets to Thriving*, please pass it along to the next person who needs it and the next until we no longer need it. ■

*The book 'Chemo: Secrets to Thriving' includes many more resources and tips. It can be purchased at Amazon.com, Barnes & Noble, or bulk orders at Norlightspress.com
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Black cohosh
(*Cimicifuga racemosa*)

BLACK COHOSH FOR MENOPAUSE: A GODSEND OR A PLACEBO?

BY CHRISTINE HORNER, M.D.

More than two centuries ago, deep in the shaded woods of the eastern United States, Native Americans discovered the root of a plant with the ability to improve a variety of conditions, including fever, arthritis, snake bites, menstrual cramps and menopausal symptoms. The rhizome-like root of black cohosh—scientifically named *Cimicifuga racemosa* and a member of the buttercup family—has been extensively studied in this country and in Europe primarily as an alternative to hormone replacement therapy for menopausal symptoms.

Also called black snakeroot, bugbane, bugwort, squawroot and rattle root, it has been approved in Germany for menstrual discomfort, as well as the physical and psychological symptoms of menopause including hot flashes, irritability, mood swings, anxiety, vaginal dryness and sleep disturbances.

What Makes Black Cohosh Great

Scientists have identified numerous active compounds in black cohosh, including triterpene glycosides (actein and cimicifugoside), saponins, cinnamic acid esters, and cycloartane glycosides. These biologically active ingredients have many health benefits, including balancing estrogen by mimicking it; however, they are not “estrogenic.” In other words, they don’t bind to the estrogen receptor. Rather, they work through a different pathway. Therefore, black cohosh has no adverse effects in the breast or uterus, and is safe to use in breast cancer patients.

Myth or Reality?

Numerous clinical trials studying the effects of black cohosh on menopausal symptoms have mixed results: Some studies show excellent improvements, while others show it is no better than placebo.

Yes to Black Cohosh

On the plus side, in the majority of black cohosh studies, thousands of women have experienced significant improvements in hot flashes, mood swings, depression, anxiety and vaginal atrophy and dryness. A big plus of this herb is that, unlike conventional therapies, such as hormonal drugs and antidepressants—which can increase the risk of uterine or breast cancer—black cohosh does not.

A double-blinded placebo-controlled study of 244 Chinese women showed significant improvement in symptoms with black cohosh, according to two evaluation tools used for measuring the severity of menopausal symptoms: the Kupperman Index and the Menopause Rating Scale. Another study conducted by the College of Nursing at Drexel University



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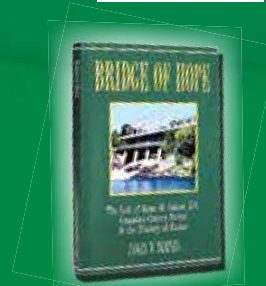
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in Philadelphia concluded that black cohosh is a safe and effective alternative to pharmaceutical hormone replacement therapy (HRT). Yet in another study of 304 postmenopausal women, black cohosh was found to have good efficacy and tolerability—particularly for hot flashes. Finally, a Mayo Clinic study showed black cohosh caused an impressive 56 percent reduction in hot flashes.

Because of positive results found by these types of studies, even the conservative

Western medical association—the American College of Obstetricians and Gynecologists (ACOG)—recognizes that black cohosh has value for menopausal symptoms.

Italian researchers point out that black cohosh may take up to three months to work. So don't get discouraged if your symptoms don't go away immediately. Be patient.

Questionable Results

Not all studies show positive results. A number of clinical trials, including the

2006 “Herbal Alternatives for Menopause Trial” (HALT) sponsored by the National Center for Complementary and Alternative Medicine (NCCAM), showed conflicting results. However, reviewers point out that these studies are plagued with design flaws, including lack of uniformity of the herbal preparation and dosing, inconsistencies in pre-evaluation and outcome measures, and the absence of placebo groups. They also did not report many of the beneficial side effects.

Beyond Menopause

Studies show that black cohosh has numerous benefits beyond alleviating menopause symptoms. Because of its anti-inflammatory properties, it is beneficial for arthritis. Using a variety of mechanisms, it helps to improve and preserve bone density, and therefore lowers the risk of osteoporosis. Black cohosh also appears to help with mood swings and anxiety. It does this by attaching to opiate receptors in the central nervous system. Activation of these receptors is known to soothe emotions, relieve pain, lower core temperature and balance sex hormones. Black cohosh also turns on receptors for the neurotransmitters serotonin and dopamine—both of which have antidepressant effects.

Safe and Effective for Breast Cancer Patients

When it comes to breast cancer, don't fear. Not only is black cohosh safe for breast cancer patients, it actually has protective effects against their disease. Spanish researchers documented that black cohosh has anti-estrogenic effects and inhibits the growth of tumors. In fact, a study published in the *Journal of Nutrition and Cancer* in 2007 found that this herb relieves menopausal symptoms in breast cancer patients without estrogenic effects in the body or breast.

In other studies, black cohosh was found to enhance the tumor-killing effects of the breast cancer drug Tamoxifen while relieving many of its side effects, including hot flashes, sweating, sleep problems and anxiety. This herb is also safe to take with aromatase-inhibiting drugs. For 90 percent of patients, the tolerability of black cohosh is rated good, or very good.

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Show Me the Way Out

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

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

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

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

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

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

—Beverly Vote, 21 year breast cancer thriver

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Side Effects

Side effects are rare occurring in less than five percent of individuals. The most common symptoms are gastrointestinal including abdominal pain, diarrhea, nausea, vomiting, and weight gain.

A few years ago, several cases of liver toxicity were reported in women taking black cohosh. A thorough investigation was immediately launched to determine if black cohosh was the cause. In one of the studies, Italian researchers reviewed the literature finding 42 cases of suspected hepatotoxicity. Only four of those cases had a possible association, but after further analysis none were found to be associated.

Another meta-analysis of five double-blind, randomized-controlled studies of black cohosh—as well as a prospective study of 107 patients taking black cohosh for 12 months—found no hepatotoxicity.

Getting the Best Results

No herb works well if your diet and lifestyle is poor. Eating a healthy diet, getting daily exercise balanced with the right amount of rest, and practicing effective stress-reducing techniques are a few of the basic foundations that help herbs to be more effective.

Everyone's chemistry is different. Because we are not the same, no single herb works well for everyone. Some women suffer with low estrogen

levels, others have poor utilization of estrogen, still others may have imbalances of estrogen to progesterone, erratic fluctuations of hormones, and/or sluggish metabolism of hormones. Different herbs and nutritional substances are needed to improve each of those imbalances. Therefore, the most effective menopausal formulas combine several different substances. For instance, Italian researchers found that when black cohosh is combined with isoflavones and lignans, symptomatic improvements were significantly better.

When it comes to alleviating menopausal symptoms, always start with healthy diet and lifestyle changes first. Sometimes your symptoms may go away with a few simple changes, such as going to bed by 10 p.m. If you find that you still need help, select a high-quality menopausal formula that contains therapeutic doses of several herbs, including black cohosh. Remember that it can take up to three months for significant improvements to occur. If possible, it is best to avoid taking pharmaceutical HRT because of its potentially dangerous side effects. Natural approaches such as those listed here are always best to try first. ■



Christine Horner, M.D.

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

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PINK RIBBON COOKING



Spring is a wonderful season, especially for those of us that spend time at the markets and in our kitchens. Spring represents rejuvenation, new life and an awakening of the earth's bounty. The markets provide many fresh, light and vibrant flavors and textures. Be sure to include something fresh and delicious every day!

Whole Wheat Pasta with Arugula & Peas

This screams the flavors of Spring! Serves 4.

1 lb. whole wheat pasta
2 cups arugula
2 cups peas, frozen
2 tbsp. extra virgin olive oil
1 medium lemon, juiced
dash salt
dash black pepper
1 oz. pecorino romano cheese, grated

1. Prepare the pasta as per manufacturer's directions.
2. While pasta is cooking place the arugula, olive oil and fresh squeezed lemon juice in a large serving bowl.
3. When the pasta is about 1 minute from being al dente add the peas to the pasta water. Finish cooking for another minute and then drain pasta.
4. Add the drained pasta and peas to the serving bowl and toss well to combine. Season with salt and pepper and top with grated cheese just before service.

NUTRITION FACTS

Serves 4. Amount Per Serving — Calories: 545 Total Fat: 10.60g Cholesterol: 7mg Sodium: 163mg Total Carbs: 99.63g Dietary Fiber: 15.65g Sugars: 3.61g Protein: 14.47g



The whole wheat pasta lends a wonderful nutty flavor that pairs nicely with the extra virgin olive oil, the peppery arugula and the assertive pecorino romano cheese. For a more plant-based focus, add more arugula or cut back on the pasta to get a better ratio of greens to pasta. This can serve 8 or more as a second course.

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Grilled Asparagus & Egg Salad

Serves 4 at Brunch.

1 lb. Asparagus, trimmed to 5" length
 1 tablespoon Extra virgin olive oil
 4 Large Eggs
 1 tablespoon Extra virgin olive oil
 2 ounces Parmesan cheese, fresh grated
 TT Sea salt
 TT Black pepper, fresh ground

1. Preheat a grill to medium-high heat.
2. Toss the asparagus with 1 tbsp of the olive oil, season with salt and pepper and place on the grill. Cook asparagus for 5 minutes or until slightly charred but still somewhat firm. Remove from heat and hold warm.
3. Cook the four eggs sunny side up style (using one tsp of olive oil per egg use a non-stick skillet to cook the egg only on one side until the egg white has set firm but the yolk is still raw).
4. Divide the asparagus on plates and top each pile of asparagus with an over easy egg.
5. Top each salad with a grating of parmesan cheese and serve.

NUTRITION FACTS

Serves 4. Amount Per Serving — Calories: 213 Total Fat: 14.91g Cholesterol: 196mg Sodium: 316mg Total Carbs: 4.76g Dietary Fiber: 2.38g Sugars: 2.32g Protein: 14.19g



The runny and warm egg yolk makes for stunning richness in this Parisian brasserie inspired salad.

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Chef Curtiss Hemm

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

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YOUNG THRIVERS!™

BY HEATHER JOSE

Heartfelt Advice *from Thrivers with advanced breast cancer*

Metastatic breast cancer or stage 4 breast cancer is the spread of breast cancer to non-adjacent parts of the body, oftentimes to the bones, liver, lungs and/or brain.

Who do you love? If I were to ask you who you loved, I'm guessing you could answer this question quickly and easily with names of family and friends, but I wonder if you would tell me that you love yourself. Likely if you did tell someone that you loved yourself you might get a strange look.

How do you show others that you love them? Perhaps you make them a special dinner, spend time with them, buy them a gift, or get up in the middle of the night to care for them. If I asked you why you do any of these things, most likely you would tell me you do these things because you love them and want the best for them.

A friend of mine was recently diagnosed with breast cancer for the second time. We have been talking about her options as she begins medical treatment again. But the conversation took on a slightly different twist when I asked her to love herself as much as she loves others in her life. Why? Because I want her to live a long life so that she can love her family for years to come. The conversation helped her to pause and consider how she could make more loving choices for herself.

The concept of self love goes against what has been engrained in us as women. For generations we have been taught to put everyone else before ourselves and it is killing us.

What if we applied everything that we know about caring for others and applied to ourselves when we are sick? What if we allowed ourselves the same grace that we allow others when they are having something big happening in their lives? What if we loved ourselves enough to not just get through, but to get well?

Healing begins with a decision and commitment to ourselves. Each of our lives is worth making that decision and that commitment.

When I was diagnosed all preconceived ideas about my life went out the window. I was sent home to enjoy the time I had left before I died. Because of these circumstances I immediately requested a leave from work and it was approved. But rather than spending all my time with my family, I also committed uninterrupted time to myself everyday. I used my time to exercise, to visualize the cancer leaving, to praying. I prepared healthy food, and I engaged with my support system. Having done these things I could spend time with my family fully enjoying each moment. Guess what happened? I got better. Could I have worked through treatment? The answer is yes. Most days I could have gone to work. Would I have had the time and energy to spend on myself if I was working? The answer is no.

I understand there are circumstances that prevent women from being able to focus solely on themselves after a breast cancer diagnosis. But sometimes it is just a habit that we choose taking care of others over ourselves, succumbing to expectations that aren't in the interest of wellness. Sometimes it is us being afraid to invest in ourselves or concerned what others might think of our choices.

The balance for you may lie somewhere in the middle. I tend to be an 'all in' person in anything that I do. But the question is: who do you love?



Heather Jose

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About Heather

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

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I never asked, “Why me?” When unexpected things happen, people have a tendency to ask that, but I never did. I say “unexpected,” not “bad,” because you never know what is going to come out of your experience. When I was first diagnosed, people from throughout my life reached out to share the impact I had on their lives. It was an amazing tribute that touched me deeply. I vowed to pay it forward, spreading that sense of worthiness to others. Each day, I tell someone what they mean to me and how they have impacted my life. Also, I ask for help. It is essential to let people help you, both for your sake and for theirs.

Loni Kaplan

“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination of hope.”

— Maya Angelou



From hospice to college graduate. I arrived home from the hospital to find a hospital bed in the dining room. I realize I may never sleep in my own bed again. It's time to sign the paper work for the final stage of my life. It is hard to believe the doctors are saying I only have three months to live. At my next appointment with my radiation oncologist, I tell her that “if I am healthy enough to come here for treatments, I'm healthy enough to be in school. Please help make it happen.” I was soon attending college pushing my blue walker and oxygen tank with my service dog at my side. Fast forward to 2013 with my radiation oncologist — she tells me that going to college saved my life. If I had not been so determined and goal driven I would not have been “here” today to graduate with honors with my second college degree. Since then, I have been discharged from hospice. My cancer is controlled. Today I am working with a friend in a publishing company that is on the edge of new technology. Metastatic breast cancer is not an automatic death sentence even though some doctors think so. My heartfelt advice is to live life the best you can each day.

Karen Lervandowski (age 51)

Invasive Ductal Carcinoma ER/PR + HER2 - Stage 2 with Metastatic Disease



When I was diagnosed with stage IV breast cancer at the age of 46, I was told I had only 30 days to live. So I began preparing myself for death. Not in a negative kind of way, but in a way that I found God. I know this sounds cliché, but when you are all alone at night sweating from chemo and drugged from a fractured spine, who else is there? Or when you are in a tube where everyone else is in a “safe” room, who is your comforter? It is easier to give up on life... to just roll over and die. So why am I still here and what truly matters to me? We all have to answer that question or we won't know how to truly live at all. When I am feeling weak or helpless, I pray. It is the most powerful thing I know I can do. When I am feeling blue, I do something for someone else. For me, it's all about love. And I know the day is going to pass no matter how I spend it, but some days are just meant for tea, pajamas and reruns on television.

Colette Gauthier (age 50)



Being diagnosed with stage IV breast cancer turned my world upside down on December 30, 2006. At that time, most of us weren't sure I would pull through. As my usual stubbornness took over, I went from being wheelchair bound due to the extreme pain to walking on my own and back to work in five months.

This ongoing journey has taught me so much.

1. I have learned to look for and dwell on the positive.
2. Friends are very important.
3. It's easier being the patient than being the caretaker.
4. Clinical trials are very important for those living with any disease and those that may develop a disease in the future. In a clinical trial, you will ALWAYS get the best of care.
5. Chocolate is good. I might have known that before I got sick, but it's still important.
6. It's ok to ask for help. Most people want to help, but don't know what you need.
7. You cannot fight this disease alone.
8. HOPE is important. Without it we have nothing to live for.

As I continue to live my new normal life with cancer, I reflect on how much hope is out there for those living with advanced breast cancer.

Kimberly Dafforn

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MRI's have shown that when people think of beautiful places that they actually trigger the parts of the brain that register various senses to elicit healing. Other ways to release endorphins are by laughing, daydreaming, meditating or simply breathing deeply.

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- May help aid creativity and performance

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THE JOURNEY: DISCOVERING LOVE & BEAUTY

BY BARBARA MUSSER

For years I believed our culture's narrow definition of beauty for women. You know it - the media image of thinness, abundant hair and breasts, wrinkle free and forever young and sexy. There's no escaping the bombardment of these messages and airbrushed images. I was tireless in my pursuit of reaching this impossible goal. I ate sparingly, exercised rigorously, slathered myself with creams and potions and spent big bucks on cosmetics, clothes and psychotherapy, all to feel like I measured up. At the same time I was devoted to a life of sensual pleasure and loved to eat good food, drink nice wines and feel wonderful fabrics on my skin. You can imagine that there was some internal conflict as I pursued pleasure and beauty, asceticism and indulgence.

Then came the words "You have breast cancer," received on my 37th birthday. I was single, newly divorced and my biological clock to have children was ticking loudly. My world was rocked and would never be the same. And I believed that now I was severely damaged goods and no man would ever choose to be with me. My self-esteem plummeted. How could it not since my perspective of my value as a woman was directly entrained to other people's values and beliefs about beauty and love.

Back in 1989, there were no obvious resources for women with breast cancer to help cope with the challenges of self-esteem, self-acceptance, body image,

intimacy and sexuality and living a happy life. Support groups were focused on many other issues and cancer remained a disease of fear and isolation. No one talked about quality of life because life expectancy wasn't long, measured against five-year survival statistics.

Breast cancer literally brought me to my knees as I prayed, meditated and asked for guidance about how to heal this deep wound to my being. Everywhere I turned I was reminded of my imperfections. I don't know if I was purposely seeking this as a way to add to my misery, but nonetheless, it was my reality at that time that I was imperfect, thus less likely to experience deeper levels of love.

This was my emotional and spiritual crisis and it plunged me into a dark night of the soul. It seemed that my life of love was over, ended before it really began. From my point of view there was no firm ground to stand on and I no longer knew who I was or what was truly important.

People had often told me how strong, wise and resilient I was, but I couldn't accept any such image of myself. I went into therapy to discover what reasons I had to live; life looked unappealing from the deficit I was in and I saw no way out.

It was time to reach into the depths

of my soul and psyche to mine the inner resources to not only survive the disease, but to meet my essential self. It meant going beyond the stories about my appearance and discovering who I really am - a perfect and precious being with a core of love and generosity of spirit, a beautiful soul. As I uncovered these truths I began to wonder about who I really was.

A miracle happened. I met an extraordinary man and we fell in love while I was in treatment. The power of love is

healing and life began to look brighter. He held my hand as I navigated treatment. He loved and nurtured me, body and soul. Being loved during the roller coaster of treatment helped me to see that perhaps my beliefs about my beauty and loveliness were neither healthy nor true.

Several years ago in my work as a healing facilitator, an angel came to me in a meditation. She worked through my hands to help heal some of the wounds to the life force energy that many women experience. I didn't know what this meant; only that I was asked to serve in this way. I accepted the invitation and began to work with women in areas related to their intimate and sexual experiences, to help their bodies and spirits heal so that they would know and experience their beauty and the gifts

"Since love grows within you, so beauty grows. For love is the beauty of the soul."

— St Augustine

“

It was time to reach into the depths of my soul and psyche to mine the inner resources to not only survive the disease, but to meet my essential self. It meant going beyond the stories about my appearance and discovering who I really am — a perfect and precious being with a core of love and generosity of spirit, a beautiful soul.”





beauty

“

**You are beautiful!
Beauty radiates
from you.**

This was an epiphany for me. My story about my deformity was not reflected back to me. Instead, I received love and compliments. In that moment, I realized that my stories about myself, based on cultural messages, were lies. I realized that not only am I beautiful, but my beauty comes from my inner radiance, honesty and courage. Self-inflicted embarrassment and unwarranted shame were transformed into authentic acceptance.

Later that day several women came to me and said that they also had breast cancer and I had helped them to heal. The next day five of us stood naked in front of the group - five women with breast cancer who had the courage to show themselves. As if on cue, everyone in the room knelt before us and bowed to honor us. There wasn't a dry eye in the house.

My life transformed as a result of this experience. I knew I was becoming a messenger to help women with breast cancer to love and accept themselves. I became a sex educator and a facilitator of the workshops. For fifteen years I traveled to three continents to lead the workshops and there were always women there with breast cancer. We had many conversations about the nature of beauty, desirability and sexiness. These have been unspeakable topics for many reasons including living in a time when it's shameful to celebrate ourselves and when women with breast cancer should be grateful to simply be alive and surviving. There hasn't been enough talk about how cancer and treatments impact the quality of our lives, especially our intimate lives. Few have been willing to delve into these private areas and explore the essence of beauty and love.

of being female. I knew I too would have to heal in these areas so that I could help others.

How did this all come together to serve the women of the world? In my search to heal, I discovered some personal growth workshops about love, intimacy and sexuality - workshops designed to help people learn to love themselves and their bodies, to enhance communication and to empower human greatness. The workshops were clothing-optional, meaning that participants had the option during the workshop to remove their clothing if they chose to. The intention was to help make peace with our bodies, to accept our bodies and to love our bodies.

I attended one of these workshop a few years after my treatment ended. By the second day many people had chosen to

remove some or all of their clothing. I felt conflicted about this, and intuitively knew this would be an important healing for me, to be naked in a roomful of 100 men and women. During the day I slowly removed my clothing, afraid of what others might think and say about my disfigured breast.

No one looked away or ran out of the room. I couldn't believe it. I took another big risk - I chose to stand in front of the entire group naked to show my body, to be seen as I was. Shaking and sweating I stood at the front of the room. I talked about having breast cancer, my big scars and misshapen breast and my unattractiveness. People were smiling and giving me signs of encouragement. People sitting as close at ten feet in front of where I stood looked at me and said, "What are you talking about? You are beautiful! Beauty radiates from you."

By the way, the extraordinary man and I married. We decided to have a child because it was worth the risk. My daughter is now 21 years old and she's a beautiful young woman who was conceived in love, who knows she is loved and beautiful inside and out.

Do I suggest that you attend one of these workshops and get naked to help you heal? It's not a faint-hearted path and not for everyone. This was part of my personal path. Every woman has an individual

journey to be experienced. The challenge is for each of us to create our personal path and trust ourselves as we embark on it and follow where it leads.

What I have learned is that empowerment is knowing that we can define beauty on our own terms and it begins by accepting and loving ourselves. This gives us confidence to know we are beautiful and that we deserve to have a life of love and intimacy.

Freeing ourselves from cultural stereotypes and loving ourselves as we are is one of the ultimate freedoms. ■

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And this is my **MORE**

Currently available data have not shown an increase in overall survival. Additional data will be available in the future.

Sunday Dinner

— Linda

Exemestane is available in the US under the brand name Aromasin® from Pfizer. It is also available in generic form.

IMPORTANT SAFETY INFORMATION

Patients should not take AFINITOR if they are allergic to AFINITOR or to any of its ingredients. Patients should tell their healthcare provider before taking AFINITOR if they are allergic to sirolimus (Rapamune®) or temsirolimus (Torisel®).

AFINITOR can cause serious side effects, which can even lead to death. If patients experience these side effects, they may need to stop taking AFINITOR for a while or use a lower dose. Patients should follow their healthcare provider's instructions. Serious side effects include:

Lung or Breathing Problems: In some patients, lung or breathing problems may be severe and can even lead to death. Patients should tell their healthcare provider right away if they have any of these symptoms: new or worsening cough, shortness of breath, chest pain, difficulty breathing, or wheezing.

Infections: AFINITOR may make patients more likely to develop an infection, such as pneumonia, or a bacterial, fungal, or viral infection. Viral infections may include reactivation of hepatitis B in people who have had hepatitis B in the past. In some people these infections may be severe and can even lead to death. Patients may need to be treated as soon as possible. Patients should tell their healthcare provider right away if they have a temperature of 100.5°F or above, chills, or do not feel well. Symptoms of hepatitis B or infection may include the following: fever, chills, skin rash, joint pain and inflammation, tiredness, loss of appetite, nausea, pale stools or dark urine, yellowing of the skin, or pain in the upper right side of the stomach.

Kidney Failure: Patients taking AFINITOR may develop kidney failure. In some people this may be severe and can even lead to death. Patients should have tests to check their kidney function before and during their treatment with AFINITOR.

Before taking AFINITOR, tell your healthcare provider about all your medical conditions, including if you:

- Have or have had kidney problems
- Have or have had liver problems
- Have diabetes or high blood sugar
- Have high blood cholesterol levels
- Have any infections
- Previously had hepatitis B
- Are scheduled to receive any vaccinations. You should not receive a live vaccine or be around people who have recently received a live vaccine during your treatment with AFINITOR. If you are not sure about the type of vaccine, ask your healthcare provider
- Have other medical conditions
- Are pregnant or could become pregnant. AFINITOR can cause harm to your unborn baby. You should use effective birth control while using AFINITOR and for 8 weeks after stopping treatment
- Are breastfeeding or plan to breastfeed. You and your healthcare provider should decide if you will take AFINITOR or breastfeed. You should not do both

Tell your healthcare provider about all of the medicines you take, including prescription and nonprescription medicines, vitamins,

and herbal supplements. Using AFINITOR with certain other medicines can cause serious side effects. Keep a list of medicines you take and show it to your healthcare provider when you get a new medicine. Especially tell your healthcare provider if you take St. John's wort (*Hypericum perforatum*), medicines that weaken your immune system (your body's ability to fight infections and other problems), or medicines for:

- Fungal infections
- Bacterial infections
- Tuberculosis
- Seizures
- HIV-AIDS
- Heart conditions or high blood pressure

If you are taking any medicines for the conditions previously listed, your healthcare provider might need to prescribe a different medicine or your dose of AFINITOR may need to be changed. Tell your healthcare provider before you start taking any new medicine.

Common Side Effects: Common side effects include mouth ulcers. AFINITOR can cause mouth ulcers and sores. Tell your healthcare provider if you have pain, discomfort, or open sores in your mouth. Your healthcare provider may tell you to use a special mouthwash or gel that does not contain alcohol, peroxide, iodine, or thyme.

Other common side effects include:

- Infections
- Feeling weak or tired
- Cough, shortness of breath
- Diarrhea and constipation
- Rash, dry skin, and itching
- Nausea and vomiting
- Fever
- Loss of appetite, weight loss
- Swelling of arms, hands, feet, ankles, face, or other parts of the body
- Abnormal taste
- Dry mouth
- Inflammation of the lining of the digestive system
- Headache
- Nose bleeds
- Pain in arms and legs, mouth and throat, back or joints
- High blood glucose
- High blood pressure
- Difficulty sleeping
- Hair loss
- Muscle spasms
- Feeling dizzy
- Nail disorders

Tell your healthcare provider if you have any side effect that bothers you or does not go away.

These are not all the possible side effects of AFINITOR. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Please see Brief Summary of Prescribing Information on adjacent pages.

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Brief Summary of Important Risk Information. This information does not take the place of talking with your doctor about your medical condition or treatment.

AFINITOR® (everolimus) Tablets

What is AFINITOR?

AFINITOR® (everolimus) Tablets is a prescription medicine used to treat advanced hormone receptor-positive, HER2-negative breast cancer, along with the medicine exemestane, in postmenopausal women who have already received certain other medicines for their cancer.

What is the most important information I should know about AFINITOR?

AFINITOR can cause serious side effects. These serious side effects include:

1. You may develop lung or breathing problems.

In some people lung or breathing problems may be severe and can even lead to death. Tell your healthcare provider right away if you have any of these symptoms:

- New or worsening cough
- Shortness of breath
- Chest pain
- Difficulty breathing
- Wheezing

2. You may be more likely to develop an infection, such as pneumonia, or a bacterial, fungal, or viral infection.

Viral infections may include active hepatitis B in people who have had hepatitis B in the past (reactivation). In some people these infections may be severe and can even lead to death. You may need to be treated as soon as possible. Tell your healthcare provider right away if you have a temperature of 100.5°F or above, chills, or do not feel well.

Symptoms of hepatitis B or infection may include the following:

- Fever
- Chills
- Skin rash
- Joint pain and inflammation
- Tiredness
- Loss of appetite
- Nausea
- Pale stools or dark urine
- Yellowing of the skin
- Pain in the upper right side of the stomach

3. You may develop kidney failure.

In some people this may be severe and can even lead to death. Your healthcare provider should do tests to check your kidney function before and during your treatment with AFINITOR.

If you have any of the serious side effects listed above, you may need to stop taking AFINITOR for a while or use a lower dose. Follow your healthcare provider's instructions.

Who should not take AFINITOR?

Do not take AFINITOR if you are allergic to everolimus or to any of the ingredients in AFINITOR. See full Prescribing Information for a complete list of ingredients in AFINITOR.

Talk to your healthcare provider before taking this medicine if you are allergic to:

- sirolimus (Rapamune®)
- temsirolimus (Torisel®)

Ask your healthcare provider if you do not know.

What should I tell my healthcare provider before taking AFINITOR?

Tell your healthcare provider about all of your medical conditions, including if you (check all that apply):

- ☐ Have or have had kidney problems
- ☐ Have or have had liver problems
- ☐ Have diabetes or high blood sugar
- ☐ Have high blood cholesterol levels
- ☐ Have any infections
- ☐ Previously had hepatitis B

- ☐ Are scheduled to receive any vaccinations. You should not receive a live vaccine or be around people who have recently received a live vaccine during your treatment with AFINITOR. If you are not sure about the type of immunization or vaccine, ask your healthcare provider.
- ☐ Have other medical conditions

- ☐ Are pregnant, or could become pregnant. AFINITOR can cause harm to your unborn baby. You should use effective birth control while using AFINITOR and for 8 weeks after stopping treatment.
- ☐ Are breastfeeding or plan to breastfeed. It is not known if AFINITOR passes into your breast milk. You and your healthcare provider should decide if you will take AFINITOR or breastfeed. You should not do both.

If you have checked any of the boxes above, be sure to discuss with your doctor before taking AFINITOR.

Tell your healthcare provider about all of the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements. AFINITOR may affect the way other medicines work, and other medicines can affect how AFINITOR works. Using AFINITOR with other medicines can cause serious side effects. Know the medicines you take. Keep a list of them, and show it to your healthcare provider and pharmacist when you get a new medicine. Especially tell your healthcare provider if you take:

- St. John's wort (*Hypericum perforatum*)
- Medicine for:
 - Fungal infections
 - Bacterial infections
 - Tuberculosis
 - Seizures
- HIV-AIDS
- Heart conditions or high blood pressure
- Medicines that weaken your immune system (your body's ability to fight infections and other problems)

Ask your healthcare provider or pharmacist if you are not sure if your medicine is one of those taken for the conditions listed above. If you are taking any medicines for the conditions listed above, your healthcare provider might need to prescribe a different medicine or your dose of AFINITOR may need to be changed. You should also tell your healthcare provider before you start taking any new medicine.

How should I take AFINITOR?

Your healthcare provider will prescribe the dose of AFINITOR that is right for you. Take AFINITOR exactly as your healthcare provider tells you to. Your healthcare provider may change your dose of AFINITOR if needed.

- Use scissors to open the blister pack
- Swallow AFINITOR tablets whole with a glass of water. Do not take any tablet that is broken or crushed
- Take AFINITOR 1 time each day at about the same time
- Take AFINITOR the same way each time, either with food or without food
- If you take too much AFINITOR contact your healthcare provider or go to the nearest hospital emergency department right away. Take the pack of AFINITOR with you
- If you miss a dose of AFINITOR, you may still take it up to 6 hours after the time you normally take it. If it is more than 6 hours after you normally take your AFINITOR, skip the dose for that day. The next day, take AFINITOR at your usual time. Do not take 2 doses to make up for the 1 that you missed. If you are not sure about what to do, call your healthcare provider
- You should have blood tests before you start AFINITOR and as needed during your treatment. These will include tests to check your blood cell count, kidney and liver function, cholesterol, and blood sugar levels



What should I avoid while taking AFINITOR?

You should not drink grapefruit juice or eat grapefruit during your treatment with AFINITOR. It may make the amount of AFINITOR in your blood increase to a harmful level.

What are the possible side effects of AFINITOR?

AFINITOR can cause serious side effects. See "What is the most important information I should know about AFINITOR?" for more information.

Common side effects of AFINITOR in people with advanced hormone receptor-positive, HER2-negative breast cancer include:

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> • Mouth ulcers. AFINITOR can cause mouth ulcers and sores. Tell your healthcare provider if you have pain, discomfort, or open sores in your mouth. Your healthcare provider may tell you to use a special mouthwash or mouth gel that does not contain alcohol, peroxide, iodine, or thyme • Infections • Feeling weak or tired • Cough, shortness of breath • Diarrhea and constipation | <ul style="list-style-type: none"> • Rash, dry skin, and itching • Nausea and vomiting • Fever • Loss of appetite, weight loss • Swelling of arms, hands, feet, ankles, face or other parts of the body • Abnormal taste • Dry mouth • Inflammation of lining of the digestive system • Headache • Nose bleeds | <ul style="list-style-type: none"> • Pain in arms and legs, mouth and throat, back or joints • High blood glucose • High blood pressure • Difficulty sleeping • Hair loss • Muscle spasms • Feeling dizzy • Nail disorders |
|---|--|--|

Tell your healthcare provider if you have any side effect that bothers you or does not go away. These are not all the possible side effects of AFINITOR. For more information, ask your healthcare provider or pharmacist. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Keep AFINITOR and all medicines out of the reach of children.

General information about AFINITOR

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use AFINITOR for a condition for which it was not prescribed. Do not give AFINITOR to other people, even if they have the same symptoms or condition you have. It may harm them.

This leaflet summarizes the most important information about AFINITOR. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information written for healthcare professionals. For more information call 1-888-423-4648 or go to www.AFINITOR.com.

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Moving Beyond Hope

BY LORI BARAN

I was diagnosed in 2008 with stage I DCIS and infiltrating ductal carcinoma in my right breast following a routine digital mammogram. Once the shock wore off, I knew that the right thing for me was a bilateral mastectomy. I wanted to avoid the radiation which I was told was necessary if I chose a lumpectomy. The mastectomy was performed two months later and my reconstruction was completed three months after that. At the time of my diagnosis I was 52 years old. I was convinced that my decision would eradicate this cancer from my body forever. I couldn't have been more wrong.



In May of 2010 I felt a lump under my right arm and a biopsy confirmed my worst nightmare. After an axillary lymph node dissection, 38 out of 38 lymph nodes were confirmed malignant. I had stage IV metastatic ductal carcinoma, ER/PR positive, HER-2 negative. I began chemo one month later. When finishing chemo, my scans were clear including the three hypermetabolic foci within my liver. Scans did reveal suspicious lymph nodes around my lungs and a mediastinoscopy was performed. The biopsies of the nodes near my lungs were benign. I was clear once again. Round two was over.

In August of 2011 I felt a lump under my left arm and this time I was definitely expecting the worst and with good reason. The biopsy was malignant.

In search of answers and hope I got second opinions from two leading cancer institutes across the country. More biopsies and scans were collected. Multidisciplinary meetings were held and the findings were presented. There was suspicious adenopathy in the bilateral infraclavicular and supraclavicular regions as well as 10 suspicious lymph nodes in the left axilla. The plan was for preoperative chemo followed by surgery and radiation. I felt totally defeated and was told to get my affairs in order. They said that I would be lucky to live two years. I just wanted to go home! I kept thinking what a total waste of time and money the whole trip was. Chemo did not work the first time...why would this time be any different? But what I didn't plan on was that the whole experience was about to set off the spark of "fight or flight" in me.

That same month my family doctor recommended a leading doctor in the field of integrative cancer treatment. I knew I was not

ready to give up and die so it was time to move forward with everything I had. We had a conference call and the integrative doctor was convinced that he could put my cancer into remission. I was cautiously optimistic!

Part of the integrative doctor's plan included a ketogenic diet along with a prescription dietary shake, nutritional supplements, including vitamins and curcumin. I was also put on Celebrex, C-Naltrexone, and metformin. I also kept my body in an alkaline state with "Alkala". I lived on a reduced calorie diet that was high in omega 3's. It included coconut oil, avocados, MCT oil, and egg yolks. I gave up all dairy, sugar and unhealthy carbs. I used the hyperbaric oxygen chamber at a local alternative treatment facility three times per week. I took probiotics and digestive enzymes every day. I started to exercise and run and lost 60 lbs. I started going for weekly massages and developed a positive attitude that I could beat this cancer. I was on a mission and there was no stopping me! I prayed for strength and a miracle and asked to be on prayer lists. I believed and visualized myself healthy and strong. I meditated regularly.

After three months on my new integrative plan my MRI showed marked improvement and after seven months, it showed no evidence of disease. I continue to have no evidence of disease (NED). I continue to resist the foods that cause inflammation and to monitor the stress factors that could wreak havoc on my body. Once I chose to live and fight, my attitude began to take me where I needed to go. I began to meet all the right people to continue to help me on my journey, and I on theirs. It is the sharing of our successes and helping others that truly heals us.

Others were amazed by my success and encouraged me to write a book, so I did. It's called *After Cancer By Lori*. If you had told me that I would someday become an author, I would have said you were crazy!

The one lesson that I have learned

from this is "Never, never, never give up." (Winston Churchill). I knew I had two choices: I could wait to die or I could choose to live. The journey is not an easy one but it is well worth it. I had to become my own advocate. There is a wealth of knowledge available that helped me find what was best for me.



I educated myself first and then became a part of the process of my healing. I moved away from the victim mentality. I joined forces with powerful people who shared my goal of healing and of putting an end to metastasis. Metastasis is the leading cause of death in breast cancer.

I am a member of the Michigan Breast Cancer Coalition and the University of Michigan Breast Cancer Advisory and Advocacy Committee. I attended my first national conference on breast cancer in December of 2013

and have also recently joined the Society of Integrative Oncology. I have gone to Washington DC and helped lobby. You might say that advocacy is my new normal.

I also included essential oils as part of my holistic plan. Essential oils rich in monoterpenes have powerful anti-cancer properties. They are also rich in limonene, with grapefruit and orange oils having over 90% limonene. The anti-cancer properties of limonene and citrus essential oils have been studied at over 50 universities and hospitals worldwide. Limonene has efficacy in preclinical models of breast cancer, causing greater than 80% of carcinomas to regress with little host toxicity. (Pamela Crowell, PhD, Purdue University) Frankincense oil has been used to experimentally shrink tumors in both animals and humans. Myrrh gum, like frankincense, was prized in ancient times for healing. Today it has been found to have anti-cancer properties. The anti-tumor potential of myrrh was comparable to the standard cytotoxic drug cyclophosphamide. (M. Al-Harbi, PhD. King Saud University) I have incorporated these therapeutic grade

of essential oils into my life. Not all oils are registered as safe for internal use and there is a significant difference among the grades and qualities of essential oils, so be careful! Aromatherapy is also helpful in the reduction of stress, restlessness, depression, anxiety, nausea, and pain.

I believe that I would not be alive today if not for the caring doctors of integrative medicine looking to treat the body as a

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I educated myself first and then became a part of the process of my healing. I moved away from the victim mentality. I joined forces with powerful people who shared my goal of healing and of putting an end to metastasis.

whole. We must do everything in our power to eliminate what caused our cancer in the first place. This starts with eating only whole, organic foods. If I had not changed my ways, I do believe that it wasn't a matter of *if* the cancer would return that it would have been a matter of *when*. We each are responsible for finding what is best for our individual needs.

In closing, here is my favorite quote by Albert Einstein:

“Insanity; doing the same thing over and over again and expecting different results.”

Do not be “insane”! We all have the ability to change and to heal.

Use that ability wisely.

Please note that my healing results are not an indication or guarantee of your healing results. Please contact your medical advisors and professionals for what is best for you. ■

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HEALING MY WHOLE SELF

BY RHONDA SMITH

Like many women, I'm sure hearing those four dreadful words, "You have breast cancer" are words I thought I would never hear. But, in May 2008, I was diagnosed with stage I breast cancer.

To say that it was a shock to me is an understatement, because throughout my entire life, I always took pride in being healthy and living what I thought was a healthy lifestyle. I have always been physically active and healthy, and although not perfect, I was always mindful of my eating habits. I thought I was doing all the right things, but, in retrospect, I was not. Reflecting on how I was living my life at the time of my diagnosis, I realize that I was doing the right things, well some of them anyway, but without the right intention. I was not paying attention to the "whole" me - not focusing on my health and wellness with the right intention, or in totality.

"Intention" is defined as a determination to act in a certain way; or a process or manner of healing. After my diagnosis, I learned the power of intention through my yoga practice. It was a very powerful way for me to heal my mind, body, and spirit from the physical, emotional, and psychological trauma of my breast cancer experience - through diagnosis, treatment, and recovery, and thriving after breast cancer.

Before my breast cancer diagnosis, my sole purpose for going to a yoga class was to improve my strength and flexibility.



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However, while going through treatment, yoga provided the only safe, strength building exercise I could perform. Fortunately, in lieu of going to a gym, I found an Ashtanga studio that was within walking distance of my home, so I began practicing Ashtanga Yoga. Many equate Ashtanga with Power Yoga, because typically Power Yoga is an exercise class rather a yoga practice. Ashtanga Yoga means “eight-limbed yoga”. The eight limbs are: restraint, observance, posture, breath control, sense withdrawal, concentration, meditative absorption, and “enstasy.” Enstasy means to “put together” or “bring into harmony”. Hence, the mind, body, spirit connection.

My Ashtanga “practice” became my salvation. It was the thing that truly delivered me from the consequences of my breast cancer experience – physically, mentally, emotionally, and spiritually.

When I practiced Ashtanga as a cancer patient, I realized how beneficial it was in helping me to combat the fatigue, the muscle and joint stiffness, and the insomnia I experienced as a result of my chemotherapy and radiation treatment. The meditation, the conscious breath and breathing with intention during my practice helped me to feel more relaxed, less stressed, and at peace with everything happening in my life that was beyond my control. I became intrigued by my



experience with yoga, and wanted to learn more about it, its real purpose and meaning, and its natural healing powers and health benefits. So I began to research. What I discovered in my research is how important it is to be aware and mindful of the mind, body, spirit connection, and the role that special connection plays in the healing process.

Practicing yoga with a different level of intention enabled me to be more aware of and in tune with my body. It also enabled me to be more mindful of how my physical, mental, emotional, and spiritual well-being are all interconnected. I realized that if I was going to completely heal from my breast cancer experience, I had to heal my “whole” self.

From my research, as well as from my practice, I discovered that yoga is a way to

A Healing Experience for Survivors — The “Recover, Restore Reenergize Yoga” Experience educates breast cancer survivors on the true healing powers and health benefits of yoga, how to practice yoga with a higher level of intention “on the mat”, and how to live a more mindful, healthier, and stress free life “off the mat”.

achieve and maintain the “whole” me – my physical, mental, emotional, and spiritual well-being. I achieved this in the practice of movement, breathing, and meditation through various yoga poses. In theory, these three things work together in harmony to improve circulation, stimulate the organs, and have a positive effect on the glandular system of the body, which ultimately can lead to better health.



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:

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Rhonda and teammates "put on their pink bras" at The American Cancer Society "Making Strides Against Breast Cancer Walk" in Miami, FL.

Yoga poses or postures are primarily intended to restore and maintain well-being and improve the body's flexibility and vitality. Certain poses have very specific physical functions that provide special benefits for breast cancer survivors, such as stretching the back of the body, or opening the front of the chest.

Over the past few years since my diagnosis, I have read many research studies that have been published on the benefits of yoga for breast cancer survivors. The reported studies have revealed that yoga can reduce fatigue and inflammation, and can improve sleep quality in breast cancer survivors. I am ecstatic that there is now proven scientific evidence that validates what I know from my own first-hand experience with yoga.

From my own personal research, which was more by default than by design, I learned the innate healing powers and health benefits of yoga. My biggest revelation, however, has come from realizing how much I can tell about what's going on with me - my life and my body - when I practice yoga. I can tell through my yoga practice what my body needs, as it will reflect if I am not eating or sleeping well, or if I am not "centered". If I am "off"

emotionally or not focused mentally, my ability to hold and stay in a pose, or remain stable in a balancing posture is off.

It's amazing what happens when you're connected to your inner self and when there is synchronicity between the mind, body, and spirit. Basically, when you just pay attention to what your body is telling you.

I have learned a lot through my yoga practice and how what happens "on the mat" is a reflection of my life "off the mat". Now, that I know this to be true, I can validate the following:

"The goal of our yoga practice is to put people in touch with Total Well-Being and allow that Total Well-Being to be expressed in their spirit, mind, body and the world around them." —Swami Chetanananda. ■

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

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

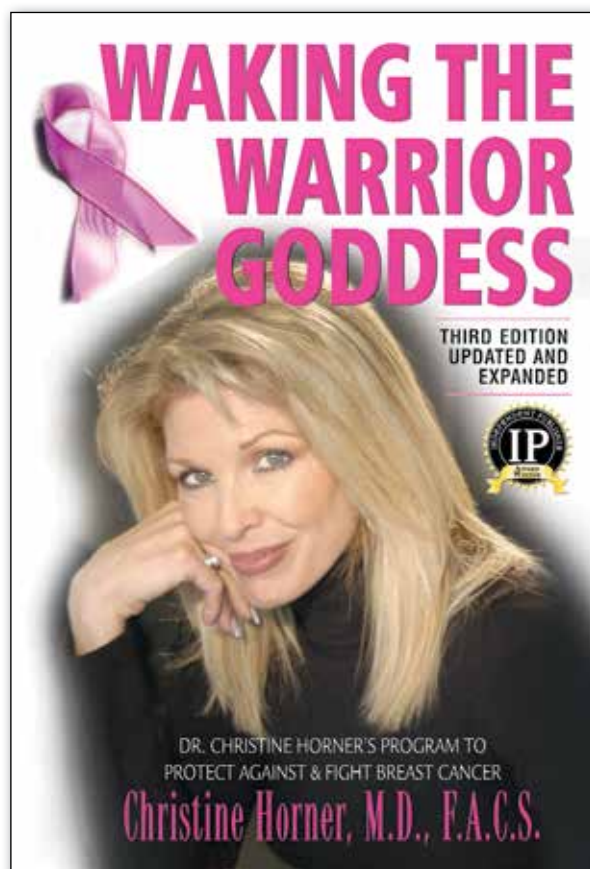
The final part of *Waking the Warrior Goddess* presents Dr. Horner's Thirty-Step Program for reclaiming health and defeating breast cancer. In addition, this book includes an extensive, newly updated resources section for obtaining the particular nutrients and products that our bodies need to become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

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The Gift of Another Chance

BY MIYA GOODRICH-PHILLIPS

Dear past self,

When you hear these the words, 'You have breast cancer' — your life will forever change. It will feel like your life is standing still and that your world has come crashing down. Initially you will be breathless, lost and scared. You will feel helpless and possibly forgotten. The world as you knew it has changed and there is no turning back. Without warning, you will be flung into a new space filled with darkness and despair. This will not last. Eventually things will begin to stabilize and you will regain footing. Soon you will begin the process of rebuilding from the inside out. You will never be the same. Cry for the person you are leaving behind and then let go. Carrying

resentment and regret will set you back.

Although the current situation is not optimal, it is still your life. Try your best to be present and savor every moment. At times you may feel like giving up and that's okay. The days can feel long and drag on. What you do not realize is you are rounding a corner, so please hang on and keep moving forward. There will be moments of relief with enough of a break for you to refresh your fighting spirit. At times you may feel alone and that no one truly understands. Share how you feel anyway. Keeping your thoughts to yourself will only isolate you. People want to help. Let them. As time passes the new routine you have come to know will come to a close. You will cry tears of sadness and joy over what you have accomplished.

Watch in amazement as your body regenerates. You will emerge from your cocoon having had a rebirth of spirit, mind and body. Celebrate the new you! Look forward to your life with hope and anticipation. There will be moments when you will feel two polar opposites at the same time — powerful and fragile, strong and vulnerable. This is when the burden of the past will disappear. Gone are the weights that you carried on your shoulders. For the first time you will feel you are enough. The fearless warrior in you can emerge if you allow it. From the depths of your soul you have experienced the other side and managed to find your way home. The gift of another chance is yours for the taking. Make the most of it as the future is unknown and unpredictable; it is for everyone. ■



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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.



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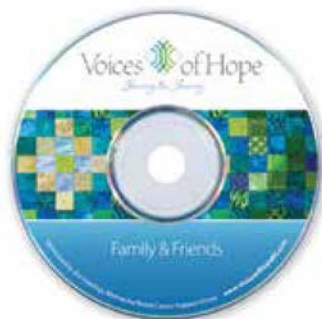
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