



Breast Cancer Wellness MAGAZINE

Empowering MIND • BODY • SPIRIT

Volume 1 Issue 3
Fall 2006

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Dee Dee Lennon, "Because I Can"
Bigger Than Pink
Finding Pearls
Shoot the Messenger
The Dangers of Electromagnetic Fields
Breast Cancer and Body Image
Creating A Thriver's Life
Eat Right...No, Really!
We Learn From Each Other
The Power of Awareness

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Mary Olsen Kelly
6 year breast cancer survivor



Lori Lober
6 year breast cancer survivor



Dee Dee Lennon
12 year breast cancer survivor

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Breast cancer has reached epidemic proportions in the United States. Once a relatively rare disease, it now affects 2 to 3 million women, and the incidence is going up at an alarming rate. What can we do about it? Christine Horner, M.D., has the answer.

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. Something good would come from it. This legislation was her first gift to her mother's memory, and this book is another.

Dr. Horner says, "We each have a Warrior Goddess in us, and it's time to set her free." Using the metaphor of the Warrior Goddess, this book explains something that the ancient healing tradition *Ayurveda* describes as our "inner healing intelligence." It also explores the various foods and supplements that can enable women to successfully fight breast cancer and claim the healthy body that should be theirs. Dr. Horner tells readers what to avoid and what to embrace, what will poison the Warrior Goddess and what will feed her, and what she needs to thrive.

The final part of *Waking the Warrior Goddess* presents Dr. Christine Horner's program for reclaiming health and defeating breast cancer. These guidelines can serve many other health-promoting purposes, too. Dr. Horner's program focuses on nutrients and activities that bring health, vitality, and longevity to women. In addition, this book includes an extensive resources section for obtaining the particular nutrients and products that our bodies need to become and stay strong and healthy.

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Harnessing the Power of Nature & Natural Medicines to Achieve Extraordinary Health

Christine Horner, M.D., F.A.C.S.



Fall 2006

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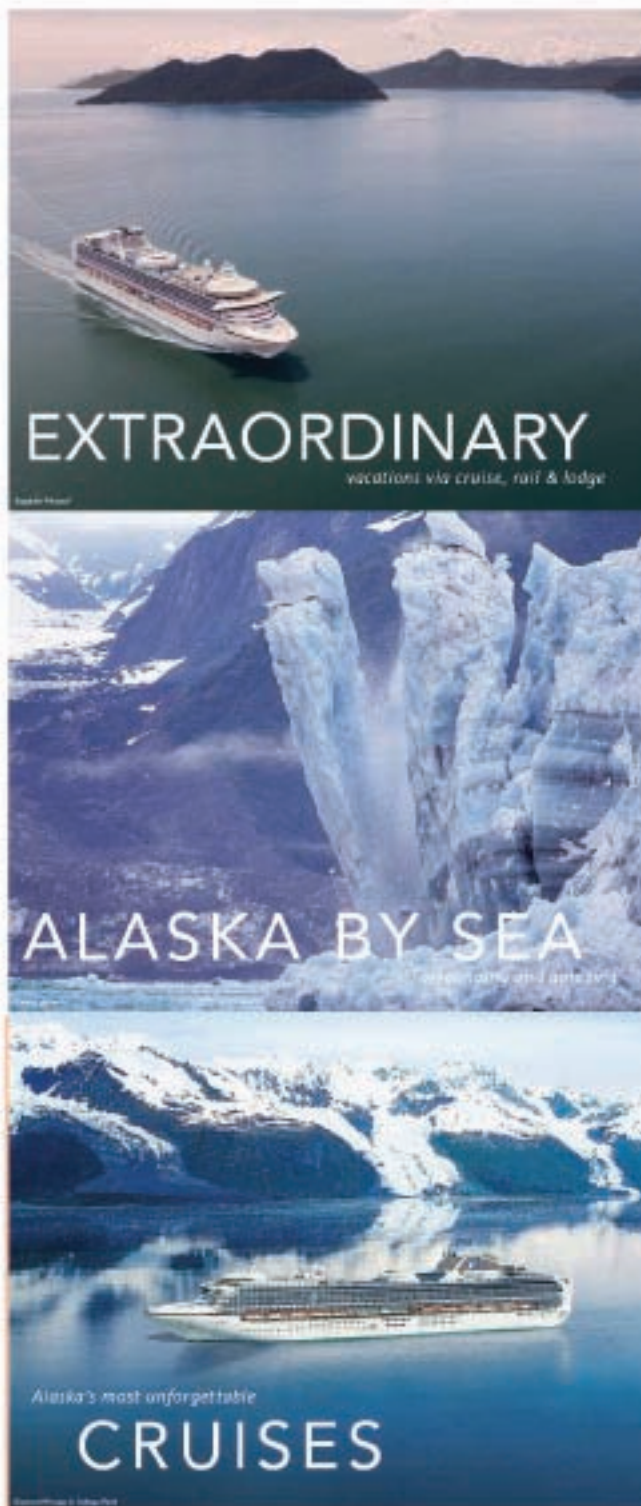
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Dear Breast Cancer Survivors,

Call your family, friends, loved ones, and caregivers, and join us for a rare event of a lifetime with special guest, Mary Olsen Kelly. Mary is a breast cancer survivor, pearl expert, and author of *The Path of the Pearl*. Her newest book, *Chicken Soup for the Breast Cancer Survivor's Soul* is co-authored with Jack Canfield and Mark Victor Henson, and is now available at your favorite book stores.

Mary is a renowned pearl expert and brings the wisdom and beauty of the pearl to life, nourishing our spirits, and inviting us to see the challenges of healing in our lives as pearls in the making. Survivors of breast cancer and their families and friends find tremendous healing in these wellness workshops too.

Special workshops designed to empower our mind and our body as well as uplift our spirit of healing will be presented throughout this special seven day event. Dr. Kim Dalzell, certified holistic oncology nutritionist will share fun ways to empower our eating habits.

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- Experience transformation!

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Presented by Mary Olsen Kelly, international pearl expert, co-author of Chicken Soup for the Breast Cancer Survivor's Soul, Path of the Pearl, # 1 Best Selling Tools and Tips from the Trenches of Breast Cancer. Mary Olsen Kelly is a breast cancer survivor.



Fight Cancer with a Fork:

This is no ordinary nutrition program for cancer survivors! Dr. Kim Dalzell demonstrates the key concepts for fighting cancer in a way that is memorable and actionable! Geared toward cancer survivors and caregivers, this highly interactive workshop provides participants with real-world advice that can be applied NOW.

Presented by: Kim Dalzell, PhD, RD. Dalzell is a doctor of holistic oncology nutrition, award-winning author, international nutrition consultant, and sought after speaker in the field of cancer and nutrition.

Seeking Wholeness and Health:

We each have the same desire in life; to feel whole, to feel alive, to be healthy, and to make a difference in life. Learn 7 Principles to help continue the healing course for breast cancer.

Presented by Beverly Vote, 14 year breast cancer survivor

Special Reception for Breast Cancer Survivors, Family, Friends, Caregivers:

An invitation is open to everyone to share life's experiences with fellow survivors and family members. The cruise offers lots of opportunities for connecting with family, newly formed friendships as well as for any solitude that someone might want. This cruise offers a special time of gathering for saluting and celebrating both life and those special people in our lives.



Dear Friends,

Is there anything that impacts our lives more than someone caring about us? There are millions of individual women and men that care enough to remind us to care for ourselves, and this includes reminding us to have our mammograms. It is their caring that makes a difference in our healing experiences, and for this, I would like to add my expression of thankfulness to those that helped create not a moment, not a week, not a day, but a month for the objective of awareness. That is quite an accomplishment. I am thankful for Breast Cancer Awareness Month; it is helping each of us in specialized ways.

In this issue of the magazine, a breast cancer survivor column is featured. We certainly do learn from each other every day, and when we forget this factor, we may not feel as alive as we do when we acknowledge that we are all here for each other in one capacity or another. By sharing what we know about healing from breast cancer, each of our loads for the journey is lightened.

I am thrilled to welcome on board Dr. Kim Dalzell as a new contributor to the magazine. She is a leading expert in nutritional therapy for cancer, and she will also be aboard with us for our Breast Cancer Survivors Cruise to Alaska for the July 2007 sailing, along with our host Mary Olsen Kelly. The cruise will be such a wonderful and fun time for connecting and sharing with other breast cancer survivors and their families. There is a special gift bag for early registration, as well as having choices of preferred cabins. Please join us in this event designed just for us and our loved ones.

And lastly, I want to express my deepest and sincerest thanks to Mary Johnson, Kay Troutman, and Evelyn Renner. These three women reached out to me at one of the darkest moments of my life 14 years ago when I had just been diagnosed with breast cancer: I was overwhelmed and lost, and these women helped me become aware of the possibilities that a healing path awaited me. It is a fact that this magazine is in existence because of each of them. Their act of compassion and understanding made a difference in my journey as I hope this magazine makes a difference for others. I am deeply grateful to this day they were there to show me the way out.

My prayer and invitation is for each of us to experience healing and wellness to the fullest.

Wellness Blessings,

Beverly Vote

Publisher

P.S. Please contact me at beverly@breastcancerwellness.org if you would like a Breast Cancer Healing and Wellness Workshop or Retreat in your area.



Show Me the Way Out

Written by Beverly Vote
13 year breast cancer survivor

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."

"Show Me the Way Out" is the mission statement for the Breast Cancer Wellness organization

If you know of breast cancer patients or survivors that you would like to receive this FREE quarterly publication, please send their name and complete mailing information to beverly@breastcancerwellness.org.

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The Dangers of Electromagnetic Fields (Emfs)

By Christine Horner, MD



An electromagnetic field (EMF) is an invisible electric field that is produced when an electrical current runs through a wire. All electrical devices emit EMFs; this includes household appliances such as microwaves, blenders, and refrigerators; computers, cell phones and hair dryers. You can't see them, hear them, smell them, taste them, or feel them, but the effects of man-made EMFs can be very damaging to your health. Links have been found between EMFs and serious diseases such as breast cancer, leukemia and brain cancer. EMFs exposure can also cause many nonspecific symptoms including fatigue, headaches, fuzzy thinking, and pain.

EMFs and Breast Cancer

One way that EMFs interfere with your body's ability to stay healthy is by disrupting certain hormones, especially melatonin. Melatonin is known as your sleep hormone but it is also profoundly important for general good health and breast health. Women with chronically low melatonin levels, usually caused by going to bed too late or working the night shift, have a significantly elevated risk of breast cancer. Even seemingly small amounts of EMFs like those created by the wires and appliances in your home, can disturb your melatonin levels. Researchers have found that residential 60-Hz magnetic fields caused by normal electrical house wiring and equipment (such as clock radios, electric blankets, and televisions) depress melatonin.

In a comprehensive review of all the published studies on EMF exposure and breast cancer, a definite link between the two was found, and so we can say with certainty that EMF exposure contributes to breast cancer. In many studies, even male electricians showed an increased risk of the disease. A review of eleven occupational studies found a statistically significant increased risk of breast cancer in several categories. Overall, the risk of breast cancer doubled in premenopausal women who had jobs with significant EMF exposure. These jobs included telephone-line installers, repairers, and line workers. The risk was 65 percent higher for system analysts and programmers and 40 percent higher for telegraph and radio operators. A German study published in Cancer Research in 2002 found that 50-Hz EMFs caused breast tumors to start

growing and accelerated their growth—but, in this study, melatonin levels remained normal. These researchers concluded that EMFs may disrupt the body some other way. Regardless of the specific disturbance that EMFs cause in the balance of your body, we know one thing for certain: exposure to EMFs contribute to the initiation of breast cancer and accelerate its growth.

The Hazards of Cell Phones

In 1993, the cell phone industry hired Dr. George Carlo, a public health scientist, epidemiologist, lawyer, and the founder of the Science and Public Policy Institute, to study the safety of cell phones. Instead of finding that the devices were safe as he thought he would, he found the opposite was true.

(continued on pg. 12)

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(continued from pg. 10)

In his book, *Cell Phones: Invisible Hazards in a Wireless Age*, Dr. Carlo reports his findings on the dangers of the radiation produced from cell phones, including disrupting cardiac pacemakers, penetrating the developing skulls of children, compromising the blood-brain barrier, and most startlingly, causing damage to the DNA in our cells that can lead to an increased risk of cancer.

Understanding EMFs through Quantum Physics

Quantum physics has shown through the "superstring theory" that everything in the Universe including your mind/body at its most finite level is composed of vibrations. The intelligent vibrations of your mind/body create a measurable electromagnetic field around you called a "biofield". The health of your biofield influences the health of your mind/body and visa versa. Some external influences are harmonious with your biofield and support its health; others disrupt it. When you're exposed to man-made EMFs, they interact with your biofield. If the external EMF is out of harmony with your own, it creates imbalances in your biofield and obstructs the flow of its intelligence. When this intelligence is interrupted, it creates imbalances in your mind/body and causes

it not to function properly. Eventually diseases such as cancer can result.

Protecting yourself

There are many steps you can take to protect yourself from EMFs. For example, if you're building a new house or rewiring your existing one, have your electrician install a master switch in your bedroom. Turning this switch off at bedtime will cut off all the power and, therefore, any EMFs in your bedroom. Your electrician can also use "BX electrical cable" when wiring your home. This twisted wire doesn't produce significant EMFs.

Simply standing a few feet away from most electrical appliances reduces your EMF exposure to nearly zero. Whenever you use an appliance, such as a microwave, toaster, or blender, step a few feet away from it while operating it. There are some appliances that aren't possible to use and stand a safe distance away from, such as computers, cell phones and hairdryers. Of all the common electrical household appliances, hairdryers produce the strongest EMFs. Fortunately, there is a company that manufactures low-EMF hairdryers (www.lowemf.com). So, if this is something you use daily, consider purchasing one.

The other approach that offers excellent protection against the damaging effects of EMFs is to use devices that alter how your body and biofield responds to them. For example, a company called BioPro (www.mybiopro.com/drchorner) provides a variety of devices that have been shown to be highly protective against electro-pollution. These devices range from ones that you wear, to chips that you place on your appliances, to "harmonizers" that you plug into the walls in your home. I recently began using these devices and experienced a profound difference in the level of fatigue and stress I experienced, especially while working at my computer. There have been amazing case reports of improved symptoms after using these devices revealing that EMFs may play a significant role in many health problems. For instance, symptoms including headaches and pain associated with fibromyalgia have resolved. Most impressively, a health provider in Tennessee who specializes in autistic children has observed tremendous improvement in her patients using these devices. One child after using the devices for several weeks began speaking for the first time!

If you would like more information about these devices please call me 1-888-217-4441 or log onto my web site www.mybiopro.com/drchorner and I or one of my staff will get back to you.

Christine Horner, MD is a board certified and nationally recognized surgeon, author, professional speaker and a relentless champion for women's health. She spearheaded legislation in the 1990s that made it mandatory that insurance companies pay for breast reconstruction following mastectomy. She is the author of the new book, *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer*. Dr. Horner worked in collaboration with Enzymatic Therapy to create "Protective Breast Formula" a combination of 7 different supplements that powerfully promote breast health. For more information go to www.drchristine-horner.com and www.protectivebreast.com.



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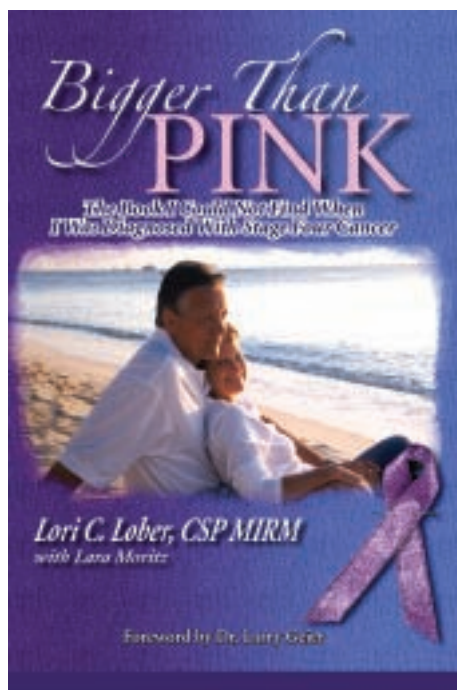
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Creating A Thriver's Life

by Dr. Talia Miller

Has breast cancer been a turning point in your life? If you've been dealing with breast cancer, are you thriving as a victor, or merely surviving?

Having breast cancer offers the chance to evaluate and recreate your life – your goals, dreams, desires, and opportunities.

Imagine – A life that is filled with ease. A body that responds to your thoughts with vibrancy and vitality. A body-mind that is free from debilitating stress. A body that serves your desire for health.

Can you create that? You can!

The fact you have, or had cancer in the past, can motivate you to think about what you want to create now, to become a thriver.

Imagine it! Then take action.

The Law of Attraction assures you that whatever you put your attention to, you draw towards you. As Albert Einstein said, "Imagination is more important than knowledge." Your life is yours, and you form it. Of course there appear to be outside circumstances that may affect you, but ultimately your power for recovery and thriving lies in your ability to create and mould the universe, your universe - with your thoughts. Whatever you focus on, will grow. Many of us have experienced the power of prayer. Prayer is directed, focused thought. You create new events or circumstances by praying.

We know for certain that your thoughts effect your body. (You can read a classic on this, by Candace Pert, *Molecules of Emotion*, or a new book by Adam, *The Path of the Dream Healer*.) Over and over I hear stories of how this amazing power works. Take for example, the situation shared with me recently by a client. She was bird-sitting for a sweet cockatiel. Her friend

cautioned her, before she left on her vacation, to not under any circumstance, let the bird have a mirror in her cage. Why? Because in the past when the bird had a mirror, she thought there was another bird - and she ovulated! Was it true that there was another bird? No. But, because she thought there was, her body believed there was and it responded—just as your body responds to your thoughts!

Positive thoughts lead to a thriver's life.

Does this mean you created cancer with your thoughts? Of course not. But unconscious thoughts do have an influence and given the right circumstances, they can compromise your immune system. Combined with either external or internal stressors, they threaten your health.

You can apply this principle right now to create the life you want. To thrive!

In creating ideal health, notice whether you are motivated by a push from the past or a pull into the future. Are you motivated by the desire to create something in the present that's different from and better than the past?

Let's feel the pull of the journey into the future. After all, you are not the a victim of the past, you are the powerful being that attracts conditions and events to you.

Imagine – five years from now - what do you want your life to look like? Where will you be living? Who are you with or near? What is your body like? How do you exercise? What are you eating? How do you relate to others? What makes you laugh? What are you doing for fun? How are you get-

ting money? What is your family situation? What are you passionate about?

Each of these thoughts is connected to a feeling, and it's the energy of the feeling from which the Law of Attraction is put into motion.

How do you feel about your body now? Are you enjoying the foods you are preparing and eating? How do you feel about being in a healthy relationship? What does it feel like to be doing the things you love, with upbeat positive people? Imagine you are working in a job you love. As you come home, you focus on the pleasures of the day, you feel the warmth course through your body and you contemplate what lies ahead. You feel a rush of energy as you prepare for the next activity. Your life is great and you know it. Feel it, taste it, smell it, sense it, hear the sounds of it. Imagine it!

What you focus on, you create more of. So if you focus on the disease, the losses, the grieving, you attract more things to feel sad or unhappy about. After spending the appropriate amount of time feeling into the issues, feeling the loss you may have experienced and dealing with it - then you have the power to create your future by focusing on what you do want. Focus is power.

It's time to take action!

Now consider what you need to do today, this week, this month, this year, to bring about this healthy future. To help the universe provide what you want. To claim your new life. So many of us have had wonderful ideas, momentary inspirations, and desires. But transformation occurs when you take the action. You must take the next

step, demonstrating that you are sincere about your desires and dreams.

My personal vision, about 6 years ago, was to support and empower breast cancer survivors to become thrivers. Now as a holistic wellness coach, I help empower survivors to become thrivers - coaching them by phone. I am supporting my vision with action. You can too.

Year ago I began imagining, and I took action - studying, learning and then creating the powerful program, From Survivor to Thriver,- The Breakthrough Program for Beating Breast Cancer™.

Although the focus of this article is on the power of thought, the first aspect of thriving, there are 11 additional components needed to create a thriving, healthy life.

1. Develop the understanding that the human body-mind is healthy by its very nature and use that as a catalyst for healing.
2. Create a healthy-living plan and follow it.
3. Develop hope and faith and practice positive self-talk.
4. Understand and apply universal principles such as the Laws Of Attraction, gratitude, forgiveness and free-will.
5. Effectively cope with daily living issues. Identify your needs and desires. Create new possibilities by "thinking outside the box".
6. Learn and practice new communication skills so that you get your needs met and feel understood.
7. Create joyful relationships - with yourself and others - by healing old

emotional wounds and traumas.

8. Identify and transform significant patterns, beliefs and values which no longer serve your best interest.
9. Access and enhance your inner wisdom, intuition and spiritual practices.
10. Discover your life purpose and set goals and take the actions to create more joy and passion in your life
11. Create healthy beliefs about death. And how the universe functions.

For help in creating your thriving life, contact the Breast Cancer Recovery Coach through her websites, StopBreastCancer-Recurrence.com and BreastCancerCoach.com or email Talia@BreastCancerCoach.com. Questions about the content of this article may be answered in "Ask the Breast Cancer Recovery Coach" column, in future issues of Breast Cancer Wellness magazine. •

Dr. Talia Miller is the founding director for the Breast Cancer Support Center. A certified hypnotherapist, holistic wellness coach, speaker and author, she has over 35 years of professional experience and is a long-term breast cancer survivor herself. She offers private retreats, and seminars by phone and in person, to teach prevention and recovery techniques.

Her phenomenal program, From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer helps women use the body-mind-spirit connection to heal from breast cancer and prevent breast cancer recurrence. She coaches survivors to become thrivers!

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Getting Through the Holiday with Amazing Grace

By Ann Leach



There is a tendency to try a little bit too hard to have everything be 'just perfect' because it might possibly be the last one you'll all spend together. What if you could create the holidays the way you and your loved one truly wanted to do them? Consider the following traditional areas of holiday focus and make decisions now on how you will respond. With your support and pre-planning, this holiday season can be one of peace and gratitude.

Gift giving/Card sending: Consider ordering engraved cards this year. The extra expense could be worth the energy hand writing a lot of cards could cost. Or set a goal to write three cards a night in order to conserve the energy and attention your loved one can devote to this task. Par down your gift giving list to those you sincerely want to share with and find a unique way to do it. Making a card or small craft can mean more than taking time away to shop and wrap and deliver could when you have other responsibilities right now.

Baking: Remember, cancer treatments alter taste buds. Check with your loved one before you make, or buy, the old favorites. She may have a desire for something different.

Special people: Is your house usually 'party central'? You may need to explain to friends and family that things need to

change a bit this year. Already people are beginning to fret over 'the holidays'. For those who support someone living with cancer, the holidays can be a particularly touchy time.

change a bit this year. Ask your loved one who she really wants to spend time with and schedule short visits rather than big dinner parties that last for hours.

Children's vacation days: The energy of children can be motivating and exciting but for a loved one who needs rest, it may be necessary to line up alternate activities for some of the vacation time so that your loved one, and you, can still get the rest they need.

Travel needs: Does she feel up to traveling to the relatives' for the holiday? That's great! Just make sure you have an ample supply of medications and a list of emergency numbers with you. Can you arrange coverage and support for her at some point so that you can go for a brisk walk or drive to look at lights for some alone time? Ask your friends for help now and relax and enjoy!

Spiritual time: How will you focus on peace and renewal during this usually busy time?

Home decorating: When will you get out the holiday decorations? Or will you? It's ok to minimize your efforts this year. Maybe just a few favorites pulled out of the box will suffice. Talk to your family about what they want ahead of time and schedule a time when then can all help to get it done. The same goes for putting it all away!•

Ann Leach is a life coach and writer. She is the founder and former director of the Cancer Support Network in Bloomington, IL and has facilitated hundreds of support groups for cancer and AIDS patients. She currently resides in Joplin, Mo. where she works and volunteers as a facilitator for a depression support group. She can be reached by e-mail at annleach@ipa.net.



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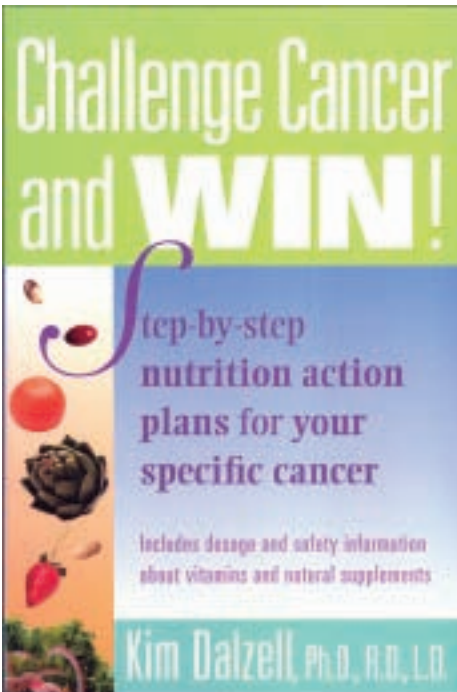
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Eat Right...No, Really!

by Dr. Kim Dalzell



What most doctors don't understand is that telling someone to 'eat right' is analogous to telling them to 'be careful'. The words drip of loving concern, but they lack the substance required for real, meaningful action—cancer-fighting action. After all, who knows what 'eating right' means anyway? The reality is that everyone knows how to eat, but everyone doesn't know how to eat right.

And that's a problem for those of you faced with a diagnosis of cancer. Vague instructions to eat right do very little to empower you for self-healing. And, if left with little or no guidance, you may miss significant metabolic opportunities to change your growing environment and chase cancer away. That's right! Researchers agree that you can profoundly affect the cancer process if you change your cellular environment—something you can do with food and nutrients. When you look inside the cancer care toolbox, you'll discover that eating common foods can provide powerful and lasting effects for health and breast cancer recovery.

I won't sugarcoat it. There will be challenges. Contradictory nutrition research, confusing food labels and snazzy product marketing tactics can make it difficult to

If I hear one more cancer patient say, "all my doctor told me about nutrition was to eat right", I just may end up crouched in a corner somewhere indulging in chunks of mind-calming chocolate. As a seasoned oncology nutritionist who has worked with cancer survivors from all over the world, I get so frustrated when I hear this statement.

make wise food choices. But eating right to fight breast cancer goes way beyond choosing foods from a generic healthy food list. If you apply two of my important key concepts to healthy eating you will be empowered to make cancer fighting, immune supporting choices at every meal.

First, get specific. Switching to a diet low in fat or sugar is a good start, but why not power up your meals by selecting foods that contain nutrients proven to have anti-breast cancer activity? There are thousands of scientific studies that link specific foods or nutrients to breast cancer. Do you know which foods deter breast cancer cell growth? If you want to fight breast cancer head on, you need to select those dietary habits or specific foods on a regular basis.

For example, a recent study found that post-menopausal women with breast cancer who ate a flax-filled muffin every day during the study period significantly reduced the growth of their tumors and increased the rate of apoptosis, or cellular death, of their breast cancer cells. As it turns out, flax contains alpha linolenic acid, a known cancer fighter.

Adding broccoli, cabbage or other cruciferous vegetables into your daily diet may help you naturally detoxify estrogen—the fuel for estrogen-sensitive breast cancers. Plant chemicals called indoles found in these cruciferous vegetables help drive the production of a non-toxic estrogen—a form of estrogen that doesn't spur on the growth of breast cancer cells.

Other studies reveal that if you are leaner (you know the drill...eat less, move more), you may increase your survival

time because excess body weight is associated with increased recurrence rates. You'll want to consume smaller, more frequent meals and avoid overeating, which can lead to fat deposition and obesity.

These research-based practical dietary suggestions are just the tip of the iceberg lettuce (pardon my use of such a nutrient-poor vegetable!). There are many others. For maximum cancer fighting benefits, you must employ this powerful kitchen therapy—a form of chemotherapy without the side effects!

Second, apply the one-up rule to everything you eat. There are two ways to do this. If you replace a food with a healthier version of that food, you will be improving upon the overall health value of the meal. Using turkey burger in place of hamburger will help you cut fat in your diet. If you make one change to a particular food that increases the nutritional content of that food, you have just improved the health potential of that food. Adding nuts to a salad will increase your protein intake, for example. What's nice about this approach is that the pressure to eat perfectly is gone because the end goal is to simply change one food at a time within each meal.

When you one-up, you are choosing manageable changes that can make a big difference in the long term. Here are more examples of how this works: take a standard bowl of oatmeal in the morning and instead of serving it plain, sprinkle on some crushed walnuts, a pinch of ground flax, and some dried apricots. You've just enhanced the nutritional value of that oatmeal by leaps and bounds—you get more fiber,

vitamin C, and immune stimulating omega-3 fatty acids.

What about rethinking your greens at dinner? Make the change from iceberg lettuce to baby greens with shredded red cabbage and avocado slices and you've got a serious cancer fighting salad.

In one study, drinking just two cups of tea per day lowered risk of severe hardening of the arteries by 46%. Tea also contains chemicals that may stop new cancer cells from proliferating. You don't necessarily have to drink green tea either. The latest evidence indicates that black tea chemicals may be just as effective as those found in green tea.

Keeping the bag in the water as you sip will increase the cancer-fighting chemical content too!

So, every time you eat just ask yourself, "What one change will make this meal healthier?" Many nutritionists call this concept nutrient density. I call it eating to get the most nutrition bang for your buck.

Moving from a diet of "what's in the takeout container tonight, honey?" toward a diet cooked from scratch doesn't happen overnight. The more you learn about healthy eating and apply what you know the sooner you will find yourself an evolved, enlightened cancer fighter!

There is a clear difference between eating and eating right. With the appropriate guidance, you have a chance to change the course of your cancer. Whether you decide to add a breast cancer fighting food to your breakfast or to one-up your favorite recipe, the important thing is to begin the process. It's your choice, but start today.

And if you happen to see me in a corner somewhere eating chocolate, come over and rescue me. Just tell me you are eating right, really right!

Kim Dalzell, PhD, RD, LD, is a board certified and nationally recognized oncology nutritionist, author and professional speaker who develops individualized, therapeutic nutrition programs for cancer patients. She is the author of *Challenge Cancer and Win!* a book that provides meal and vitamin plans based on specific cancer types. For more information, please visit www.challengecancer.com. •

Recipes from Challenge Cancer and Win:

Glorious Morning Muffins

Makes 18 muffins

1 c crushed bran flakes
1 c unbleached white flour
1/2 c whole wheat flour
1/3 c packed brown sugar
1/2 t baking soda
2 t baking powder
1 t ground cinnamon
1/2 t ground nutmeg
1-1/2 c grated carrots
1 c raisins
1/2 c chopped walnuts
1-1/4 c skim milk
1 egg, beaten
3 T canola oil

Heat oven to 400 degrees. Spray muffin tin with nonstick spray or use paper muffin cups. In a large bowl, combine the dry ingredients. Make a well in the center and add the first three liquid ingredients. Blend together for 50 strokes. Batter should still be lumpy. Gently stir in carrots, raisins and walnuts. One-up this recipe by adding 2 Tbsp ground flaxseed and increasing skim milk to 1-1/3 cups. Divide batter among cups. Bake for 25-30 minutes or until the center is done.

Darn Good For You Chili

Serves 6 - 8

1/2 pound cooked and crumbled turkey burger
15 oz tomato juice
1/2 tsp canola oil
1/4 c diced onions
1/4 c diced green pepper
1/2 tsp fresh minced garlic
8 oz diced fresh tomatoes
12 oz can dark kidney beans, drained
12 oz can light kidney beans, drained
1 1/2 tsp chili powder
1/2 tsp cumin

Sauté onions, peppers, and garlic in canola oil over low heat until onions are semi-transparent. Add turkey burger and remaining ingredients and simmer over low heat for about one hour. One-up this entree by serving with a leafy green salad and whole-wheat tortillas or crackers.

Challenge Cancer and Win!

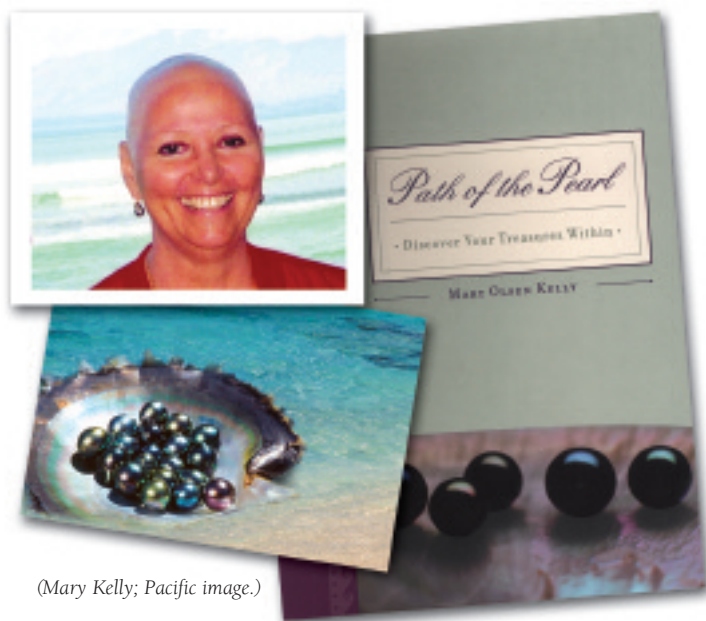
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or visit www.challengecancer.com.

Finding Pearls

by Mary Olsen Kelly



(Mary Kelly; Pacific image.)

The pearl is a metaphor for human life: art from adversity, beauty from pain. When faced with a potentially fatal invasion, the oyster layers the irritant with thousands of iridescent layers of pearl material and creates a work of art. We as human beings are capable of similar transformations.

I am the owner, with my husband Don, of the Black Pearl Gallery - a chain of fine jewelry stores in Hawaii. For twenty-four years we have specialized in rare exotic pearls with stores on Oahu and Maui. I am surrounded by thousands of rainbow colored pearls every day, so when I was diagnosed with breast cancer six years ago, my first thought was "Am I creating a pearl of my own?" The pearl, a miraculous gift of nature, had much to teach me. While I thought I was working in a pearl business, in fact I was being trained in the "Temple of the Pearl."

I went through two surgeries, eight rounds of chemo, and seven weeks of radiation, because I wanted that irritant out of my body for good. But at the same time, I was aware that I was creating a pearl in my emotional or spiritual body. I looked for the lessons, the gifts, the wisdom that the experience might bring. I believed in my heart that there would be pearls resulting from my challenges. I wrote hundreds of pages in my journals,

life. I mined the metaphor of the pearl for all the ways that the pearl could offer insight and self-acceptance to a woman, like me, at mid-life. I saw that the six criteria for evaluating pearls: shape, size, perfection, color, luster and orient, could be portals of understanding for a woman's life journey.

Now the book has been out in the bookstores, selling well. Here in Hawaii it was on the Hawaii Top Ten Bestsellers List, with lots of breast cancer support buddies buying the book to help keep it on the list.

I also have two more books that have been published in 2006. I am co-author with Jack Canfield and Mark Victor Hanson of *Chicken Soup for the Breast Cancer Survivor's Soul*, and another book, *#1 Best Tools and Tips from the Trenches of Breast Cancer* is now available on line at www.1BESTTT.com.

Don't get me wrong, breast cancer is no picnic, and I certainly wouldn't have chosen to go through this experience, but the gifts have been many.

After six years, I continue to look for the positive lessons, the "pearls" of my journey. As I was going through my medical treatments, I wrote hundreds of pages in my journal, I wrote poetry, essays, and stories, filling a thousand pages with my

Some people look for the "gift" in every difficult life experience, some people turn lemons into lemonade. Others see the lowly caterpillar as the potential butterfly it will become. Me? I look for the pearls.

and I also wrote a book called *Path of the Pearl; Discover Your Treasures Within*. The book was published Fall 2002, and it is certainly one of the gifts, or pearls, of my life. Having breast cancer provided the time to write and reflect on

musings, introspection, and discoveries. Writing was therapy for me - writing was healing. I wrote myself well again. I also wrote to spare my wonderful family and friends from having to hear me talk about my feelings and thoughts day after day, month after month. There is only so much that loved ones can be expected to listen to, so I wrote instead.

At one point I sent an e-mail letter to Jack Canfield, the co-creator of the popular *Chicken Soup for the Soul* series. I asked Jack if he was in the middle of producing a Breast Cancer Soul book. If so, I wanted to submit some stories, if not, I told him I thought he was missing out on a great idea. He agreed with me, and asked me to write a proposal. Long story short, I got to be the co-author of *Chicken Soup for the Breast Cancer Survivors Soul*, in bookstores just in time for Breast Cancer Awareness Month. That's a pearl.

Another pearl; soon after, I was approached by Books Beyond Borders. Publisher Barbara Curtis asked me to write a series of guidebooks for breast cancer survivors and those newly diagnosed. *The #1 Best Tools and Tips from the Trenches of Breast Cancer* is filled with over 100 practical, useful tips on how to navigate the frightening medical journey of breast cancer. The book contains the best, most helpful strategies gathered over the past five years from breast cancer survivors for breast cancer survivors, their families and friends.

The pearl oyster takes the assault of an invader (an implanted nucleus, a little crab, a grain of sand) and transforms it into a work of great beauty and art - a pearl. We human beings do the same thing. We triumph over our challenges, creating pearls of healing, learning, faith, strength, and wisdom.

It seems I am always finding pearls these days. Breast Cancer taught me: "No matter how difficult, it might be a pearl in the making."

I would like to meet each of you and I invite you to join my husband Don and I on the Breast Cancer Survivors Cruise that sails to Alaska July 2007. It will be a special time for all of us, to share and to reflect. •

Mary Olsen Kelly is co-author of *Chicken Soup for the Breast Cancer Survivor's Soul* (HCI, Oct. 2006). She is writing several more breast cancer related books and is looking for stories from survivors who have created a product, business, charity, or fundraising event. If you have a story you would like to share, please contact her at CS4BCSoul@aol.com. Check out her websites: PathofthePearl.com, BreastWishes.Org, and 1BestTTT.com

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Shoot the Messenger

"No matter how difficult, it might be a pearl in the making."

by Don Kelly

When bad news comes like a thunderclap, it's hard to imagine good can come of it. Six years ago I went with my wife to hear the results of her biopsy. A routine mammogram had indicated something suspicious, the ultra sound confirmed it, and she had a needle biopsy.

I accompanied her to hear the results even though we both knew there could be nothing wrong with her—she was so healthy! She squeezed my hand tight as we entered the radiation offices, bent on keeping our positive attitude.

We sat in the hallway for five to ten minutes, and then were called in to a storage room filled with unused x-ray equipment. We sat on cold steel stools, against a cement wall on a cement floor in an icy cold air-conditioned room.

The technician wasted no time. She looked my wife straight in the eye and said, "It is cancer."

We both sat there in shock. I asked, "Couldn't there be some mistake?"

"No mistake," she said coldly. "It's cancer. It's definitely cancer."

We were paralyzed, our mouths dry, unable to speak for several minutes. Tears made a path down my wife's cheeks. Finally, we stood up and walked like Zombies down the cold hallway and out of the office. On the way to the car I said, "Cruel! She was cold and cruel, and almost seemed to enjoy telling us in a sadistic way." Although it can never be an easy task to tell someone she or he has cancer, we both agreed there had to be a better way.

The surgeon's office had closed early that day, so we hadn't talked to her doctor. We didn't know the gravity of the diagnosis; we had no details about the size, grade, or seriousness of the cancer.

We went home to bed, and I held her as we both cried. We lay there a long time,

holding hands, trying to assimilate the terrifying news. We talked about finances, our will; my wife was picking out her gravestone. Actually, she decided on cremation.

All this torture was unnecessary. Nobody told us that most people survive breast cancer. The technician who delivered the dire message suggested nothing positive, no books, no reading material, no support groups. Nothing. We were left to our own resources, stumbling in the dark to find out what choices we had.

As we lay there that night we thought, with all the money that goes into research and equipment, wouldn't it have been nice if we had been taken into a comfortable seating area, been greeted by a professional counselor whose job is to convey the news to people as well as the many options and choices?

After that first night, having successfully weathered the "knock-out punch" we called our friend and teacher on Kauai, Dr. Serge King, who specializes in Aloha Spirit and healing, using ancient Hawaiian practices. He informed us that he had developed a new technique called the Dynamind treatment. We flew to see him and had a session right away. He sat across from my wife and asked her if she was having any emotional feelings about her cancer. She couldn't come up with any-



(Don and Mary Kelly; Pacific image and Black Pearl Gallery.)

thing, and then suddenly said, "I feel like I'm ruining our wonderful life."

"There's no reason for those feelings of guilt," he said. "Let's get rid of them. The Dynamind treatment can make an incredible difference by releasing stored emotions in the space of a minute. You first acknowledge the problem, you relax the mind, fill the body with breath and energy, and use physical touch and kinesiology to redirect the mind."

He said, "Repeat after me: I'm feeling some guilt about my cancer and that can change. I want that feeling of guilt to change. I want that to go away now."

She repeated what he said.

"Now tap your fingers seven times on the breastbone at the center of the chest, then seven times on the area between your left thumb and index finger, now seven times on the right hand, then seven times on the base of the neck. Now take a deep breath, and tell me on a scale of ten, ten being the worst and one being the least, how are you feeling about the guilt?"

My wife took a deep breath, opened her eyes and said, "It's about a seven."

"OK" he said. "Let's do it again. Take a deep breath, and do it again."

She went through the series again, took a deep breath and said "It's about a four."

"Well then, let's do it once more." Serge said.

She went through the process one more time and at the end she took a deep breath, and said "It's gone."

"Do you feel anything else? Sadness or anger at the cancer?"

"A little fear."

"Whenever that comes up, take a deep breath and say, 'I'm feeling a little anxiety and that can change. I want that anxiety to change. I want it to go away now.'"

We were overjoyed to have something positive and constructive to use in our healing.

As my wife went through numerous scary tests and treatments, this technique was immensely helpful and gave her the willpower to overcome her challenges.

When she was feeling nauseous after surgery, she was able to use the technique to

overcome it. She went on to use the technique over and over again, through eight rounds of chemotherapy, seven weeks of radiation, hair loss, weight gain from steroids, and difficult side effects.

She has emerged on the other side of the tunnel, more beautiful than ever. She found some great books like: Chicken Soup for the Survivor's Soul, Living Beyond Breast Cancer, A Survivor's Guide, Uplift, Secrets from the Sisterhood of Breast Cancer Survivors, Hope is Contagious, Not Just One in Eight, and many others. She even wrote a book called Path of the Pearl; Discover Your Treasures Within, about the way a pearl oyster takes an irritant and transforms it into something of great rarity and beauty—a pearl. I came up with a phrase that sums up her book and her medical journey: "No matter how difficult, it might be a pearl in the making."

Glowing with health, her energy returned, we both give thanks for the

gifts of this journey. We appreciate every day of our life that we have together. We take nothing for granted. We feel blessed—we've been given a second chance. We both feel a deep commitment to helping others get through their breast cancer journey: we believe in utilizing all the support that is available; great websites, helpful books, local support groups, alternative healing along with western medicine, and plenty of positive tools and techniques.

There is a lot of help out there! Make use of all the excellent support that's available and then perhaps you won't have to blame the messenger.

Don Kelly is founder and co-owner of the Black Pearl Gallery fine jewelry stores in Honolulu, Maui and Balboa Island California. Originally from Chicago, Don has made Hawaii his home for the past 25 years. e-blackpearl.com. •



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Bigger Than Pink

by Lori Lober

Who am I and why did I write the book, *Bigger than Pink*? My name is Lori Lober, I live in Kansas City, Missouri, and work alongside my husband John in the home-building industry. I am a wife, a mother, and a Stage IV breast cancer survivor. In April 2000, I was given less than 5% chance of survival, thus I searched everywhere for hope and help - for a better understanding of my illness and ways in which I could combat it. I read everything I could get my hands on.

Much of the information I found seemed to be either outdated or 'far-out'. I even read about how drinking my own urine would cure me! I continued searching. I read numerous stories, books, and articles written by cancer patients - many of whom ultimately died. This naturally depressed me, leaving me with more questions than answers. Witnessing my younger brother's battle with cancer had taught me that my own life now depended on being proactive. It was time to take matters into my own hands.

After my diagnosis, I began pre-operative chemotherapy ("chemo") immediately. Once I became comfortable with the multi-disciplinary team of physicians at M.D. Anderson Cancer Center (MDACC) in Houston, Texas, I felt totally confident that my recommended course of treatment would offer the best chance for long term survival. First, five months of pre-operative chemo was necessary to shrink the tumors as much as possible, since the cancer had already spread throughout my lymphatic system and I also had two tumors in my liver. Three months later, the liver tumors were shrinking. In September 2000, I underwent an experimental surgery called radio-frequency ablation. The physicians explained that rather than performing surgery, ultrasound-guided radiated therapy to the tumor would offer me greater hope. The team at MDACC believed it was a success, but only time would tell. (Over five years later, I now hear what was then an experimental procedure, referred to as a mainstream treatment option.) After a

three-week "vacation" from chemo, I underwent another cycle just prior to undergoing a double-mastectomy in November 2000.

One does not die from cancer that is confined to the breast(s), but rather, it's only after cancer has spread throughout the lymphatic system and forms distant tumors in other critical parts of the body (e.g the liver, brain, lungs or bones) that it can kill you. I mention this because throughout my journey, especially in the beginning, many reassured me: "you'll be ok". They believed this because it seemed as though everyone knew someone who had breast cancer five, ten, or even twenty years ago and "they're still doing great!". It was only after I would ask these same people that if, in fact, the cancer had metastasized (spread), most had to confess they were uncertain.

While I was confident about the treatment I was receiving at MDACC, I continued to search for what seemed to be good ideas or additional modalities I could incorporate with my prescribed traditional "Western" treatments. Beginning in April 2000, beating cancer became my full time job. At this point, nothing was more deserving of my time and energy. My chemotherapy treatments continued, and I devoted one full day each week to that. Throughout my journey (and believe me, it's not over), I have incorporated several complementary treatments. Based on my research and reading, I began to receive therapeutic massage every Tuesday, acupuncture on Monday,



Lori & her husband John Lober on their recent 10 Year Wedding Anniversary trip.

Lori during her treatment. She says, "I prayed to my angel everyday."

Wednesday, and Friday, and reflexology on Thursday. I also traveled to M.D. Anderson Cancer Center monthly as well. This was necessary since I was participating in a clinical trial. As you can see, I was very busy. I believe this was ultimately very beneficial to me, since it left precious little time to feel sorry for myself.

On January 1, 2001 (01-01-01 — a sign?), while feeling poorly from the chemo, together with my husband John, I stumbled across Dateline, the NBC television show. The entire hour was dedicated to the story of Dr Yeshi Dhonden, a Tibetan monk who specializes in treating metastatic breast cancer. He had also been the personal physician to the Dalai Lama for over twenty years. Dr. Dhonden comes to the United States twice a year from Dharamsala, India. I felt I had to see him and I did. I've been a regular patient of his since October 2001. I have taken Tibetan herbs recommended by Dr. Dhonden, three times each day since then. As a matter of fact, it was Dr. Dhonden, my Eastern medicine physician, who first declared that there was no cancer in my body during that first visit! (His pronouncement was confirmed by my "Western" medicine physicians shortly thereafter). Of course, we discussed diet, exercise, herbal supplementation and many other things. I would need to continue to do "everything right" for a very, very long time in order to keep the cancer from "wanting" to invade my body ever again.

I continued chemotherapy as well. My acupuncturist told me he was going to prescribe Shou Wu Wan, a blend of Chinese herbs, to make my hair start growing back. I thought we were experiencing a breakdown in communication. I said, "No, you don't understand. I am going to continue receiving chemotherapy for a long, long time". He replied, "No, I do understand. In spite of the continual chemo, I am going to make your hair start to come back." I bought the herb, I took it and my hair began to come back. (It was great having my own hair when, my husband John and I renewed our marriage vows at the height of my chemotherapy treatments!). I still think my oncologist was a little freaked out each month I saw him at MDACC - the Stage IV bald lady from Kansas City had hair.


My chances of survival were very slim, (2-3% chance of survival, at best). I continue the fight to this day. I continue to receive a chemotherapeutic antibody (Herceptin) on a regular basis. (It does not kill fast-growing cells like hair). In total, I received Taxotere/Herceptin In combination for seven months.

Adriamycin, Cytosin, 5-FU and Navelbene for four months each. I have undergone six surgical procedures (two eye surgeries were needed because of increased tearing from all the chemo) and an unbelievable amount of tests, physicians' appointments, as well as a wide variety of wellness appointments.

Bigger Than Pink, The Book I Could Not Find When I Was Diagnosed with Stage Four Cancer was written with the hope that it will make someone else's journey easier. I spend many hours every week telling my story to patients, their friends, and loved ones. I have spent countless hours at luncheons, dinners, and other functions/fund-raisers, conversing with fellow cancer patients. I have found that they are all hungry for information, guidance, and a real-life success story. Perhaps I can be that success story and convince other cancer patients to seek out all their options. I am not a medical doctor. I have received no formal training of any kind relating to medicine or health. I am, however, a fighter. I'm an ordinary person who has made beating cancer my long-term goal and thus far I'm alive and well. Is it the chemotherapy? Is the

Herceptin I continue to receive keeping the HER-2-NEU (the oncogene that fed my very aggressive tumor) in check? Have the 100+ herbs, vitamins, and supplements I take regularly played a role? Has drinking green (or red or white) tea regularly and eating only fruit each morning been a factor? Has my unwavering faith in God and my continual meditation played a role? My physicians cannot tell me for certain. However, I give you an honest account of my journey and if my story can help even one person beat cancer, one of my dreams will have been fulfilled and I'll be tickled pink!

**Excerpted from "Bigger Than Pink, The Book I Could Not Find When I Was Diagnosed with Stage Four Cancer". To purchase a copy of BIGGER THAN PINK, you can go directly to the website www.BiggerThanPink.org. If anyone has been newly diagnosed with breast cancer they can receive a complimentary copy of Bigger Than Pink by contacting the Touched By Cancer Foundation at 816-505-0040.*



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Dianne, "Dee Dee" Lennon Gass, "Because I Can"

by Beverly Vote

We know her as the teenager along with her younger sisters that sang their way into our hearts in living rooms all across America. Dianne "Dee Dee" was fifteen years old when she, Kathy, Janet, and Peggy, the Lennon sisters, starred on the Lawrence Welk Show in 1955 which aired on ABC.

They have since performed for 50 years. In 1987, the Lennon Sisters were awarded a star on the Hollywood Walk of Fame. Their best selling hits still linger in our minds, Sentimental Journey, "Anniversary Song," "You Made Me Love You," "Scarlet Ribbons," "Fascination" and the Theme From "A Summer Place." This is such a legendary life of talent, grace, and beauty.

But Dee Dee Lennon wants all women to know something more about her. She wants you to know that she is a breast cancer survivor and that mammograms made a difference in her life. In 1993 an annual mammogram showed some suspicious calcium deposits and it was April of 1994 that her mammogram indicated breast cancer. She endured a mastectomy and the tenuous process of reconstructive surgery. Her husband and

her children remained a constant support throughout her healing journey as well as the Lennon sisters and brothers. Her belief in God and her belief in herself never faltered and remained strong in spite of facing a deadly disease and bodily disfiguration. Dee Dee wants all women to know that our real beauty is still in tact no matter what.

Today Dee Dee speaks out at gatherings for the cause of breast cancer awareness. She shares of her time because she knows taking care of our needs, having our annual mammograms, and making career decisions based on our personal and family considerations have made such a difference in her own life.

Dee Dee also enjoys the simplest of pleasures; walking every day with her husband of 46 years, opening the windows in the morning and breathing in

the freshness of the day, and having her children and grandchildren walk through her front door. She enjoys these pleasures because she can.

Dee Dee is thankful for her life and thankful that she can give back to her community. She is thankful for each day. While many of us use these cliches every day, Dee Dee exemplifies this thanksgiving by her actions, by sharing, by enjoying, and by reaching out, because she can and it is because this is who she is.

Dee Dee Lennon reminds all women, "Have your annual checkups and mammograms, make time each day to take care of yourselves, enjoy your family, and reflect upon what you do have this day, because you too can". •

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Ronnie Kaye

Breast Cancer and Body Image

by Ronnie Kaye

Women's bodies are constantly changing. Some of the changes occur once in a lifetime, and others are as regular as the monthly cycle. Some are subtle and hardly noticed, while others are quite obvious. The most visible natural changes a woman's body goes through are puberty, pregnancy, and, of course, aging. The one thing these natural changes have in common is that they occur gradually. It is almost as though nature gives us the time we need in order to adjust.

When a woman is diagnosed with breast cancer, she may have to choose a body-altering surgery in order to save her own life. This change is sudden, not at all natural, and there is little or no time to adjust. Losing one or both breasts can cause a woman to experience some real difficulties in the area of self-esteem, and body image can become a problem. Considering the amount of attention paid to women's breasts in our culture, it is no wonder that many women feel self-conscious, awkward and uncomfortable about their altered appearance.

If you are experiencing some negative feelings about your body after surgery, here are some suggestions for healing:

1. Examine your beliefs: By telling yourself that it's impossible to ever feel good about your body, you are creating a major roadblock to healing. Beliefs are very powerful, and negative ones keep you locked into negative feelings. Try crafting a simple statement that you can repeat several times daily which opens the door to the possibility of healing. One example might be "Every day I am working to feel better about my body."

2. Create your own standards: If you're like most women, you have always measured yourself against society's standards, even before breast cancer. Those standards are extremely superficial. They are also ter-

ribly unfair because they encourage us to feel bad about ourselves. Ask yourself how much of what you feel about yourself today comes from what society tells us about beauty and femininity. Then give yourself permission to create new standards that allow you to see yourself as beautiful and feminine regardless of the status of your breasts.

3. Collect role models: There are many, many women who have done the necessary work after their breast cancer surgery and now have a very positive body image. Find them and get the benefit of their experience. Learn how they got to the place you would like to be. If you cannot find people among your friends and acquaintances, there are two wonderful organizations that will put you in contact with these women. The first is Reach to Recovery, a volunteer branch of the American Cancer Society, which sends trained volunteers out on personal visits. The second is Y-ME National Breast Cancer Support Organization, which has a toll-free "800" number and will provide you with a phone connection to one of their wonderful volunteers.

4. Try a support group: It can be lonely dealing with these issues on your own. A well-run support group can be a wonderful place for you to express your feelings, join with other women who are working

on the same issues, receive lots of encouragement, and share ideas for healing. If you are uncomfortable with the idea of joining a group, or if you feel that you want some extra support or attention, you might consider individual counseling, which can also be very helpful.

5. Write letters to your body: One way to process the loss you have experienced is to write a series of "Dear Body" letters. You might consider writing one every few days or each week. At first, your letters may be filled with sadness, anger, resentment, and many other feelings. Over time, these letters will change. When your letters start expressing compassion, you know you are well on your way to healing. When you are able to express acceptance and even gratitude, your task is complete. Save the letters so that you can look back and see how far you have come.

6. Be patient: Healing is a gradual process. Don't put any pressure on yourself to finish this work in a few days or weeks. Let go of any expectations that might cause you to feel like a failure. Allow plenty of time, and be gentle with yourself. •

A psychotherapist practicing in Marina del Rey, California, Ms. Kaye has 20 years of experience leading support groups and workshops for women and families affected by breast cancer. Ms. Kaye teaches medical students about the holistic aspects of doctoring. She is the author of "Spinning Straw Into Gold: Your Emotional Recovery From Breast Cancer".

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The Power of Awareness

by Beverly Vote

October is Breast Cancer Awareness Month. Most of us are aware of this month's cause and millions of breast cancer survivors and our loved ones are grateful that others before us have made it a mission to find the cure for breast cancer and to remind each other to practice self-care and to have our check-ups and our mammograms. All acts of caring, compassion, kindness, and love, moment after moment, month after month, year after year, are making a difference within our lives.

Many times after a woman has been diagnosed with breast cancer, she views her life and herself differently. Many really do take time to breathe in the beauty and the smell of roses and the metaphor of appreciating more of life. Sometimes we only become aware of what is really important when faced with a life threatening disease: Perhaps that is the ultimate "awareness" lesson from breast cancer.

Perhaps there is an additional awareness issue of a different perspective to ponder. By being 'wellaware' of our

thoughts and beliefs and actions about healing and wellness, we can then realize when we are making the best possible choices to be well.

The power of awareness comes in the present moment. What this means is that we can put our attention on anything and see it in a new light in any given moment. The more quiet and still we are while focusing on any one thing, the easier it becomes to connect with it and to understand it. When our lives are so full of busy-ness or intensely stressed that we forget to reflect and replenish, is when our lives become out of balance and we become detached or unaware to what we really need. Only a balanced lifestyle provides an environment for healing. It is only when we become aware how our life is out of balance, that we can do anything about it. We each can do something about balance, even if it is one small step, while facing the challenges of breast cancer.

It is also important to be aware what our beliefs about healing are. It is challenging for our bodies to heal when we do not believe we can. Our beliefs about healing from breast cancer may come from those in our immediate circle that voice 'their beliefs' to us (we all know someone that 'awful-izes' over and over the trauma from someone else's cancer

experience). But we do not have to own their beliefs, any one's beliefs, including the beliefs of this article or this magazine. But do choose beliefs that produce the healing results you want now.

One way to invoke the power of awareness for your personal healing is to ask a few questions of yourself such as: Do I act like I believe I can become well? What ways do I uplift and strengthen and replenish my spirit? How do I empower my body? How often do I create opportunities for healing? How do I reach out to others to gain support and to give support? Who are the people I can reach out to when I need strength? How well do I listen to my intuition and to my body's needs? What am I willing and not willing to do to become well?

The power of awareness is simple but profound for our healing quests because we build our tomorrows well-being based on our beliefs and the perspectives about our experiences of today. We can empower ourselves by opening our eyes, minds, and hearts by being wellaware that each day always brings each of us new hope, new possibilities, and the next step for our healing journey. •



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What a Simple Gesture Can Do

By Christine Clifford Beckwith, CSP

Most people when they hear that someone has cancer do not know what to say. They do not want to say they "wrong" thing, so they often end up saying nothing. This causes the cancer patient to feel even more isolated and alone. A simple gesture and offer to help can be music to a cancer patient's ears.

People going through cancer treatment often feel they are not attractive due to hair loss, weight changes, problems with their complexions or just not feeling "up to par". It is amazing what a compliment can do to lift one's spirits. Look the cancer patient in the eye and tell them they look GREAT! Call attention to the positive changes or just the fact that the patient has made an effort to get out of the house to go to a movie or meet you for lunch. You will be amazed at the positive reaction an encouraging word can bring. A smile on the face of a cancer patient will not only make their day... it will make yours, too.

To cancer patients:

When someone gives you a compliment while you are going through your treatment, take it as an acknowledgement that you really are doing a great job. It takes an effort to get up and face each day when you do not feel well or have lost the confidence in your appearance. And remember, the changes are usually temporary. One day soon, it will all be behind you.

You can't really be strong until you see the funny side of things.

Ken Kesity

Getting the proper rest and sleep is often a challenge for cancer patients. Fear and anxiety may cause sleepless nights. Treatments may induce insomnia. Pressures of chores and responsibilities may prevent a much-needed rest. Offer to "nap nanny"- come over to the patient's house and do whatever needs to be done to allow for peace and quiet. If children or pets are a problem, offer to take them to your house for the day or night. If chores need to be done, come

over and iron, cook, clean, or do yard work while your friend rests comfortably. Bring a new pillow, a fresh set of sheets or a new pair of pajamas. Your friend or loved one will get some sleep, and you may find some time to dream, too.

To cancer patients:

If you feel tired and run-down, ask a friend to help you find the time to take a nap. Give a list of things your friend can do for you while you slumber. You will wake up rested and refreshed, and they will feel great that they have been able to help. Sweet dreams...

In our whole life melody the music is broken off here and there by rests and we foolishly think we have come to the end of time. God sends a time of forced leisure, a time of sickness and disappointed plans, and makes a sudden pause in the hymns of our lives. Be it ours to learn the time and not be dismayed at the rests.

John Ruskin

I am often asked: "What can I do for my dear friend (relative, loved one) with cancer? One of the most important days in the life of any cancer patient is that infamous last day of treatment.

Whether it is the final treatment of radiation therapy or the very last

chemotherapy, the day is anticipated with a mixture of joy, accomplishment, relief, sadness and fear.

Mark your calendar and

make it a point of contacting the cancer patient to congratulate them and wish them well. A call, a card, or a bottle of champagne can go a long way toward telling your friend "You did it!"

To cancer patients:

Let your friends and family in on your final days of treatments. It is a day that will remain etched in your mind for many years to come. It is a grand accomplishment. Don't forget to laugh!™

Christine K. Clifford, CSP is CEO/President of The Cancer Club, a company that markets humorous and helpful products for people with cancer (www.cancerclub.com). She is the author of four books including *Not Now...I'm Having a No Hair Day!*, *Our Family Has Cancer, Too!* *Cancer Has Its Privileges: Stories of Hope & Laughter*, and her newest book, *Your Guardian Angel's Gift*. (800)586-9062. Don't forget to laugh!™








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We Learn from Each Other

Healing is both an individual experience and an experience that affects others. We need both quiet private time for our healing needs as well as advice and support from others that have made the journey before us. The following breast cancer survivors share what they learned from breast cancer about themselves, what they might have done differently, what they want others to know about healing, and how the experience has changed them.



Dr. Suzanne Metzger

Breast Cancer. These two words will change your life in less than a heart beat. In 1994, I was just one of 175,000 women diagnosed with Breast Cancer. And, speaking for all of us, I'm pretty sure that I can safely say that our lives, our concerns, and our outlooks will never to be the same again.

Once over the initial shock of diagnosis, treatments, recovery, and helping others deal with the changes that this disease makes, we began to see many changes in ourselves – most of them for the good. An essay I had been reading brought this home to me. The essay was by Mark Twain, one of my favorite author. In referring to a particular situation, he said “he recognized it, but he didn’t realize it.” Not completely grasping the meaning, I looked the two words up. Recognize means to know or be aware of. Realize means to make real, to take to heart. Things that we used to just recognize, we now realize the value, importance, and place in our life’s hierarchy.

We now realize that there is a big difference between a problem and an inconvenience. My husband Stan is a perfectionist. (He is a medical professional, so I’m sure we are glad he is a perfectionist.) However, he is not always an easy person to live with. One Saturday, he picked up the mail. Our bank statement was there, and he opened it. It was off about \$2000. To say the least, he was upset. He went around the house fuming because of this mistake. I was sitting at my desk working. He walked into my office, tossed the papers on the desk, and said, “Suzanne, I can’t believe you aren’t upset about this. This is a problem!” I responded, “Stan, Breast Cancer is a problem. This is merely an inconvenience.” He was speechless, and I have never heard him use the word “problem” again.

What has happened to nearly 8.9 million of cancer survivors walking around today is that our perspective has changed. Perspective by definition is “the relationship of objects”. And who is the one making or judging this relationship? Each and every one of us on an individual basis. It’s how we view life and what is happening to us. Are we always going to be upbeat and happy? No. But neither are people who have not been diagnosed with breast cancer. Our perspective of what’s really important in life will probably change.

One way or another, we will come out of breast cancer different than when we went in, and we are not just talking about physical changes! Remember, it’s our perspective – our mind’s eye – our relationship of objects – that can help each and everyone face the challenges that are given us.

Dr. Suzanne Metzger (Ph.D.) is a 12 year breast cancer survivor. She is a humorist who has been doing keynote presentations for the past 20 years. She is the author of Learning Through Living...Some Assembly Required and the co-author of The Complete Idiot’s Guide to Living with Breast Cancer. For more information about Suzanne and her presentations, please visit her website: www.corporatemasters.com.



Leonore H. Dvorkin

The emotional benefits that I gained from having breast cancer and a mastectomy were so numerous and surprising that I was moved to write a book about the experience as a whole, in the hope of helping others.

These benefits mean the most to me: increased appreciation of all the good people and things in my life, and the fact that surviving cancer wiped out my fear of aging. At 60, I'm happier than ever, newly appreciative of each new day and every daily joy.

Small delights include things like the twittering of birds, sunlight glittering through tree leaves, children's laughter, and the meals my husband lovingly prepares. Surviving cancer teaches you just how precious each new moment is. You learn to quiet the background chatter of your worries and distractions, to be more aware of what's there at the present moment. Doing that, you find new peace and joy.

I've also learned to be more grateful for the broader blessings that I have. Examples are my loving extended family, my appreciative students, and my quiet, pretty neighborhood. Beyond that, I've become acutely conscious that I enjoy many advantages as a modern American woman, liberties not shared by millions of other women around the world.

Surprisingly, surviving cancer did not make me feel older or frailer. Instead, it made me feel reborn. Quoting from my book: "When I awoke, I saw the world with the appreciative, eager eyes of a child. May those fresh eyes never grow dull again!"

*Leonore H. Dvorkin lives in Denver, Colorado, where she tutors languages and teaches weight training. Her books include the novel *Apart from You* (Wildside Press, 2000) and the autobiography *Why I'm Glad I Had Breast Cancer* (Wildside Press, 2005). For details, please see her website: www.dvorkin.com.*

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Susan Koplar Brown

In December 1997 as I was sitting in the bathroom in a hotel in Dallas while on a trip with my husband. I did something I did not normally do. I decided to give myself a breast exam. I had gotten

yearly exams at the Doctor's office as well as yearly mammograms and even while at Mayo Clinic for a check ups I took the session on self breast exam, where they give you a rubberized model of a breast with a lump in it. Still, I wasn't sure that I would know what it would feel like, so I didn't do any self-exams until this date in December. I raised my left arm felt my breast for any lumps and felt something. We left for the airport and while waiting for the plane to leave I called my gynecologist in St. Louis. He said to come in as soon as I got home. When I got to his office he gave me an exam and sent me to the surgeon who gave me another test and biopsy. My lump was 2 1/2 centimeters and they found another very small lump on the lower part of the breast and said it was cancer the word you don't want to hear. Then shock hits- what's going to happen to my family and me?

My mother had died from breast cancer ten years earlier, but I knew that in those ten years great strides in cancer research and care had been made and the statistics for survival were greater.

I made up my mind after the shock wore off that I would find the best group of experts to get well and set a course for recovery so that I could concentrate on doing what I needed to do and focus on a positive attitude.

What I learned:

1. With all cancers early detection is critical
2. Find the best care- once you know what you have to do, stay focused.
3. Loving family is the greatest medicine, they are an important part of recovery
4. Cancer teaches you the important gifts of life, you learn to enjoy and appreciate.

Susan Koplar Brown is President of Four Seasons Group, holding company of the Midwest's premiere resort, The Lodge of Four Seasons and Four Seasons real estate development companies. Susan is a believer in giving back to one's community, Susan devotes time serving on the Board of Directors of Lake Regional Hospital in Osage Beach and the companion Lake Regional Hospital Foundation. Susan resides in Four Seasons, Missouri with her husband Peter. Their three sons continue the Koplar-Brown legacy by representing the fourth generation in family-related hospitality, recreational and residential industries.



Marion Luna Brem

Breast Cancer – My Best Teacher

Within a matter of weeks, I lost my left breast, my ability to have children (with a hysterectomy for cervical cancer), my hair, my

marriage (which did not survive the stress), my financial security (with no health insurance), and my self-esteem – almost.

Then in the depths of my despair, I found a will to survive. I think of it as a resiliency, and it's the first truth about myself that I discovered during my breast cancer journey. There would be six more.

I learned about the power of nurturing through reaching out and bonding with others. There is great comfort in sharing. My feminine intuition, once activated, taught me how to read signals and register patterns. I was able to then participate in my own care-giving. Creativity gave birth to new order in my life. I was able to let go of my fear of change in my life. Passion for life ignited courage within me to knock down self-imposed boundaries. My innate sensitivity reminded me that no one could make me feel inferior without my permission. And I didn't give it. And lastly, bolstering my self-value was an inside job. I came to believe in my right to be happy. I became my own best friend.

Over the years, I've come to realize that were it not for my breast cancer experience, I may never have come to know these seven truths (strengths) about myself. They unlocked the door for me to experience all the abundance of life.

Marion Luna Brem, divorced with 2 young sons, battled cervical and breast cancer as well as financial devastation. A personification of the indomitable spirit, today she is a CEO, author (*The 7 Greatest Truths about Successful Women* and *Women Make the Best Salesmen*) and international speaker. She has appeared on "The Oprah Winfrey Show" and "Good Morning America". Ms. Brem has been profiled in *The Washington Post*, *Reader's Digest*, and *USA Today*. She is the holder of the "Avon Woman of Enterprise" and the "Inc. Magazine entrepreneur of the Year" awards, and has been named as one of the "Leading Women Entrepreneurs of the World" for 2001.

Our winter issue will feature articles from Linda Blachman, author of *Another Morning, Voices of Truth and Hope from Mothers with Cancer* www.lindablachman.com

and Kim Carlos, co-author of *Nordies at Noon*, the personal stories of four women "too young" for breast cancer. www.nordiesatnoon.com


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Cancer Involvement Program



"When I heard the diagnosis of cancer, I was in shock. And although I went through the motions of doctors' appointments, tests, and letting friends and family know, it wasn't until the nurse was putting a chemo line into my arm that I realized this was real. I really did have cancer!

"Then came the whirlwind of questions. Was it time for me to die? What does it all mean? What do I do? How will I feel? At some point, I knew in my gut that I would not die from this, and that the journey, while hard, would be a positive, learning experience.

"Doctors and nurses put me on a hectic schedule. The chemo was exhausting and my mind was awash in chemicals that made it hard to focus. So many things were being done TO me or thrown AT me. Directions had to be followed. And so many decisions had to be made.

But the emotions. Glad to have caught it when I did. Angry at the whole situation. Wanting to deny it was even happening. Grateful for the many people around to support me through it. Over and through it ALL, I felt fear...fear of dying, of pain, of losing a part of me...fear of never being the same!

Guided imagery was a way for me to become empowered in my fight for life, in my healing. I felt as if I could be the architect of my own recovery from the inside out. I could use my mind, my heart, and my imagination to bolster my immune system and the healing process. This imagery helped me to focus again, helped to silence all the questions and fears. All I needed was this positive calming atmosphere, so that I could allow myself to breathe deeply again. And to think it was all waiting there for me ... inside me." - Cathy Durand



(Dr. Jost, teaching a patient how to get the most from her guided imagery program.)



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Mary Beth O'Reilly

Until I was diagnosed in 1995 I overlooked the real understanding of how vulnerable humans are. Neither my lifestyle nor any risk factors that I was aware of would ever make me suspect that I could or would have breast cancer. Now I know fibrocystic

disease is a huge risk factor because it creates dense breast tissue making it difficult to visualize clearly in mammography. Another element that I now understand is family history only plays a significant role in 5 to 10 % of breast cancer.

Through my experience with breast cancer I have been involved with many others of all ages, 22 to 80, and have learned each individual experiences the disease and its physical, emotional and spiritual impact in different ways. All depends on age, family circumstances, financial status, knowledge about breast cancer, personality and many other dimensions of the individual.

The most important thing to know about the challenge of beating breast cancer is to be informed, be your own best advocate and be involved and in tune to your body. Be healthy physically, emotionally and spiritually and continue to develop all these areas.

As far as my personal learning experience, it made me realize how I value my life, family and friends. I learned how unimportant "stuff" is and also everyday crises we tend to let upset us.

The most difficult challenge was this is a life-altering event and so I found it most rewarding to help others going through breast cancer by starting a breast cancer foundation to help with financial and emotional support.

I think it is easy for family and friends to think that breast cancer is over and everything is normal at a certain point. It is never really over because the physical change is ever present as well as the concern of recurrence.

To those involved with women going through breast cancer, the most important thing to do is to "be there." Help the person going through breast cancer by being their advocate while they are in treatment and encourage their active participation.

There is nothing I would have done differently because what is done is done. I had a late diagnosis through no fault of my own and I hope to serve as a model that long-term survival with a late diagnosis is possible. My heartfelt gratitude goes to all my family and friends for being with me then and now.

Mary Beth O'Reilly is Founder and Chairman of the Breast Cancer Foundation of the Ozarks, 417-862-3838 or 1-866-874-1915, www.bcfo.org.



Barbara Delinsky's

I learned that I was strong – I mean, really strong – and oh, boy, does that sound trite. But it's true! My mother died of breast cancer when I was eight. Growing up mother-less

forced me to be resourceful, independent, and able. My great weakness, though, was the dire fear I had of getting breast cancer. I grew up convinced – thought about it really often – that I wouldn't live past the age of 45, which was how old my mother had been when she died. I was 49 when I was diagnosed, and in those first terrifying days, I discovered an untapped reserve of strength somewhere way deep down inside. That reserve took over and moved me forward. It enabled me to be upbeat and positive; death was simply not an option. It had me writing my way through treatment – and producing a good book! Eventually, it even allowed me to go public with my breast cancer. Given what a very private person I am, that took the most courage of all. But my career as a novelist had reached a stage where I realized that I could be a positive role model for thousands of women – that I could tell others that breast cancer was do-able. The resulting book, *UPLIFT: Secrets from the Sisterhood of Breast Cancer Survivors*, has been the most rewarding book I've ever produced. It is a testimony to strength – not only mine, but that of the 370+ women and their families who contributed to the book. These people, too, learned that they could face the worst kind of challenge in life and come out of it smarter, better, stronger.

Barbara Delinsky, *New York Times* bestselling author of *LOOKING FOR PEYTON PLACE*, lost her mother to breast cancer when she was eight. A survivor herself, she is the author of *UPLIFT: Secrets from the Sisterhood of Breast Cancer Survivors* as well as more than 70 novels. Barbara donates all of her proceeds from *UPLIFT* to her foundation for breast cancer research. Readers can send notes through the Survivor's Journal at <http://www.barbaradelinsky.com/uplift/uplift.cfm>.



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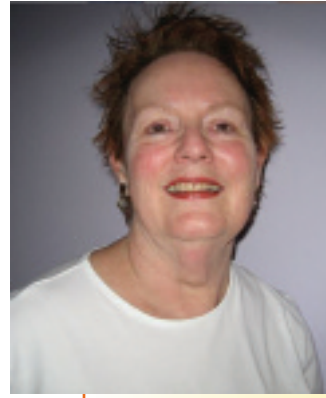


Jacqueline Hickey

Thirteen years ago at the age of 39, I was diagnosed with an

aggressive form of Stage II Breast Cancer. Treatment included a Wide Excision Lumpectomy, a year of Chemo Therapy and four months of Radiation treatment. It is only now and with the benefit of hindsight that I can view my experience through a clearer lens. I have come to regret not accepting the well intentioned support and assistance of loved ones. I realize now that in my effort to protect them that I hurt them instead. It was a selfish act, but an act of self preservation and if I could change it I would. I wish I had welcomed and embraced their offers to help, they need to. At the time I couldn't bear the pain I saw in their faces. I mistook their compassion for pity and I looked away. Each day I pulled myself together and faced the day; I did what I had to do to get through it. Only my husband knew of my despair and growing depression. How I longed to fall into my mother's arms and be comforted; to be her little girl again but I couldn't bring myself to do it to her. I thought it would be too painful for her. I underestimated her strength. Clearly my attempt at independence cheated all of us. Everyone needs to love and be loved; to help and be helped; to nurture and be nurtured; it's how we all survive.

Jacqueline lives, writes and runs in Rockport, MA. You may contact her at roxie01966@yahoo.com



Sue Caruso

Breast cancer taught me that life is not about US, it's about everybody else.

There's no point in being a survivor unless we do something for somebody else.

Dr. Kristi Harrington performed my mastectomy in 2003. She's a relatively young woman, and at that time she was very pregnant with her first baby and was only allowed a few hours per week in the operating room because of the advanced pregnancy. Compassionate, confident, caring – that's Kristi.

When I was two years out from mastectomy, chemo and radiation, I wrote her a letter and said that in spite of years of specialized training, distancing and being professional, it must be emotionally difficult for a surgeon, especially a woman, to remove a breast. I told her how I'm teaching important concepts like kindness to my grandchildren and about my volunteer work in the community, including support for breast cancer women, as well as painting, traveling and living life. A surgeon contributes as the beginning of the healing process but then usually loses contact quickly.

I told her that because she gave me the ultimate gift of time, I was doing my best to "make a difference".

She called. We talked.

Sue Caruso is a 3-1/2 year breast cancer survivor. She is an art museum docent and involved in church activities. She also does some one-on-one support for breast cancer patients through Angel Care Breast Cancer Foundation. Sue lives in Bellevue, WA, with her husband Tony and is enjoying life thoroughly. Sue enjoys swimming, reading, volunteering in her community, and is an artist. She can be reached at sbcaruso42@yahoo.com.

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Lori Misicka

My girlfriend ended our conversation with, "Stay positive." The cancer websites recommended "maintaining a positive attitude."

After chemotherapy, surgery, high dose chemo with stem cell rescue, and radiation, I don't know which was more exhausting: cancer or having a positive attitude.

At first being positive was easy. The beauty of the world often brought me to tears.

But then that "why me" thing hit. My tears weren't because the world was so beautiful anymore.

I was not feeling positive.

Tell that to the neighbor who asks (with lowered voice), "How's your health?"

Maybe people need us to handle cancer with a positive attitude because it's less scary that way. But sometimes the people who most expect us to be positive, no matter what, are...us.

Focusing on the positive can help you feel better, but it's impossible to have a positive attitude all the time.

Being positive isn't positive if it means denying your real feelings. Research shows that support group participants have a better quality of life. In a support group you don't have to be brave and strong; you can cry and complain without shame. Maybe people in support groups have better quality lives because, for a couple of hours, they don't have to act positive.

Dealing with a cancer diagnosis and its treatment takes a lot of energy; why waste any of it trying to live up to unrealistic expectations? A positive attitude is great--when that's how you're really feeling.

Lori Misicka is a professional speaker who helps people of all kinds bounce back from adversity of all kinds. Her down-to-earth techniques were developed during twenty years of managing customers and staff in the broadcast industry, and put to the test when she was diagnosed with breast cancer. Contact her at lori@howtofeelgoodwhenyoufeelbad.com.



Pamela Pierce

I'd like to tell my best friend and caretaker, Angie McClanahan that there are no words to thank her enough for

all that she did for me during my breast cancer and treatments.

Angie is one of those friends that know everything about me, would do anything for me and loves me unconditionally. So, of course she was there for me from the beginning of this BC journey. As my friend, she made it her journey too. She was there with my family on my surgery day and when I awoke, hers was the first voice I heard. From day one, she drove from her home in a nearby town EVERY day! When it came time to change my bandages, she was there. I'll never forget how we stood in my bathroom what seemed like forever before I could look...I looked in her eyes first and she didn't bat an eye, she smiled, said it looked wonderful and I believed her! She came every day after that and changed my bandages. Every single day.

When it came time for Chemo, yes, it was Angie who took me. She insisted, even when I knew I could drive myself she wouldn't hear of it. She was my rock and she had to make Chemo fun! Not just for me, but for the other Chemo patients as well and even the nurses. She knew just how to make everyone laugh. Oh, and shopping for my first prosthetic breast and bras was a hoot, well, you can imagine with a friend like Angie. She wasn't letting me out of the boutique without 'cute' bras and feeling good about myself. Angie and I can have fun doing anything together...she was not going to let cancer be any different. God bless her. I know she helped in my healing, in body, mind and my soul.

How do you put into words how much a friend like this means to you? I don't think you can. Just...thank you, Angie. I love you!

Pamela Pierce is 52 and has been married to her high school sweetheart for 34 years. She has a wonderful son and daughter and 3 beautiful grandchildren. There is nothing in life she enjoys more than spending time with her family and friends. grandmapam@woh.rr.com.

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eating a **wide variety of plant foods.**" *Dr. Rui Hai Liu, PhD - Cornell University*

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Nikki Reynolds – New York 5 Year Breast Cancer Survivor

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Jill Greene

The most important challenge of beating breast cancer is getting through the emotional aspects associated with the recovery. I always tell women battling breast cancer that

the battle is for many even more difficult emotionally than physically. It seems to take longer to recuperate from the mental issues than the actual time it takes to recover from the physical aspects of surgery and/or reconstruction. With each stage of reconstruction comes new challenges as well as new healing. Without reconstruction time is what seems to heal the most.

I think it is important to find the thing that makes you feel like you are fighting the disease. You need to look at the disease and your prognosis straight in the face, understand the realities of the disease and how it will affect all of the people around you and then make the choice to fight it.

There are days you feel like the bride of Frankenstein and that is normal. It helps to find other survivors that you can talk to about the fears and challenges as new ones arise. You need to communicate your stresses, worries and complications with everything from medicines, side affects and even the challenges of intimacy with your partner. The key to healing emotionally is communication. Communication with your friends, family and your new bosom buddies!

Realize from your diagnosis that you are on a journey. The recovery process will likely take longer than your would expect and to recover wholly can take years. You will learn a lot about yourself. Be patient, communicate with others, think positive and come out swinging!

I was diagnosed with breast cancer at 33-years-old. I have been married to Trey for nine years. We have two children, Cully, 7 and Lucy 5. Since my diagnosis I have served on the Komen board, Mercy Hospital Cancer Resource Center Steering Committee, the Mercy Women's Center and Bosom Buddies. I am currently working on publishing "Sex and Breast Cancer." This book is meant to address an issue that is hard to talk about but is such a large part of the recovery process.



Lori Lober

In April, 2000 at the age of 36, I heard those dreaded words, "you have cancer". Because my cancer was invisible to the mammogram, an unfortunate delay in obtaining my diagnosis

allowed my breast cancer to progress to it's worst stage. I had liver metastasis and was given an estimated 18 months to live. I refused to accept those odds and was determined to do whatever it took to give myself the best chance to beat cancer. This included not only the best and most aggressive therapy that traditional or "Western" medicine had to offer, but also a combination of complementary types of treatment still not routinely prescribed or used in traditional cancer care. I found no reason not to integrate the best of both worlds for maximum potential benefits. The combination helped to relieve stress, to improve my body's nutritional state, maintain energy and apparently bolstered my immune system. Now, 6 years after that stage four, metastatic breast cancer diagnosis it is unclear if I am truly "cured" or just living in harmony with my disease. I have learned more than I ever knew I would need to about cancer and now live to share my journey with others. Listen to your body . . . be your own best advocate to ensure you are receiving the best, most state-of-the-art medical care available and remember the only way to definitively rule out cancer is by doing a biopsy. Obtaining an early diagnosis will give you the most chance of long-term survival, but I am here to prove that you can win the battle, even if it is diagnosed or has progressed to the most severe stage. Know the power of your mind, be pro-active and have faith. Journey well, Lori C. Lober.

Since being diagnosed with stage four, metastatic breast cancer in 2000, Lober has founded the Touched By Cancer Foundation. In 2004 Lober was honored as an "Outstanding Missourian" by the Missouri House of Representatives. In February, 2006 Lober's book detailing her cancer journey, BIGGER THAN PINK was published. (www.BiggerThanPink.org) You can reach Lori Lober by calling the Touched by Cancer Foundation at 816-505-0040 or e-mail her at llober@touchedbycancerfoundation.org, www.TouchedByCancerFoundation.org.



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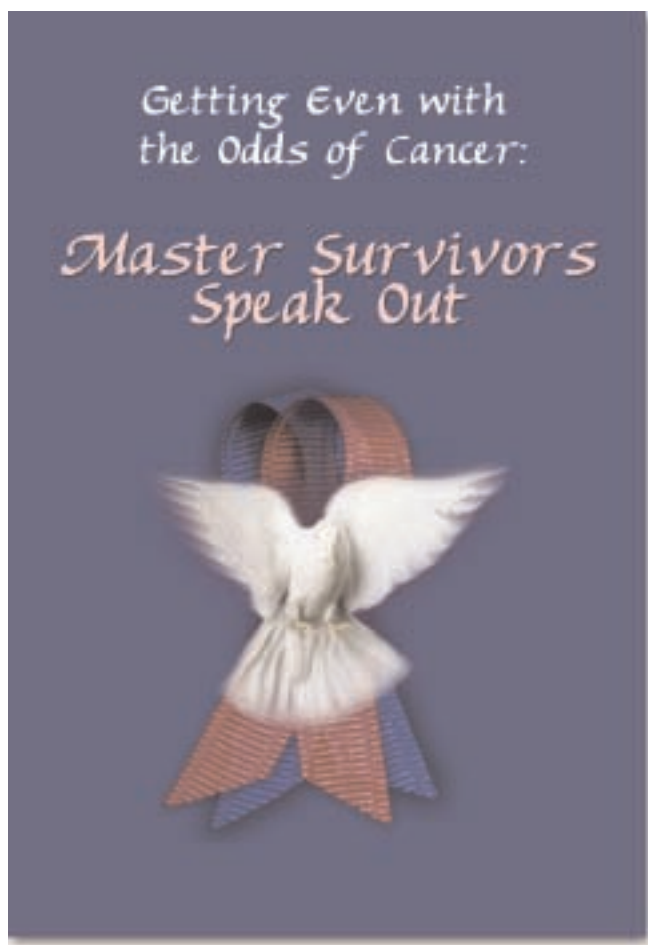
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A Master Survivor is someone that understands how they have made a difference in their experience. A Master Survivor is both a student and a teacher. A Master Survivor is someone that feels compelled to share their healing experience about what they learned specifically. A Master Survivor is someone that knows how to reach out for help and how to accept help from others. A Master Survivor is someone that sees that she has been touched by cancer and that the experience has made her aware of who she is, made her stronger, and made her embrace life with more confidence and zest.

Please consider having your story submitted for this book. Please e-mail your story to Beverly Vote at beverlyvote@aol.com. Stories are to be between 800 and 5900 words. Photos will be requested upon acceptance of your story. The deadline for submissions is February 1, 2007.

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