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**Awakening
to Your
Own Power**

3 WOMEN ON A JOURNEY

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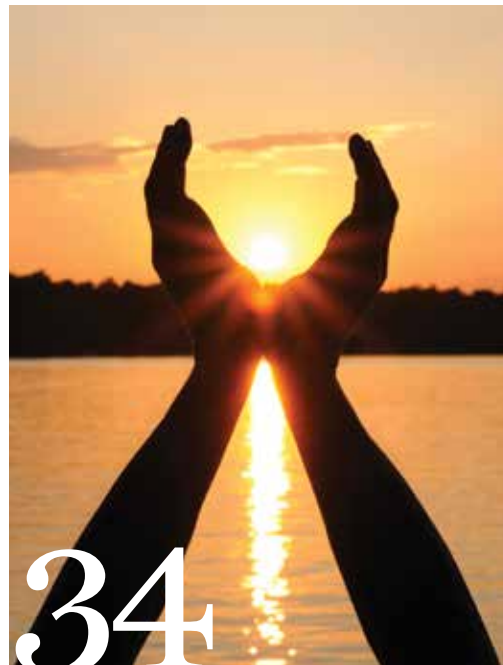
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— Anthony Robbins

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YOUR SHELVIC EXAM

What a healthy and nutritiously stocked kitchen looks like

BY DAVID GROTTTO, RD, LDN, AUTHOR OF *THE BEST THINGS YOU CAN EAT*

**True health care reform cannot happen in Washington.
It has to happen in our kitchens, in our homes, and in our communities.
All health care is personal.**

— Mehmet Oz M.D.

After years of being a cancer fighting nutritionist and seeing patients in stuffy, cramped offices filled with rubber food models and empty food packages used as educational tools, I realized something was missing: I was using food in my environment, not theirs. It wasn't until a patient asked me to visit her home that I soon realized what was missing. I discovered that nutritional pitfalls weren't happening in my office... they were happening on the home front. And what better way to teach patients how to make better nutritional

decisions to heal and improve overall health than in their own homes?

Though I may not be able to visit everyone's home who is reading this article, I thought it might be beneficial to walk you through one of my practical "shelvic exams" that I perform at patients' homes and show you the best foods to stock your kitchen with. Ready? This won't hurt a bit...

Before letting me into your virtual kitchen, let me offer you three factors to consider: taste, portions, and ingredients. Eating a healthy diet is easy to do when you

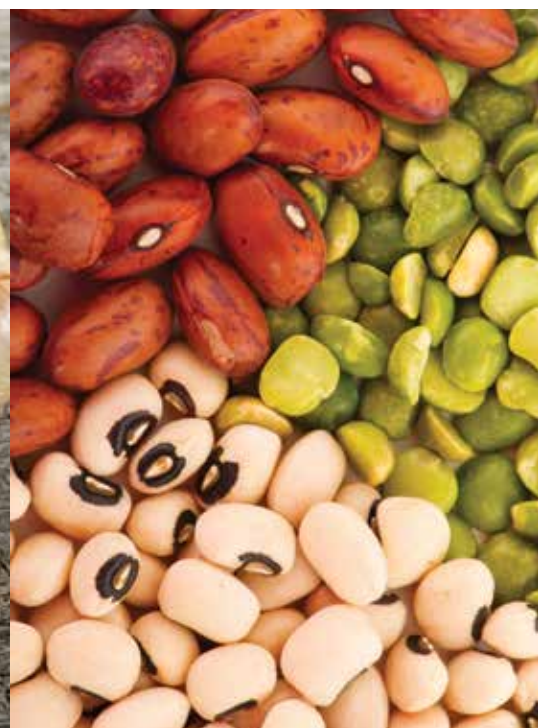
keep your freezer, refrigerator, cabinets and pantries stocked with these essential healthy ingredients.

BEST CHOICES FOR FRIDGE AND FREEZER

When in doubt, throw it out! If you don't know how long you've had that open jar of mustard or leftover pasta dish, TOSS IT!

Keep tempting unhealthy foods out of sight. If you live with someone who consumes tempting sugary dessert items, you would be best served to relegate those items to the dark nether regions of the fridge or freezer. Foods that are in the direct line of site are just begging to be eaten.

Fresh or Frozen? If half of your plate should be fruits and veggies, doesn't it make



sense that half of what is in your fridge and freezer space should also consist of fruits and veggies? Choose fresh organic fruits and vegetables when possible, but remember you aren't sacrificing you or your loved ones' health by serving frozen produce.

■ **Black Raspberries:** Studies suggest that there may be greater anticancer benefits in black raspberries as compared to red raspberries, strawberries, blackberries, blueberries, and cranberries. However they all tend to share many of the same cancer-fighting nutrients and phytochemicals such as ellagitannins and ellagic acid. In a large population survey, people with higher total flavonoids and anthocyanidins in their diet had lower levels of inflammation. Berries are also an excellent source of dietary fiber.

■ **Cancer-fighting buddies: Grapes, cranberries, blueberries, mulberries, bilberries, and lingonberries all contain resveratrol.** The flavonoids in the skin, flesh, and seeds of grapes protect DNA and also may inhibit cancer cells' growth and stimulate their self-destruction, as demonstrated in cell culture studies. All varieties of grapes rank high as sources of

antioxidants, including the compounds stilbenes and resveratrol. Resveratrol is produced by plants to fight off fungal infections, but is a powerful antioxidant that has been shown in lab studies to thwart the growth of cancer cells. A large body of laboratory-based research that has focused on resveratrol has shown it can change cell growth signals, stimulate self-destruction of abnormal cells, and decrease their ability to spread.

■ **Mushrooms pack plenty of nutrients that may help protect from cancer** such as arginine, which is an amino acid associated with reduced tumor growth and patient survival time; beta glucan has immunomodulatory effects and antiproliferative actions; ergosterol plays a role in making vitamin D and has many effects including inhibiting cancer cell growth and lectin can cause cell death and inhibit tumor growth.

■ **Cancer-fighting buddies also include broccoli, kale, collard, mustard greens, Brussels sprouts, rapini, spinach, cauliflower, turnips, cabbage, and radishes.** Broccoli is probably the best known of the

TASTE BEFORE NUTRITION

Let's face it — if you don't like the taste of something, the chances of you including that food long term in your dietary vernacular is slim to none, regardless of your motivation to eat it.

PORTIONS

The USDA came up with a spiffy icon to help divv up your dinner plate for optimal health and wellness.



- Make half your plate fruits and veggies
- Focus on whole grains that should occupy about 1/4 of your plate
- Choose lean proteins that should occupy the other 1/4 of the plate

INGREDIENTS

There are some specific items I'd like to call your attention to that are essentials as part of a disease prevention plan or cancer remission strategy. Many of the foods suggested are featured in my new book, *The Best Things You Can Eat*.



cruciferous vegetables, but the others have great benefits too! All of them contain glucosinolates, which form the cancer-fighting phytonutrients isothiocyanates and indoles. These compounds can aid in decreasing inflammation, inhibit the activation and promote the detoxification of carcinogens, and decrease cancer cells' ability to spread. They also turn on tumor suppressor genes, which slow cell growth so that cell damage can be repaired, and stimulate the process called apoptosis, in which damaged cells self-destruct. Broccoli is also an excellent source of the antioxidant vitamin C, which protects cells by supporting the immune system.

BEST CHOICES FOR CABINETS AND PANTRIES

Just like the fridge and freezer, check out expiration dates to make sure you're not eating out-dated, nutritionally void or dangerous food.

■ **All dried beans, peas, and lentils** all share many of the same cancer-fighting nutrients and phytochemicals. Some examples of dried beans include kidney, pinto, navy, and black beans. By the way, "dried beans" is just a classification but doesn't mean you have to buy them dry. Look for convenient low sodium canned versions. Black beans contain high levels of fiber, B vitamins and anthocyanins and triterpenoids which are powerful antioxidants. Black beans are also a rich source of the B vitamin folate, which helps reduce the risk of several types of cancer due to its role in healthy cell division and ability to repair damaged cells at several different stages.

■ **Cancer-fighting choices include garlic, onions and leeks.** These contain the cancer-fighting flavonoids kaempferol, and

quercetin. Crushing, chopping, or chewing garlic exposes the cloves' odorless allyl sulfur compound, alliin, to an enzyme that converts it into the active form called allicin. From allicin, a number of sulfur compounds are formed that interfere in the process of cancer development. In cell and animal studies, allyl sulfur compounds from garlic inhibited enzymes that activate carcinogens, boosted enzymes that detoxify carcinogens, enhanced DNA repair, and slowed growth and stimulate self-destruction of cancer cells without disturbing normal cells.

■ **Whole grains:** Whether it be cereal, side dishes or pasta, whole grain versions are worthy of your cabinet space. What are whole grains and why are they good for you? According to the Whole Grains Council, the definition of whole grain is fairly straight forward: "...100% of the original kernel — all of the bran, germ, and endosperm — must be present to qualify as a whole grain." Health experts used to hang their hat on the fiber content of whole grains as the payoff, but research shows the health benefits of eating whole grains go well beyond the fiber content. The unique nutrient package, including their macro-, micro-, and phytonutrients, contribute to whole grains' overall health benefits. A recent meta-analysis found that whole grains play an important role in lowering the risk of chronic diseases, such as coronary heart disease, diabetes, and certain types of cancer, and also contribute to body weight management and gastrointestinal health. Unfortunately, according to a 2010 study in the Journal of the American Dietetic Association, only one in twenty adults are consuming enough whole grains. That's really going against the grain!

Of course, there are a great many more foods that can go into your cabinets and

refrigerator. But if you make the bulk of your selections based on these suggestions, you'll be well on your way to a healthy diet.

You may have noticed that I have not implored you to toss out anything from your kitchen. That used to be part of my approach but I found that giving up favorite foods inevitably sabotages your overall efforts and reduces eating to a necessary but boring task. Believe me, if there was sound data that supports that abstaining from occasional indulgences can make a difference in cancer occurrence, I'd be telling you to banish them faster than you could say "Twinkie". Enjoy your new healthy kitchen! ■



David Grotto

Author of *101 Optimal Life Foods*; *101 Foods That Could Save Your Life* and *The Best Things You Can Eat* (January 2013)

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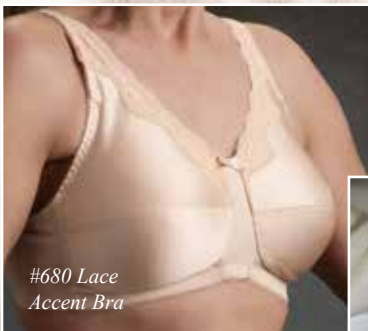
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3 WOMEN ON A JOURNEY

Awakening to Your Own Power

BY CINDY GILES, ACC, CLP

"The journey of a thousand miles begins with a single step."

— Lao-Tzu

This is the continuation of the article "3 Women on a Journey" from the Breast Cancer Wellness Magazine Fall Issue.<http://www.breastcancerwellness.org/mags/fall2012/index.html>

At the April 2012 Breast Cancer Thrivers Cruise I met many incredible women living with courage and compassion who were touched by breast cancer, either as a thriver or a caretaker of a thriver. I offered an invitation to 3 women, Michelle, Denise, and Wilma to go on a journey for 12 weeks and experience the process of life coaching. We have shared their journey in the summer and fall issue and are concluding with this article.

Awakening to their own power is the result of the shifts these three women have experienced. Each one came into this project with obstacles that held them back from achieving their hopes and dreams. The successes have not miraculously happened over night, but rather a series of small action steps that allowed each woman to awaken her shining light. It has been an honor for me to witness this transformational journey with them.

Each woman's personal journey is unique and exceptional.



Michelle

39 Caretaker :: Cayman Islands

Michelle's biggest challenge was her inner critic—that inner voice in her head that told her "you are not good enough, not smart enough, not pretty enough and not capable, etc." She felt incapable of making any movement forward without being shut down by her built in critic. She also was, by her own account, a "control freak." Things were structured and rigid and she was a tyrant to keep her world to a perfect set of standards. On the outside, Michelle appeared in control and aloof, but on the inside she felt invisible, scared, and lived with that tired tape playing non-stop in her head that she wasn't good enough, not deserving, etc.

Last update, after 12 weeks of coaching, Michelle was moving forward and busting through her obstacles that kept her stuck. Her shift happened when she became aware of her inner critic and started taking action steps to quiet the scolding voice. Michelle also stopped solving problems with her critical knee-jerk reactions, which typically left everyone, including Michelle feeling guilty and regretful. She understands that we all have problems, but now, she also knows that problems have solutions and that is what she reaches for. All these little steps of shifting her thinking and taking action on her inner critic have allowed Michelle to live happier and believe in herself—i.e. she is awakening to her own power. She says she feels like a success and has a "can-do" attitude—anything is possible for her and she is proving it through her actions.

Currently, Michelle has received a promotion and is enrolled

in a course that will benefit her goals in a five-year career path. She also is saving money to buy her own home and a trip just for her—for fun! Michelle admitted that she finally had the courage to move forward and have exploratory surgery, something that she has been putting off for over a year—due to fear. According to Michelle, cancer runs rampant in her family—and happily, she is fine and healthy.

Michelle's journey continues and the gifts that she is taking into the future with her include her "can-do" attitude and the understanding that problems are the beginning stages of solutions.

MICHELLE'S TIP:

When you have a problem, instead of focusing on the problem, ask yourself, "What is the solution?" You always have a choice, stay in the present moment and don't think about yesterday or tomorrow. Focus on right now and see the solution.



Denise

51 :: Stage 4 Metastatic Breast Cancer :: Massapequa, New York

Denise lives with her husband and together they have two sons. Denise first went through breast cancer in 2002 and then had a recurrence in 2009 where the cancer had metastasized. She receives chemo every three weeks.

Denise's biggest challenge was boundaries. She gave her time to everyone but herself and then felt angry because she didn't have time for herself anymore, but then felt guilty over feeling resentful, and then felt angry all over again. This caused Denise to stay stuck and feel like she was wearing cement shoes. Denise became unstuck when she started following her heart and do what she wanted to do, regardless of what other people thought.

She also wasn't sure how to stop giving her time to an organization that she wasn't passionate about—resulting in a pile of papers that sat on a chair draining her energy every time she walked by. Denise decided to leave the organization and put her efforts into something that she was passionate about. However, Denise didn't have a clue what her passion or her life purpose was and that was a place to start.

From our last update, Denise was clearing out the clutter in her life. She committed to things she enjoyed and came from her heart, not from the thoughts of, "I should, I have to or I need to" type of thinking. She also has put in effective boundaries and asked herself, "Is this in my best interest?" and again listened with her heart.

Letting go of things that didn't make Denise happy has allowed her to live in a world that she follows her heart and not her head. She lets her heart guide her on her path and takes advantage of the opportunities that are presented to her. Denise is living life with invincible energy and having stage 4 breast cancer is encouraging her to discover her life purpose. She has attended workshops for women diagnosed with stage 4 breast cancer and has found a renewed energy in herself, resulting in awakening to her power.

Currently, Denise has discovered two passions—1) Helping other women who have metastatic breast cancer and 2) metastatic awareness. She is finding herself in a role of leadership, teacher and healer. She is interested in developing social relationships, support groups and anything that helps women to live with higher forms of personal power. She believes this is key to avoiding the doom and gloom mentality and staying stuck feeling like a victim.

The other passion of Denise is metastatic education through awareness. She finds that so many people, including her close family and friends, don't understand what it means to live with metastatic cancer. Denise wants people to know that stage 4 metastatic breast cancer is different and give it a voice. Her dream is to educate people that women live with this cancer everyday and they have different hopes and dreams than someone who has been treated for a different stage of breast cancer. She is forming new friendships, seen as a teacher and recognized as a leader. Denise is shining her light and people want to hear what she is saying; she was asked to speak at a medical conference in November.

Denise's journey continues and the tools she is taking with her are to follow her heart and not her head. And as far as volunteering, her thoughts are, "my plate is full and I'm not asking for seconds."

DENISE'S TIP:

When you are faced with something that you are not sure what you want to do, ask yourself, what is in my best interest?—the answer will come from your heart. When you follow your heart, you are on the right path. You will know if you are following your head if you hear, you should do this, you need to do that, or you must do it this way. Your heart will never lead you astray and you'll find opportunities appearing all over the place—it's your own little miracle.



Wilma

62 Stage 4 Metastatic Breast Cancer :: Puerto Rico

Wilma lives in Puerto Rico with her husband of 30 years. She was first diagnosed with breast cancer in 2002 and then discovered in 2009 that her cancer had metastasized in her bones. She is a certified bra specialist and a silent partner in a company in Puerto Rico.

Wilma's challenges were about helping everybody, except for Wilma. She never thought of herself as a priority, never asked, "What do I want?" Wilma gave all her power to people—some she cared about and some she didn't. She also would like to get clarity on some type of legacy; she doesn't want to leave this planet without making some type of contribution. Her passion is endless for women who need bra support and she works her magic to help women feel assured and validated about their self-worth. Her obstacles are finding the time to take care of herself.

Our work came to a halt in late summer due to debilitating back pain that Wilma was experiencing. No doctor was easing her pain and she was miserable; she couldn't sleep and was too tired in the

day due to lack of sleep. This went on for two months. Finally, she was able to see a doctor who helped her and received two epidural shots to knock out the pain. This struggle forced Wilma to stop and make her a priority in her life — maybe for the first time.

Wilma wanted something more for herself and felt the medical world wasn't enough for her. She researched and found a holistic doctor on the island and went to visit her. She got educated on holistic medicine and eating the right foods and taking supplements that would help her feel better. She also took three weeks off from her regular life and went away to what I call "Wilma time" and what she calls — "a retreat to regroup."

When I caught up with Wilma after her retreat it was like speaking to a completely different woman. She was very interested in making a difference in Puerto Rico for education about cancer. Through her many contacts and connections, Wilma is the "go-to" person for anyone who needs help or information about finding the best information to serve their breast cancer healing needs.

Currently Wilma is feeling great. She is still very busy but the difference is she makes herself a priority in her life. She is asking herself, "Do I want to do this?" and follows her heart. Wilma has found a new passion and that is speaking to various organizations about cancer awareness. She is also working on designing a pamphlet and has the outline for a book.

She continues to be passionate about helping women have proper bra support, especially the personal attention that she gives. Her legacy is still not clear, however, she is experiencing overwhelming success with speaking, and perhaps the legacy will be in her brochure and/or book. Wilma's journey is still continuing. However, thanks to awakening to her authentic power, she now believes in herself and is openly sharing that through speaking and helping others overcome fear of cancer.

WILMA'S TIP:

When things get overwhelming, it's time to take time out for you. Don't let others dictate your needs. If you don't spend time taking care of yourself, your body will do the talking and make you take care of yourself. All aches and pains are a form of communication. Ask yourself, what is my body saying to me with this? Follow that advice or pay the price.

This has been an incredible journey for me to be part of Michelle, Denise, and Wilma's journey. Each one of us has the ability to change and transform our lives and overcome obstacles that keep us stuck. If we follow Michelle's advice and focus on solutions, or Denise's advice and follow our heart, or Wilma's advice and listen to our body, we too may awaken to our own power.



Cindy Giles

Cindy Giles is a Life Coach that specializes in alchemy—shifting survivors into thrivers! Combining her experiences as a breast cancer thriver and knowledge and skills as a coach, Cindy helps her clients discover their inner joy and happiness. She is a passionate speaker and offers inspirational workshops. Get your free "Roadmap to Happiness" at Cindygiles.com.



KISSES AND MUCH MORE

BY CHRISTINE HORNER, MD

Perhaps one of your favorite activities is putting up the mistletoe during the Holidays and getting a special someone to give you a kiss. But did you know that mistletoe can also help you if you have breast cancer?

Yes—kisses really do help you to heal, but mistletoe offers much more. The plant itself has several properties that can help you to tolerate your treatments better and even improve your survival!

It's no secret that chemotherapy takes a toll on your quality of life. Mistletoe preparations, also known as Iscador, have been frequently used by breast cancer patients in Central Europe and research shows that these patients report a better quality of life.

Mistletoe has also been shown to help fight breast cancer tumor growth in a number of ways. A 2006 German study reported that when mistletoe extract was

injected into breast cancer tumors in mice, the tumors shrank, the rate of cell division decreased, and there was increased tumor cell death. Another 2006 study conducted in Norway, found that mistletoe extract worked to decrease tumor growth through several different mechanisms, including stopping new blood vessels from growing which feed tumors (anti-angiogenic) and by making tumor cells more sensitive to being killed (apoptosis) by a cancer-fighting substance in our immune system called "tumor-necrosis factor." Knowing of mistletoe's various anti-cancer effects makes it easy to understand why a study published in the European

Journal of Medical Research in 2006 found that breast cancer patients receiving mistletoe, in addition to conventional therapy, had longer survival times than those who received conventional therapy alone.

Mistletoe isn't the only plant that can benefit you in fighting breast cancer—there are many—which is why choosing what to take can sometimes be so overwhelming and confusing. My advice is to work with a naturopathic oncologist who has been trained in complementary cancer therapies. Traditional Chinese Medicine doctors can also be a great resource. There are a few herbs from Traditional Chinese Medicine which your doctor may recommend that can provide exceptional support for your cancer care. One of those herbs is ginseng, a root of a plant commonly used in China, and also widely available in the US.



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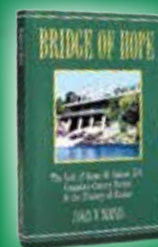
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Dozens of studies conducted in the last decade consistently show that *Panax ginseng* not only stops breast cancer cells from growing, but also kills them by a process known as apoptotic cell death. One such study was conducted in Seoul, Korea and published in the journal *Cancer Research* in 2005. Another study published in *Life Sciences* in Nov. 2004 found that ginseng killed cancer cells more effectively than several chemotherapeutic agents including epirubicin, 5-fluorouracil and cyclophosphamide!

Enhances Chemotherapy

You may want to seriously consider taking ginseng if you are currently undergoing chemotherapy treatment. There are numerous studies showing that ginseng increases the tumor cell killing abilities of chemotherapy. For example, a study conducted at the University of Cambridge in the United Kingdom found ginseng enhanced the ability of mitoxantrone to kill human breast cancer cells. Another study published in 2004 and conducted at the University of British Columbia found that ginseng could make tumor cells that were multi-drug resistant much more sensitive to chemotherapy. A third study from Harvard Medical School found American Ginseng (*Panax quinquefolius*) used concurrently with breast cancer therapeutic agents resulted in "a significant suppression of cell growth for most drugs evaluated." They concluded that American ginseng worked synergistically with breast cancer chemotherapeutic drugs to stop cell growth.

Improves Quality of Life

Ginseng has also been found to improve the quality of life of breast cancer patients. In a study published in the *American Jour-*

nal of Epidemiology in 2006, researchers at Vanderbilt University studied ginseng and breast cancer patients in China. One thousand four hundred and fifty-five breast cancer patients were recruited for the Shanghai Breast Cancer Study from August 1996-1998 and were followed through 2002. Twenty-seven percent of the patients were ginseng users before their cancer diagnosis. Compared to those women who had never used of ginseng, their death rate was significantly lower. The women who began ginseng after their cancer diagnosis tested much higher than nonusers for Quality of Life scores. Psychological and social well-being and overall quality of life improved as cumulative ginseng use increased.

How to Take Ginseng

Ginseng comes in standardized doses in capsules that you can purchase at most health food stores. The recommended dose is 1 to 2 grams daily. It is possible to overdose on ginseng, so don't take more than what is recommended. Massive overdoses can bring about Ginseng Abuse Syndrome characterized by hypertension, nervousness, insomnia, hypertonia (muscle rigidity), edema, morning diarrhea, inability to concentrate and skin eruptions. ■



Christine Horner, MD

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

Health, Medicine, and Nutrition. For more information see page 38 or visit www.drchristinehorner.com.

WINTER RECIPE

Hot 'n' Healthy Cup of Cocoa

For centuries, hot cocoa has been a comforting drink, great for rainy days, sipping after making the best snowman on your street, sharing with friends and family or enjoying in solitude. Cocoa contains less fat than most hot chocolates and is high in antioxidants.

1 cup milk (*nut milk or organic unprocessed milk*)
1 1/2 to 2 tablespoons cocoa powder
1/2 teaspoon vanilla extract
Agave syrup, maple syrup or stevia to taste
Dash of salt

Optional: Sprinkle of cinnamon

For the Hot Hot Mayan Version: Sprinkle with cayenne pepper

Heat your milk and ingredients in a non-aluminum and non-teflon pot on the stove and never in a microwave.



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NEW CONFIDENCE FOR THE NEW YOU

BY RHONDA MCCARTHY, RECOVER WITH CONFIDENCE NATIONAL PROGRAM DIRECTOR

There are over 40 million women who experience some type of hair loss. When it comes to women with medically related hair loss, the hair loss specialists with Recover With Confidence recognize the importance of quality service and a perfect hair product.

Our wigs are designed for a natural look and hand-made to give every woman unmatched quality and comfort.

These tips from medical hair loss specialists ensure a proper fit and a confident hair replacement experience:

- Look for a hair loss specialist with licensed cosmetologists who offer free consultations.

- Plan ahead. Hair loss occurs usually one to three weeks following your first treatment. Ideally, you should have your consultation while you still have hair. This allows your hairstylist to match your hair color shade and style. If this is not possible, then plan to bring a photograph of you with your hair.

- Your consultation should include discussions regarding your treatments, recovery, expectations, budget and lifestyle. This will allow her to suggest synthetic, human hair or European hair. All are great options, but you should understand the features of each one. She will also measure your head to ensure a proper fit. Your wig should fit securely and not move around on your head, nor should it be uncomfortably tight. Your stylist will be able to customize the fit perfectly for you.

- There is a difference between fashion wigs and medical wigs. Selecting a wig that is hand tied (hair is knotted into the base by hand) instead of machine made (hair is sewn in, this is recognizable by rows of

wefts), uses soft materials and have non slip material placed on the base which will give you the ultimate comfort, security and will look completely natural.

- Keep in mind that most insurance companies do offer a benefit for wigs, but you must follow their strict guidelines. Wigs are considered a cranial prosthesis under the Durable Medical Equipment category. Your hair loss specialist should be able to either file for you or offer assistance with filing.

- When working with a hair loss specialist, wig purchases may include free hair color, cut and style — so, make sure you ask.

- Many businesses will help you at little or no charge to professionally take care of your wig after purchase, including cleaning and restyling. To ensure the quality, look and longevity of your wig, ask about the care of the wig and make sure you follow their instructions.

- Plan to purchase a sleep cap and some beautiful scarves and turbans for when you don't or cannot wear your wig.

- While most women want to keep their same hair color and style, some like to experiment with a new look. Discuss this during your consultation where you will have professional help selecting a hair color shade and style that will work with your face structure and your skin tone. Keep in mind that sometimes skin tone can temporarily change somewhat during chemotherapy, your hair loss specialist will know this and will have the ability to guide you.

- When your hair grows back, consider donating your wig. Many hair loss specialists take donations from their clients. ■

Recover with Confidence is a nationwide program supported by hair loss professionals throughout the United States. Recover with Confidence specializes in finding solutions for hair loss due to medical treatments and are committed to providing you with personalized, confidential treatment along with the perfect solution to give you your hair back, beautifully and naturally. To find the Recover With Confidence location near you, call 800-327-5555 x 3340. www.RecoverWithConfidence.com



RECOVER with Confidence®



Helping Women With Medical Hair Loss.

YOU HAVE ENOUGH THINGS ON YOUR MIND—HAIR LOSS SHOULD NOT BE ONE OF THEM!

Medical hair loss is caused by medical treatments such as chemotherapy. In most cases, this is a temporary condition that reverses itself once the treatments stop.

EXPERIENCE THE DIFFERENCE

At Recover with Confidence, we specialize in helping women find solutions for hair loss caused by medical treatments. We are fully aware of the many challenges you are facing. We understand that nothing is more emotionally debilitating than the loss of your hair.

Let us help you! Recover with Confidence offers you a nationwide program with many affiliate locations across the USA. Our primary goal is to partner the most respected medical hair loss specialists with their local medical professionals to provide a place where you will receive personalized, confidential treatment to help you recover with confidence!

RECOVER WITH CONFIDENCE!

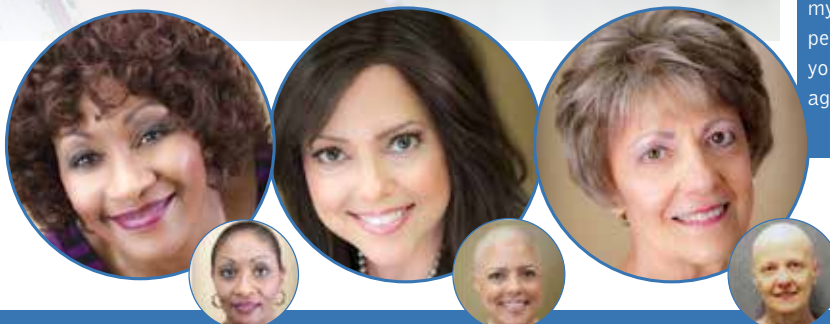
"I am 42 years old and diagnosed with Stage IV Breast Cancer, that was the worst day of my life until the day I lost my hair during chemotherapy. That was the day I felt I totally lost control of my personal life. Walking around with a scarf wrapped around my head was not me, it tells everyone I am sick or have cancer. That all changed when I met Kelli Christie, a licensed cosmetologist and a Recover with Confidence hair loss specialist. I made an appointment for a Free Consultation and Kelli immediately brought me in to one of her private rooms, so I remained comfortable and not self-conscious about having no hair. Kelli made sure I understood my choices and the differences between the available wigs, hairstyles, hair color shades and hair types. I brought pictures of myself when I had my hair, then Kelli asked me questions to help decide on what was right for my expectations and lifestyle. Once we made the decision that day, I couldn't wait for Kelli to complete the finishing touches. Kelli did such a great job! When I looked in the mirror I started crying, it was like I had never lost my hair at all. Now, whether I am among friends or strangers, I am very comfortable and confident that no one knows I have cancer. That's how I want it. I don't want sympathy and I don't want to make people uncomfortable around me. The day I got my customized wig, is the day I regained control of my life. I also personally believe, that was the day I felt normal again. Thank you Recover with Confidence for helping me feel and look beautiful again."

Lori, Breast Cancer Fighter

To find a Recover With Confidence location near you, call

800-327-5555 EXT: 3340

www.RecoverWithConfidence.com





YOUNG THRIVERS!™

BY HEATHER JOSE AND CHRISTY JAMES

What if we did cancer differently? It is not inevitable that cancer must equal sadness, sickness, grief and pain. They will be a part of it, no doubt. A diagnosis does not mean that the doctor is in charge and there is nothing you can do. There are many options as to how we deal with cancer. One of those options is to thrive.

Cancer is an opportunity. It is a chance to find out what really lies within each of us and to show our strengths to ourselves, our families and the world. I don't know of one person who asked to get cancer, but I do know many who would tell you it changed their life for the better. I am one of those women.

Cancer is your time to shine. It is an opportunity to do more than survive. It provides a chance to evaluate and change the things that aren't working in your life. That is a great opportunity. It is a time to challenge yourself to do more, make yourself a priority, become a light in the darkness. It is a chance to surround yourself with people who encourage you, who keep you accountable, and who provide unconditional love.

All over America women are signing up and paying to do these crazy 5K walks and challenges that involve head to toe mud, climbing over barriers and running through fire. They are getting up early and joining boot camps and pushing themselves like never before. It helps them feel in control in a world that seemingly is more out of control each day.

What if we did cancer differently? What if instead of sending people to support groups with women in similar circumstances we asked them to apply to find a mentor who has similar strengths and could provide guidance and encouragement? What if we encouraged them to surround themselves with the people they wanted to become? We can't wait for a cure when we know that we can make a difference. It is imperative that we shift from waiting on someone to doing something for ourselves. I will not be in a lab waiting on a drug to kill cancer, but I will be on the road with my running shoes knowing that exercise is good for killing cancer. I can make a difference.

My pastor talked about two words the other day: Interest and commit. He asked what we were interested in, where we choose to spend some free time for a couple of minutes each day. Then he asked what we were committed to. Things that we wouldn't go a day without giving time, energy, and resources to. Wow. It is time to commit!

Heather Jose

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

About Heather

Heather Jose is a 14 year thriver of stage IV breast cancer, diagnosed at age 26, with a prognosis of six months to live. A national speaker and advocate, Heather's message is to go Beyond Treatment. Visit her online at www.heatherjose.com.



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

“BREAST CANCER IS WHAT I HAD. AND, WHAT I SURVIVED.”

Audrey Allen
Breast Cancer Survivor



“My multi-disciplinary care team developed a personalized treatment plan just for me.”

When Audrey was diagnosed with breast cancer, she was devastated. Like many newly diagnosed people, she went online, exploring every breast cancer treatment solution. But she couldn't find exactly what she wanted. She had heard about Cancer Treatment Centers of America® and our unique treatment model. With over three decades of experience in treating complex and advanced-stage cancer, we were the cancer hospital Audrey was looking for.

Within a few days Audrey and her care team developed a personalized treatment plan combining leading-edge conventional treatments with scientifically-based supportive therapies. Audrey opted for Brachytherapy, a more advanced form of radiation. And with the help of her dietician and naturopathic doctor, she was able to reduce side effects and stay strong during her treatment.

Eight years later, Audrey is confident she made the right decision in going to Cancer Treatment Centers of America. Her husband, children and grandchildren are, too.

Read more about Audrey's treatment and life after breast cancer at cancercenter.com/audrey.

If you or a loved one has been diagnosed with advanced-stage or complex cancer, call 1-888-841-9323 or visit us at cancercenter.com. Appointments available now.



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Putting it all together. We chose to surround ourselves with people who gave us hope and inspired us to make a difference. We had met a lot of experts and gathered a lot of information, but now what?

Now it was time to do the work. It didn't really feel like work, although it wasn't exactly easy either. We definitely got out of our comfort zone. Usually, the thought of exercising and eating well sounds like a daunting task, but not this time. We were going for health. The stakes were high and we had our eye on the prize. We were willing to do most anything to make a difference. I don't recall Heather ever dwelling on the question of "Why me?" We noticed there was no family history. We were very aware that she was quite young for breast cancer. But the how and the why didn't matter. This was the hand that was dealt and we had to play the hand to the very best of our ability. We focused on right now and what could we do to make it better. We didn't worry about how sustainable our project was... we were just hoping to get to forever. We did what we

could do today. We let the experts do their things and we did ours.

Everything was about health. "Every day we are killing cancer" was our motto. Heather even made a sign. When Heather was in the hospital her sign hung in her room to let everyone who entered know what we were there to do.

We made choices every day and we were consistent. In some ways decisions got easier. Is this good for me? Yes or no. Things were very clear. Do I feel like going outside in the snow for a walk or do I feel like sitting in this chair for the next half hour instead? Which is better for me? I am an exercise physiologist now and I am yet to meet anyone who has ever wished they skipped a workout after it was done. To find our best options on a restaurant menu, we made it a puzzle or a game. One of the benefits of this new plan was that we were feeling good. We didn't feel deprived, we felt empowered. Exercise gave us energy, cleared our minds and made us feel strong. We were feeling good in the midst of this crisis. I'm not sure either of us ever even imagined that feeling good was possible.

So ask yourself over and over or find someone else to ask the question... is this good for me? You have the tools to get started. So I'll leave you with a quote from the Dr. Seuss book *Oh the Places You'll Go*, "Today is your day! Your mountain is waiting. So... get on your way!"

Christy James

christy@gobeyondtreatment.com

About Christy

Christy James is Heather's long time friend. Together they faced the breast cancer journey together. Even though they lived miles apart, Christy wanted to help and support Heather however she could. They talked on the phone almost every day, sharing the struggles and basking in the triumphs.



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When a woman becomes her own best friend, life is easier.

— Diane Von Furstenberg

LYMPHATIC CARE AFTER BREAST SURGERY

Our lymphatic system helps to fight diseases by filtering toxins and bacteria out of our body. It also supports and empowers our immune system.

Maintaining a healthier immune system is very important for the body to resist infections, colds, flu, infectious diseases, and recurrence of breast cancer. Because our lymphatic system has been compromised as a result of surgery or radiation, our lymphatic system needs extra self-care and support throughout our lifetime for it to function at its best capacity.

Self-care of our lymphatic system includes:

- gentle physical movement and exercise including therapeutic dance and water exercises
- jumping on a mini trampoline two to three minutes once or twice a day
- eating whole food diets rich in vitamins, antioxidants and anti-inflammatory ingredients

- deep breathing exercises
- guided meditations and visualizations

It is estimated that over three million women who have had lymph node removal during breast cancer surgery and/or radiation therapy may be susceptible to lymphedema. Lymphedema is a condition that is represented by mild and sometimes chronic swelling of tissues in the arm, trunk and sometimes leg.

Loss of energy, reduced physical mobility, pain, numbness, debilitating limb swelling, anxiety, feelings of isolation and sometimes even depression can result without appropriate attention. Patient education and self-care are key elements to reducing or eliminating the risks of lymphedema.

Joining dance classes, support groups,

whole food cooking groups or raw food classes can be more than just therapeutic to help with the circulation and flow of energy through our body, but group gatherings are fun ways to get us back into the flow of life.

Through her internationally acclaimed Healthy Steps programs, Sherry Lebed Davis offers healing help for lymphedema through movement, dance and advice on thriving after a diagnosis of breast cancer.

Sherry's programs are designed to be fun, yet beneficial to alleviate symptoms of lymphedema. ■

gohealthysteps.com

Seek professional guidance at the first sign of abnormal swelling of arms, trunk or legs. Lymphedema can begin slowly and many times becomes progressive. Professional advice may include the use of compression garments, manual drainage by skilled therapists, and lymphatic drainage exercises for your individual condition.

Additional lymphedema resources, information and self-care videos can be found at:

lymphedemamanagement.com

lymphnet.org

nwlymphedemacenter.org

enhancementinc.org

lymphnotes.com

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— Gail Duscha, Tamarac, FL



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— **Bethany Kandel**, New York City

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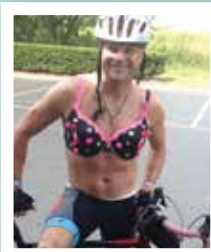
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Claim Your Blessings

BY MAIMAH KARMO

I don't want the world to see me, 'cause I don't think
they'd understand. When everything's made to be broken,
I just want you to know who I am.

— Goo Goo Dolls, "Iris"

Screaming in silence, I felt my world collapse around me when I heard those four words, "you have breast cancer". I felt everything tilt around me, spinning, like a mad merry-o-round. I felt gripped by fear. I was 32-years old. I was just starting to live. After fleeing my home country of Liberia when I was 15 years old, with just one suitcase, my family and I had lost everything. I had worked hard for 17 years to build a new life. I finally had the job, the salary, the house, car, a partner and a beautiful three year old. In that moment I felt my dreams disintegrate around me.

After a mammogram and a failed aspiration, my doctor told me that the lump wasn't cancer. "You're too young," she said. "Come back in six months." Over six months, I started to feel increasingly exhausted and I

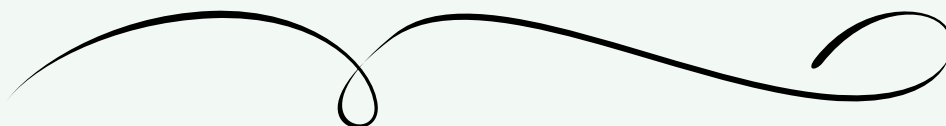
was having night sweats. I also noticed that the lump was growing. I scheduled another appointment. The doctor insisted that nothing was wrong with me. The next day at 4:45 p.m., she called to give me the news.

Over the next few months, I had to learn the language that all women diagnosed with breast cancer come to learn. I learned about blood draws, Elston scores, staging, receptors, estrogen levels, treatment types, pre-medication names. I thought that the worst of it would be the breast cancer diagnosis, but the third day after my lumpectomy, my fiancé called to tell me that he couldn't deal with this cancer thing. He wanted out.

I never thought I would beg someone to stay with me, but I heard myself say, "please don't leave me." I was so afraid of going through cancer alone. After we hung up, I sat

on the stairs looking out the window. I felt so empty and alone. I couldn't do this by myself. I wasn't strong enough to do it all — to deal with the doctors, the chemo, the decisions, the house, bills, work, and taking care of a three year old child.

As soon as I had healed from the surgery, I began chemotherapy. I was sure that I'd be the only woman who had chemo and who wouldn't lose her hair. I would use my powers of positive thinking to will it from happening to me. After my second treatment, I began to see hair on my shirts and pillows. I guess my powers weren't so magical anymore. As my hair fell, I felt my body get weaker and weaker. The weight peeled off, and I watched the promotion I had worked for slip through my grasp. After my second chemotherapy, I found myself hospitalized. As soon as I could







think clearly, my mother told me that I was going to live with her. I felt lost. Everything that defined me as a woman was falling away — my hair, breast, the shape of my body. My career was falling apart, I had lost my fiancé, my home; my heart and my spirit were broken and I felt as if I was sinking into an abyss. I lost hope — the only thing that kept me going forward was my little muse.

I went to work when I could, but following my treatment, I spent hours in bed, with the trash basket close by, fighting the nausea and then throwing up. I thought it would never stop. I'd throw up and cry, cry and throw up, sleep, eat, then do it all over again.

After four months, it occurred to me that I could continue to feel like a victim, or I could look for the blessing in all of this. One night I had a talk with God. I made a promise that if he restored my soul, I would give my life in service. The next morning when I woke, I was a different person. I now saw the world as if through a different set of eyes. It occurred to me that I had spent so much time looking at me and “my” cancer, that I had not given thought to others, and other young women going through the same thing that was happening to me. I needed to take up the charge to make a difference. The rest of my life would be spent doing just that — serving others and feeling blessed.

I founded the Tigerlily Foundation, to educate, advocate for, empower and support young women — before, during and after breast cancer. I was still in chemotherapy and had no funding, nor any idea how to begin or run a foundation, but I had made a promise to God. He had delivered on his promise and now I had to keep my side of the agreement. I knew that I could not wait until I got better to start doing the work that lay before me, so I started doing something every day to build the organization and to serve others. Looking back, I know now that whether I had lived or died, in serving others was where I found my healing, because in giving to others, I forgot my own challenges and pain; and in their place, gained joy and friendships. The joy of giving love to others was much bigger than looking at myself and asking “why me”. I felt blessed that this experience has awakened me, because before my diagnosis, I had been living “dead”, as many of us do, disconnected from our true selves and cut off from the very thing that keeps us breathing — our connection to the powerful

spirit form, from which we came.

Each of us is born with a pure connection to God. As we grow in the world and in our attachment to earthly things, that connection weakens and is sometimes broken. Life sends us signs to awaken us, but often, we ignore the little signs, until something big happens, to awaken us to the realization that life is for the living — today, and to remind us that every moment is a gift if we choose to accept it.

Breast cancer forced me to see the truths and the pretense — and forced me to really see myself for the first time. It gave me a deeper appreciation for who I was and in many ways, allowed me to love myself and others in a way I'd never had. I now know that life is in the journey and in the living of it; it is as much in the misses as the hits and in the failures as the successes. There is as much to be learned from the falling down as in the getting up and more to learn from imperfection than from getting it right every time. As I looked death in the face, I made up my mind that I would live every day as if it were my last. I look back on the time before my diagnosis, when I held back from fully loving, and I know today that love is free, so I give as much of it away as I can every day. Love is not just something you say, but something you do, so I live it actively. I know now that happiness is a choice and a state of being, not something you'll be when you get someplace else. So I choose, and want to inspire

you to choose, to find joy in every moment.

Breast cancer gave me clarity and a single-minded focus I'd never had. My perspective is crystal clear. My faith is unfettered, and my belief in my destiny is unshakeable. As I wrote this article, I sat back and reflected on the past six years. The desperate, defiant promise I had made to God, Tigerlily Foundation has now grown into a national organization, offering peer support, buddy bags, meals, financial assistance and other programs to improve the quality of life for young women. In the Fall of 2012, I wrote my memoir, *Fearless: Awakening to My Life's Purpose Through Breast Cancer*, to share my challenges, growth and transformation.



Life is not promised to us forever, but as long as we are alive, we have to find joy in every moment. We need to be fearless in the quest for our own personal truth. Life will bring its challenges, but there is always a golden nugget in each one. It could be a deepening knowledge of oneself and learning that you're stronger than you thought, or it could be

that God is teaching you grace in a way you never expected. My hope is that every woman — whether diagnosed with breast cancer or not, finds her truths, creates joy and allows her challenges to form within her incredible inner strength; and that each of you faces life in a way that you are not broken by circumstances, but that you bend and grow through it all. ■



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Left to right: Ann Fonfa and Princetta Scott at the 1st International Conference on Advanced Breast Cancer, Lisbon, Nov 2011. Ann with Dr. M.B. Ali, from Hong Kong at the 11th International Congress on Integrative Medicine, Tokyo, July 2010.

Ann Fonfa, Activist

BY ANN FONFA

"I was braver than I knew."

I was diagnosed with invasive lobular carcinoma of the left breast after finding a lump in January 1993 while doing my breast self exam. Because I have extreme multiple chemical sensitivity, I didn't take chemotherapy, and I chose not to do radiation or hormonal treatments.

I had recurrences in the left breast, and on the chest wall after the mastectomy. I was told I was stage IV in 1997 although the disease had never spread beyond my chest wall.

One of the greatest obstacles was not having any support from the medical community. When I showed them that the tumor kept occurring, but grew slower each time, they were astonishingly uninterested — no doctors were even willing to say I might be on the right track. Because I hadn't done chemo or radiation, doctors said they couldn't really 'track' my progress. It was

quite a struggle determining what to do. My husband was completely supportive of my decisions but neither of us knew what the outcome would be.

Having support from others who had breast cancer was something that I really enjoyed. When I started a study group in NYC as part of nonprofit SHARE, it was in order to learn from others and get help with what I was going through. Through advocacy, I met women and men through the National Breast Cancer Coalition. I joined an online group called Amazons, others who were interested in complementary and alternative medicine (CAM).

I had some success with Maitake Mushroom D-fraction and high dosages of vitamin A in reducing the chest wall tumors. Eventually I began using Chinese herbs which resolved all of them, no new ones

occurred. What I also believe helped me heal was that I changed my eating habits to mostly organic and vegan. As part of my research, I learned about, and went to a Mexican clinic offering the Gerson Therapy; I included many of their holistic protocols into my life. My research brought answers that I needed to know about my body's toxicity levels and how this affects cancer growth in my body. I took supplements, learned what was best to juice after a diagnosis of breast cancer, and continued my research in the fields of alternative medicine for cancer.

I wasn't one to sit back and just hope that things would get better. I became proactive and did what I could. I learned how the western civilization diet is causing more diabetes, heart disease, high blood pressure, obesity and cancer. I also learned that one size does not fit all. We are always looking for one cause instead of causes. We are always looking for one treatment instead of looking to include a holistic/inclusive approach.



The best and most beautiful things in the world cannot be seen or even touched, they must be felt with the heart.

— Helen Keller

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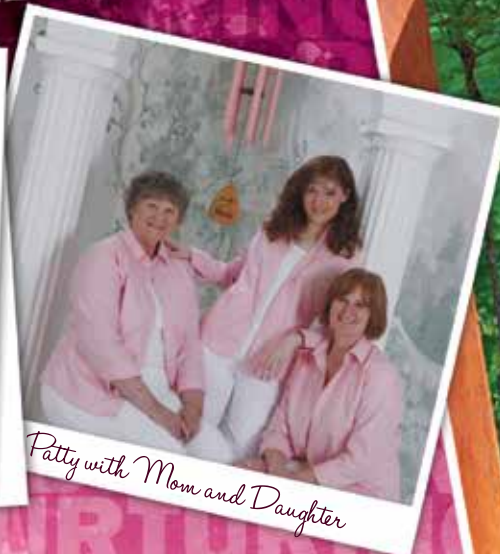
for the Girls™

WINDCHIMES

Inspired by my own mother's personal experience, I created For The Girls in honor of all the women and their families affected by breast cancer.

May the mellow tones ring solace for those remembering loved ones. May the soothing resonance bring hope and encouragement for those fighting the battle, and the bright melodies sing a victory song to survivors!

Patty



Patty with Mom and Daughter



for the
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Clockwise: Ann at the Florida Cancer Control and Research Advisory Council meeting 2010 (Moffitt Cancer Center, Tampa) Ann received the 2012 ICON award from Stuart Perlin on behalf of the Florida Assisted Living Coalition (Boca Raton). Ann at the 2010 Integrative Healthcare Symposium (NYC).



I think one solution is to focus on prevention — preventing occurrence and preventing recurrence. We can act on this by avoiding known pollutants and triggers for illness.

There are five things I do for my well-being every day and to help reduce pollutant and toxic buildup in my body:

- **I eat real food — fresh (organic) fruits/vegetables every day (after all the National Cancer Institute suggests 5-9 a Day). I never eat junk food (no fried foods or soda) and I reduced salt — using herbs instead. I take dietary supplements that boost vitamins and nutrients good for my immune system.**

- **I drink clean water.**

- **I exercise moderately every day.**

- **I apply detoxification methods that I have researched.**

- **I do at least one thing every day that makes me happy and that relaxes me.**

One of the new revelations I learned about myself was that I was braver than I knew. I was raised in a family that prided itself on standing up for what is right — I have marched for Civil Rights, against nuclear weapons, for Gay and Lesbian, and more. So I was used to being in a minority and had learned that I could stand my ground. I was actually proud that I could expand my horizons a bit and learn about mind-body protocols which I originally did not think much of. But looking back I saw that positive beliefs and concepts were very helpful to me too. A woman talked to me the night before my first surgery when I was scared and feeling alone, telling me she was a TEN year survivor. In that instant I KNEW that I too could survive.

I believe in alternative and integrative medicine because I researched this concept for several years while acting in bits and pieces of the information that I liked. I found so much that made sense to me. I was angry that the business model was in charge of our health. I felt that natural strategies had a clear place in EVERYONE'S cancer

journey.

When I was asked to talk to the Social Workers of Cancer Care Inc about alternative treatments, back in November 1995, I realized I had substantial information about other possibilities and healing modalities. So I began using the name The Annie Appleseed Project and started handing out booklets and then finally started a website. The actual all-volunteer nonprofit came four years later. It is the concept of our organization that everyone should make more informed decisions. We cannot influence exactly what any one will decide, but we can offer another side of the story. What is done now in conventional cancer treatment attacks ALL cells of the body even though such a small percentage has cancer. Someday I believe we will look back in horror at the harm caused to our bodies. The teachings of the Hippocratic code is "First do no harm".

I am now almost 65, I stopped working for pay years ago. I now devote myself to advocacy and Annie Appleseed Project's website, Facebook and Twitter presence. My skills are in networking and I have been able to reach out to other cancer advocacy groups to join forces and share the information widely.

I am married to an amazing man who supports my goals. He retired almost ten years ago and wishes I did less, but doesn't harass me over following my passion and doing what I believe needs to be done.



Ann's lobbying effort with Congressman Ron Klein on behalf of the National Breast Cancer Coalition, May 2009. Ann received the 2012 ICON award from Stuart Perlin on behalf of the Florida Assisted Living Coalition (Boca Raton). Ann at the 2010 Integrative Healthcare Symposium (NYC).

Steve and I married after five years of living together, but we knew each other for 15 years before that. I like to bowl and even though I rarely do, I am proud to still bowl well. I scored 147 the last time, knowing that I can still bowl is something that makes me feel good! Steve's stepson (whom I adored from our first meeting when he was 15) now has two sons aged five and seven. Steve and I are grandparents which is lots of fun.

I am not a doctor, I do not claim to be one. I do not have medical training, although I have spent the last 18 years attending medical conferences and gathering useful information. I am a patient like most of you. I am an advocate and an activist. You can choose to make your life count as you feel called to do. But stand up for what you believe in and in what works for you. If you are interested in complementary and integrative medicine, explore the studies to help you learn more so that you can decide what is best for you. Ask the Food & Drug Administration, the National Cancer Institute and any other cancer center to continue

to research these options for us. Doctors are trained to accept a certain level of evidence, but it costs millions to conduct those trials, we need support.

In the past decade, more cancer centers have added complementary, integrative and alternative medicines to what doctors now offer their patients for cancer treatments. Just as each medical center has to choose what is best for them, each person diagnosed with cancer has to choose according to their beliefs and research and to do what will help them to heal.

People come to Annie Appleseed Project's educational conferences to learn more — the speakers and topics are fascinating, the networking is amazing, and we serve ONLY organic food. That's walking the walk for sure. Join us.

I was braver than I knew. Each of us are.

There are many resources on our nonprofit website including worldwide support groups, and CAM practitioners: www.annieappleseedproject.org ■



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The Coping with Cancer Workbook was developed with funding from the National Cancer Institute (Award #: 2R44CA106154-02A1). The content is solely the responsibility of Talaria and does not necessarily represent the official views of NCI or the NIH.



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Inspire





BE A THRIVER!

BY BEVERLY VOTE

Until you make the unconscious conscious, it will direct your life and you will call it fate. — C. G. Jung

I learned how Dad and I were disabling you.

These words were a defining moment in my healing journey. How I looked at my life and how I took care of my healing from that moment on were forever changed.

The words froze me in time, it became a surreal moment. My daughter Laurie kept talking, but I no longer heard anything she was saying because I couldn't get beyond her words — *I learned how Dad and I were disabling you.*

I was shocked, weren't we playing the cancer survivor and caregiver roles the right way? How were we to know that doing for me what I could do for myself was weakening my healing abilities and causing harm to our relationships? In hindsight, it was like we were routinely training my mind and body to be sicker instead of healthier. The label of breast cancer was sticking and spreading to too many parts of my life.

Family, dishes, laundry, cooking, self-care and a business to take care of were all too much for me. Even simple decisions were no longer simple to make. So I turned everything over to my willing husband, daughter and son. I hadn't given up on my life, but I had given up on being able to take care of my life.

This was almost two decades ago. Laurie was a young mother, my son Brad was finishing high school, and my husband David remained deeply devoted to our marriage and ever committed to doing whatever he could to make sure I wouldn't die.

In that moment Laurie was sharing with me what she had learned at a Christian retreat she had recently attended. She was aglow with energy and strength, and I was excited to hear what had touched her life so richly.

But this one simple sentence stung with truth. Laurie wasn't sharing her new found wisdom to hurt me, or to tell me how to fix my life, she was just sharing what she had

learned and how she felt deeply inspired to live and to see her caregiving role differently as a result of learning how she and her dad were actually harming me in my healing quest.

I had no idea my family and I had fallen into such a trap, and the last thing I ever wanted in my life was to be a burden to anyone and to let my loved ones do for me what I really could do for myself.

This was a wake up call to do the cancer experience differently and not repeat the unhealthy survivor/caregiver roles that I had witnessed of my cancer diagnosed relatives. As Christy James has learned — what is good for the patient should also be good for the caregiver.

The Booby Trap

Today I refer to this as a cancer trap — thinking and behaving as cancer would want us to think and to behave, as if we are powerless and staying stuck in feelings of overwhelm and despair and letting bottled up fear drive our life. Actually I call it a booby trap because too often we let a diagnosis of breast cancer rob us of our self worth and too often we let our outer silhouette define our real beauty and the real strength of who we are.

This booby trap will also try to rob us of our happiness. Yet a diagnosis of breast cancer is an ultimate time to bring more happiness and joy into our life. If not at this time, when?

I just wasn't aware that I had slipped further into that cancer vortex where I was actually seeking negativity and wanting people to commiserate with me. If someone had something positive to say, I didn't want to hear it or if they tried to encourage me to see a stronger side of myself, well that just wasn't my cup of tea. In fact it angered me and I asked myself why don't they understand my misery and pain? It was almost as if I wanted to stay stuck in misery.

I now realize that at the core of my pain and trauma was the fearful belief that there was absolutely nothing I could do about the course of the disease or the quality of my life and that any thing I might do would never be enough to heal from breast cancer. I was also afraid of making fatal decisions. How could my loved ones understand this?

As a result of just a few minor changes in my head, things began to change for the better. With practice, I was able to shift my mind from all what I wasn't and would never be again to what my very best friend in the world would want me to see about myself, all the beauty and riches already in my life that I had let the cancer booby trap pull me away from seeing and from enjoying. Whatever time I had left, I now wanted to spend it in the least amount of misery that I could. I knew on a soul level that it was important for me to begin from a new place within me.

I started a list of ways that might help me heal and that list grew longer and longer. It was like priming a well, once I got the stream started, new ideas and hope kept flowing and flowing. I began to realize there are endless ways to lift the spirit and to empower our minds and bodies. I focused on what I could do, versus the overwhelmed feelings I had. The key for me was where I intentionally and consistently put my focus.

I could keep playing over and over in my head how horrible my life had become, how my body was dying, and how I was no longer the woman I used to be. I could call friends and drawl out with them how life just wasn't fair and how I didn't deserve breast cancer. I could have done these things, but I didn't. What I did might have been more harmful in that I kept so much bottled up. But things had to change because in the blink of one moment, I finally saw my life wasn't working well and that I could do better.

**When sleeping women wake,
mountains move.**

— Chinese proverb

This wake up call changed the quality of my life and the relationships with my loved ones. Sometimes it takes a lightning bolt to shake us awake and to put our lives on a better course.

5 to Thrive

Sometimes we have to break things down to have a break through. By consciously doing five little things every day, I became stronger. Simple things such as walking in the grass, listening to my favorite music, praying, snuggling, finding something to laugh at, calling a friend to see how she was, listening to the wind, watching a sunrise, deep breathing, all simple free things.

By being present, really present with just five little things each day, shift happens. Don't be surprised if after listening to your favorite music one day if you aren't actually singing the song the next day, or that you are the one telling the joke. This simple little concept helped melt my bitterness, and helped me take more responsibility for my life. It is very simple, but very empowering. Just because we have been diagnosed with breast cancer, doesn't mean we can't enjoy our life the best we can while we can.

Thriving Power

I invite you to think like a Thriver. Thinking like a thriver doesn't mean you wait until you reach a five or ten year milestone and it doesn't mean you have to be declared no evidence of disease. Thinking like a thriver applies to any age, any stage of life. It simply means that you shift your thoughts to a better place.

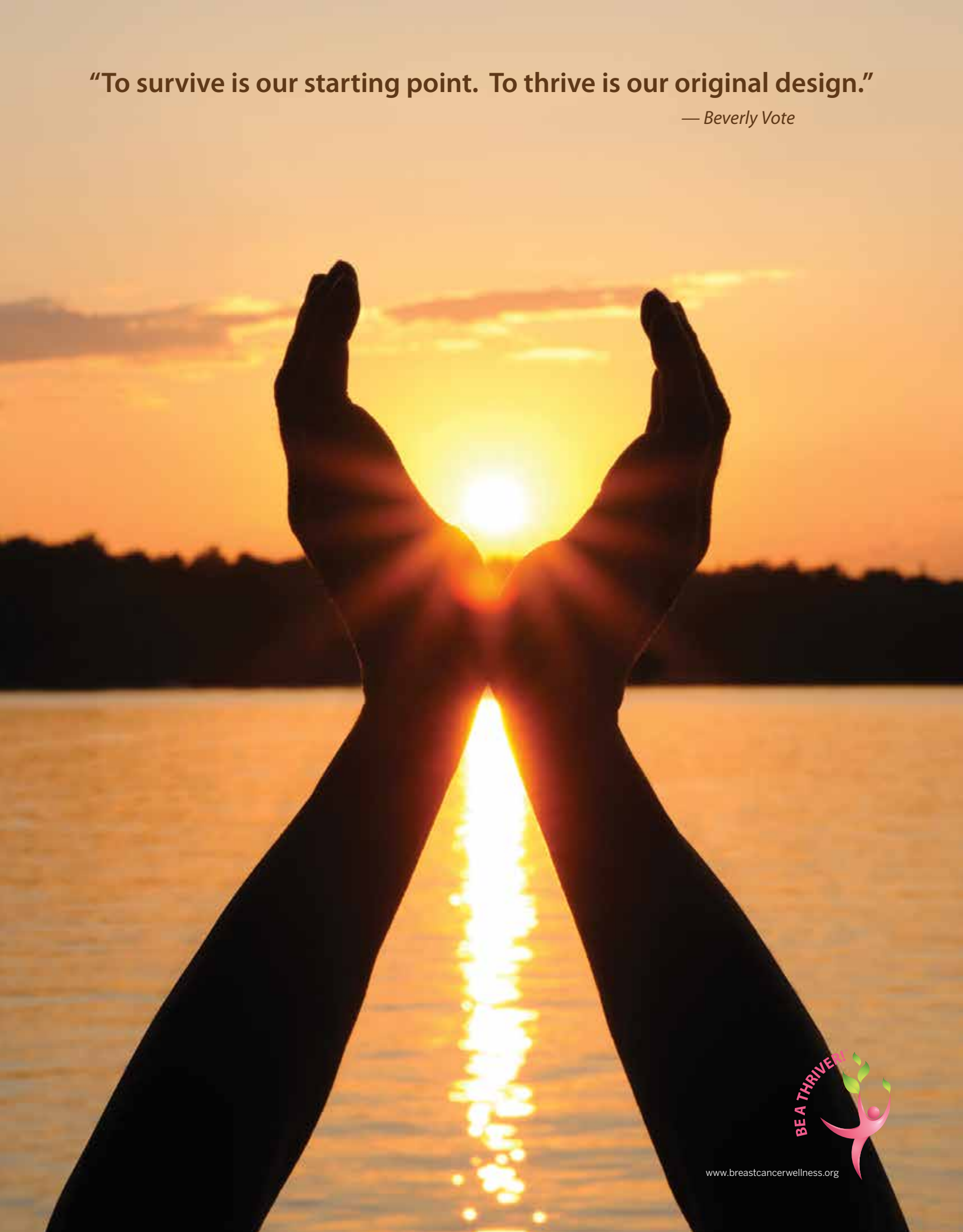
Thriving thoughts are more apt to move us toward thriving actions. James Allen has written a classic on how our thoughts affect our life, "As a Man Thinketh," and of course there is the very powerful teaching book, the Bible: *As a man thinks in his heart, so is he.* [Proverbs 23:7]

I am a thriver, and so are you! ■



"To survive is our starting point. To thrive is our original design."

— Beverly Vote



www.breastcancerwellness.org

Show Me the Way Out

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

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

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

Once again, Mary Ann cries out, her pleas full of doubt.
Quietly a stranger responds,

I know your fears inside and out.
I know the secrets hidden within.
I know too well this hole that you
are in.

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

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

— Beverly Vote
20 year breast cancer thriver

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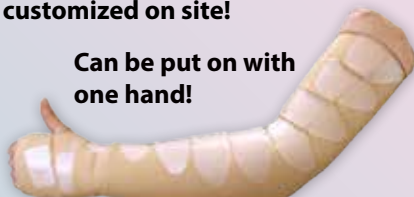




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WAKING THE WARRIOR GODDESS

DR. CHRISTINE HORNER'S PROGRAM TO PROTECT AGAINST & FIGHT BREAST CANCER

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

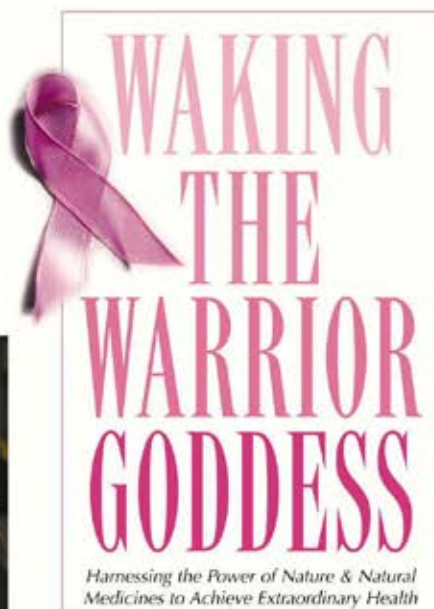
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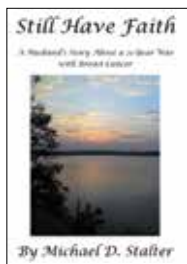
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