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PUBLISHER

Beverly Vote
417.532.9763
beverly@breastcancerwellness.org

ADVERTISING

Bonnie Phelps
Director of Sales
417.581.3438
bonnie@breastcancerwellness.org

*Please do not call the director of sales for
subscriptions or story submissions—
refer to breastcancerwellness.org for guidelines
or email beverly@breastcancerwellness.org.*

Diana McIntyre
Account Representative

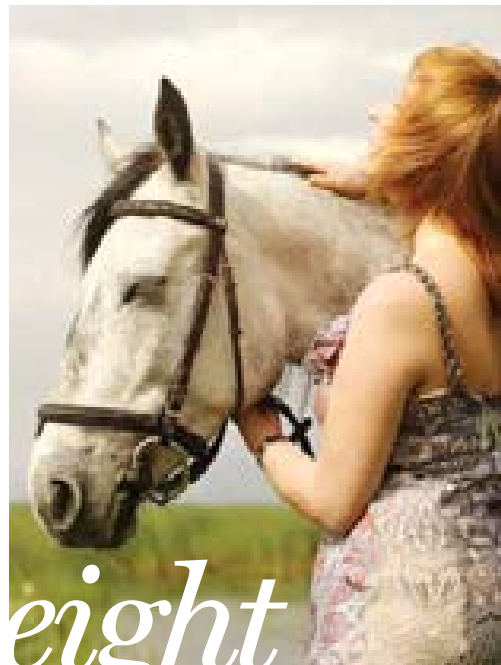
ART DIRECTOR

Stacie L. Marshall
www.hilldesignco.com

Breast Cancer Wellness

P.O. Box 2040, Lebanon, MO 65536
417.532.9763
breastcancerwellness.org

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What seeds are you planting?

DEAR FRIENDS,

I am often asked where to buy organic non GMO seeds — I purchase mine online at www.rareseeds.com. It's amazing to learn there are so many lush varieties of vegetables and fruits. Eating fresh out of the garden beats standing in line at the grocery store for dinner, not just because of the convenience or the costs savings, but also for the quality of food. Quality food is vital for healing and wellness. Food that has been artificially processed by chemical additives and preservatives can be replaced by fresh produce.

Raised garden beds, patio pots, community gardens, greenhouses and Farmers Markets are becoming commonplace across the country in our efforts to improve our health and to save money. People are bartering their skills in order to have the freshest of fresh, healthier, pesticide-free produce. This year my husband and I are planting new varieties of greens and lettuce. I am excited and grateful to know that we will have fresh salads right out of the garden all summer long. I know it's corny to be excited about a little garden, but sometimes it is the simplest of things that gets us in balance and harmony with life.

What seeds are you planting this spring? Not just an actual seed to soil planting, but what area of your life do you want to cultivate and grow? Do you want more joy and laughter, more relaxation, maybe more solitude, or perhaps you want financial abundance in life. Just as the soil has to be prepared for the seed to take root, sometimes we have to prepare our mind, our spirit and our environment that we are adding new growth to a new area of our life. We have to be prepared to nurture and cultivate that area of our life until it becomes a part of us. Spring is a beautiful time of the year to start something new and healthy.

The journey of health has caused me to reflect on the life I want. Even though it has been over twenty years since I was diagnosed, I have used the experience of breast cancer to reflect on who and what I want in my life. Simply said,



there were weeds in my life that had to go. Some relationships needed to end, many habits needed transformation, and allowing myself to live my life from a place of passion and joy was a choice that only I could make.

The diagnosis of breast cancer caused me to ask "What do I want in my life?" A simple question, but it brings up all the subconscious beliefs, excuses and stories that we tell ourselves of why we can't or shouldn't have more blessings in our life.

Reflecting on what we need to restore our spirit is time well spent. Ask yourself what do you enjoy? Cultivate joy and goodness however your heart desires. A diagnosis of breast cancer can be the best reason to connect with new hobbies, new people, or whatever joy is to you.

Be a Thriver!

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*20 Year Breast
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"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

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Fresh Air, Fresh Perspectives

BY BEVERLY VOTE

I'm walking on sunshine and don't it feel good? — Katrina and The Waves

It is estimated that over seventy percent of women diagnosed with breast cancer experience some level of depression or feelings of being overwhelmed. Yet it is reported that the studies for depression and anxiety are not always accurate because women do not always speak up or report their emotional distresses to their loved ones or physicians. They don't want to worry their family or doctor and believe that their psychological needs aren't as important as the physical disease.

The degrees of emotional stress after a diagnosis of breast cancer often range from nervousness, hopelessness, sadness, despair, helplessness to clinical depression. Even though depression after a breast cancer diagnosis too often goes undiagnosed and untreated, family members, friends and co-workers may worry about their friend or loved one's state of emotions.

Nature provides relief and comfort for our mind, body and spirit. Both sunshine and fresh air are free, and neither can be bottled in any form as well as what nature provides for us.

The benefits of sunshine are well documented. The natural vitamin D that the sun shines over us is very beneficial for breast cancer. Many studies show that

those diagnosed with breast cancer have significantly low levels of vitamin D. Sunshine not only helps to restore our levels of vitamin D, but provides additional benefits too.

The benefits of the sun and fresh are wide ranging and can work in collusion with what medical experts recommend for despair and depression.

Sunshine and fresh air work together to:

- Lift our spirits
- Make us more playful
- Improve sleep patterns by increasing melatonin which impacts our ability to sleep well
- Make us less likely to indulge in poor food choices and self-destructive activities
- Clear and sharpen our mind
- Restore an attitude of gratitude
- Strengthen our immune system, lungs, and digestive system
- Improve blood pressure
- Help put us in touch with our core beliefs and our life's priorities
- Have more energy
- Make us feel more alive
- Help us to believe in ourselves again

Together sunshine and fresh air makes us happier and helps to refresh our perspectives and decreases anxiety and depression. Together sunshine and fresh air makes us happier and helps to refresh our perspectives and decreases anxiety and depression. Just as plants need sunshine to grow and flourish, so do we.

Many holistic practitioners recommend walking barefoot in the grass once a day for ten to twenty minutes. Walking barefoot acts like a free foot reflexology session; it stimulates the reflex points in the body. Daily walks in the grass helps to ground us and quiet our stressors and helps to center us for the road ahead.

Whether it is walking, jogging, yoga, swimming, stretching, playing, laughing, all activities go well with sunshine and fresh air.

Remember to soak up the sun in moderation and in ways that are not harmful to your body, especially if under medical treatments. Self-diagnosis for anxiety and depression does not replace professional help.

Getting adequate sunshine and fresh air is one way of not letting breast cancer rob us of the simple joys of life. Sunshine and fresh air not only can help restore our perspective, but helps restore our spirit. ■



SPRING FORWARD

BY BEVERLY VOTE

I like to encourage people to realize that any action is good action if it's proactive and has positive intent behind it. — Michael J. Fox

There's an old story about a man riding his horse as fast and as furious as it could go. When a passerby asked him where he was going in such a hurry, the man said, "I don't know, ask the horse."

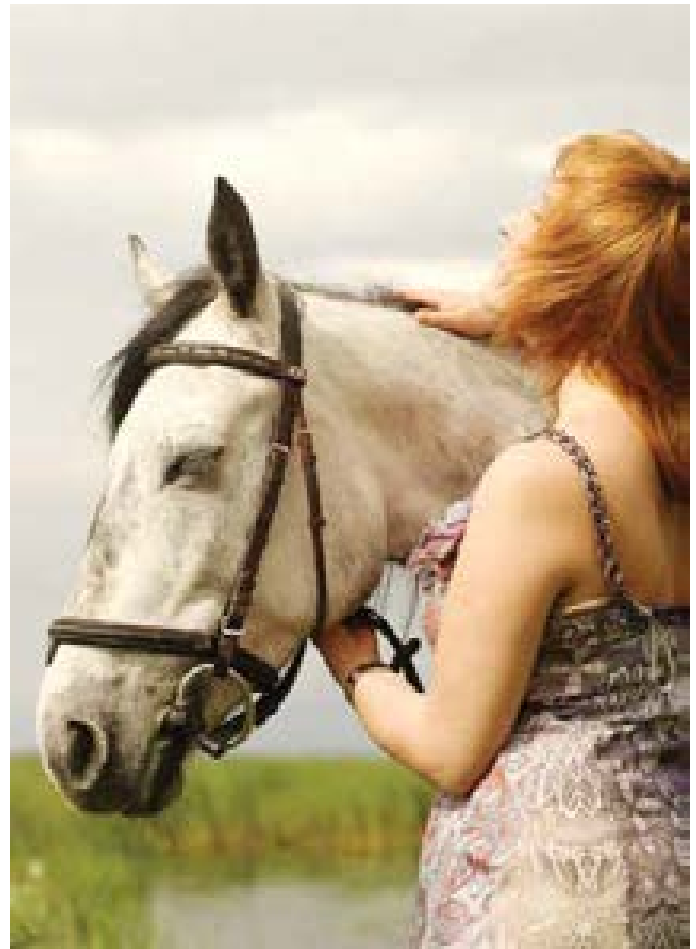
A diagnosis of breast cancer or any trauma sometimes knocks us off course of where we thought we wanted to go in life. Yet we may have been much like the rider on the horse going as fast and as furious as we could, not knowing where we were going, but believing that we would get somewhere fast.

Jump starting our healing journey is more than beginning our medical treatments as soon as possible. It's also about establishing healing and healthy habits as soon as possible. It is about pulling the reins toward wellness.

We take control of the reins by not blaming chance, fate, or others. Instead we can turn our energy to fuel proactive and constructive changes in our own life.

In 2001, Alexander Loyd was desperate to help his wife. He prayed with all his heart. The result of his answered prayer was a simple process that he claims is the first step to unify the physical, emotional, mental, and spiritual healing forces that we are all born with.

Alexander Loyd, PhD, ND, author of *The Healing Code* teaches that the super pill to healing begins with empowering our immune system and reconnecting our emotional, physical and spiritual abilities. His science based, spiritually influenced work explains



there is a purpose to pain and learning how to recharge our inherent healing sources is the key to spring our healing efforts forward.

According to Loyd's studies, there is a minimum of one of twelve categorized emotional issues that directly affect every disease and the body's ability or inability to heal. These unhealed emotional wounds include unforgiveness, anger, harmful actions, rejection, not being good enough, unhealthy pride, loss of control, selfishness, depression, fear, and lack of trust.

We all want our metaphorical horse to quickly take us to true wellness, love, joy and a passion for living. Loyd teaches that we begin by listening to our heart to lead us forward. ■

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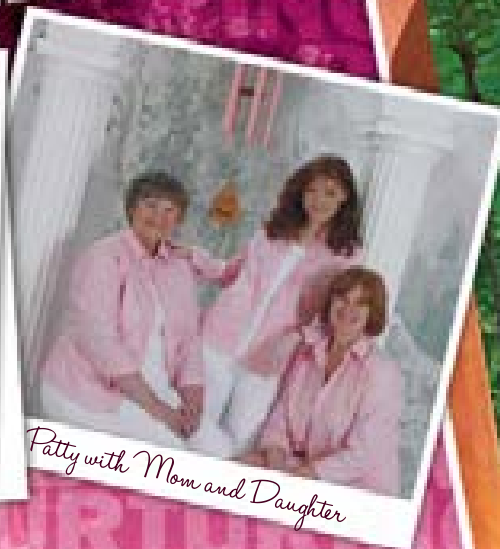


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Inspired by my own mother's personal experience, I created For The Girls in honor of all the women and their families affected by breast cancer.

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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FAT YOU CAN LOVE

BY CHRISTINE HORNER, MD

There are certain fats that are bad for us and promote disease, and others that are very good for us because they help to protect ward off disease and keep us healthy.

Previously I wrote about the health benefits of omega-3 fatty acids found in flaxseeds and certain fish like wild caught salmon, and omega-9 fatty acids found in olive oil.

There's a special type of omega-6 fatty acid called **gamma-linolenic acid (GLA)**—found in high amounts in evening primrose oil, borage oil and black current seed oil—that also has many health promoting properties.

The health benefits range from lowering your risk of breast cancer, to helping reduce hot flashes and symptoms of PMS, to improving arthritis, and inflammatory skin conditions including eczema and psoriasis. It may even help you to lose weight.

Although our bodies can manufacture it, we often don't make enough for a variety of reasons. Also for certain disease conditions, taking extra amounts of GLA seems to significantly help.

Breast Cancer

Evening Primrose oil and GLA in general, appears to mount a powerful defense against breast cancer. In laboratory tests conducted at Northwestern University and published in the Journal of the National Cancer Insti-

tute in November, 2005, GLA was found to inhibit the Her-2/neu gene and increase the tumor-cell killing ability of the anticancer drug Herceptin by 30 to 40 times!

In another study published in the International Journal of Oncology in 2004, GLA was found to inhibit the expression of a critical enzyme involved in the synthesis of fatty acids in mammals called fatty acid synthase (FAS). This enzyme is important for breast cancer because it is found to be over-expressed, meaning is produced in excessive quantities, in Her-2/neu breast cancers. GLA was found to decrease the activity of FAS by 75% and was the most effective of all the oils tested. When FAS levels are low, it causes an accumulation of toxins in the cancer cells and causes them to die.

If you are currently being treated with chemotherapy for breast cancer, you'll be interested in knowing that earlier research at Northwestern University demonstrated that GLA also enhances the effectiveness of several other chemotherapy drugs used for breast cancer, including Taxol, Taxotere, Navelbine, Tamoxifen and Faslodex. In addition, GLA contains superb anti-inflammatory and antioxidant properties which help to



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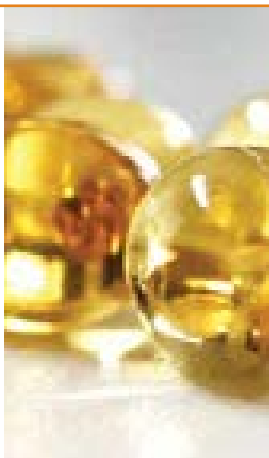
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HOW TO TAKE EVENING PRIMROSE OIL

The recommended amount of evening primrose oil is 2,600 milligrams per day. If you are taking it for conditions such as arthritis, asthma, or eczema, up to 4 to 6 grams is recommended. Look for high quality organically produced evening primrose oil, such as that made by Barlean's Organic Oils. Approximately 280 mg of GLA is contained in the 2,600 mg daily dose. Another excellent product is Barlean's Essential Woman Omega Swirl that comes in a delicious chocolate-raspberry flavor and tastes like a fruit smoothie. It contains organic evening primrose oil, organic flax seed oil and lignans which are all loaded with powerful anti-cancer properties.



impede the growth of cancers.

GLA can also protect against some of the damaging side effects of chemotherapy, especially nerve damage called neuropathy that manifests as numbness and tingling. A study published in the *Journal of Nutrition* in November 2003 reported that evening primrose oil may help protect against and improve this type of nerve damage.

Diabetes

Patients with diabetes frequently suffer from another type of nerve damage called peripheral neuropathy. Like the nerve damage caused by chemotherapy, patients with diabetic neuropathy suffer with numbness and tingling of their extremities. This lack of sensation may lead to unrecognized injuries of the feet and subsequent infections. Several studies, including one that was published in 2003 in the *Journal American Board of Family Practice*, show that evening primrose oil significantly improves this condition.

Inflammatory Skin Conditions and Autoimmune Diseases

In a meta-analysis (a review of many studies) of randomized placebo-controlled clinical trials of evening primrose oil for atopic eczema, there were clear improvements in itching, crusting, edema, and redness. Other studies show evening primrose oil improves a variety of other skin conditions and autoimmune disease including psoriasis, systemic lupus erythematosus, and multiple sclerosis.

Hormonal Balance

Evening Primrose oil has been shown to help alleviate hot flashes associated with

menopause and has modest benefits for PMS as well. For women who suffer with painful breasts, especially around their menstrual periods—a condition called cyclic mastalgia—evening primrose oil may be extremely helpful. In a study published in the *British Medical Bulletin* 1991 and another in the prestigious journal the *Lancet*, evening primrose oil improved the symptoms in 77% of patients with cyclic mastalgia.

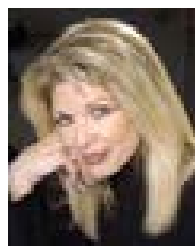
Arthritis

Because evening primrose oil has excellent anti-inflammatory and antioxidant qualities, it should not be surprising that studies show it helps relieve the severity of the common inflammatory conditions of osteoarthritis and rheumatoid arthritis.

Weight Control

Finally, GLA may be beneficial for those who are overweight, because according to a study published in *CCL Family Foundations* in 1993, it assists the body in using fat better.

Gamma linolenic acid is definitely a fat you can love! ■



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.



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LIVWISE RECIPES

BY OLIVIA NEWTON-JOHN



Olivia's Lemon Chicken

3 lbs organic chicken
1 large lemon
2½ tablespoons olive oil or melted butter
roasted orange sweet potato, to serve
steamed broccoli or green salad, to serve

Preheat the oven to 400°F. Lightly grease a roasting pan and place a wire rack in the base of the pan.

Trim any excess fat from the chicken and discard the neck. Rinse the chicken (including the cavity) under cold running water and pat dry with paper towel. Season the cavity with sea salt and freshly ground black pepper.

Using a fork or metal skewer, prick the lemon all over and place inside the chicken cavity. Rub the oil all over the outside of the chicken and season well. Roast the chicken for 45 minutes–1 hour, or until the juices run clear when the thigh is pierced with a knife. Remove from the oven and allow to rest, covered, for 10 minutes before serving.

Serve the roast chicken with orange sweet potato, the steamed broccoli or a green salad.

Serves 4-6.

I am embarrassed to admit how easy this recipe is to make. The lemon permeates the chicken, making it moist and delicious!



Livvy's Easy Baked Apples

4 apples or pears, cored
1/3 cup dried fruit, such as raisins or cranberries
1 cup freshly squeezed orange juice
2 1/2 tablespoons honey or maple syrup
plain yogurt or ice cream, to serve (*optional*)

Preheat the oven to 350°F.

Use a sharp knife to make a shallow cut through the skin around the middle of the apple — this prevents the skin from splitting during cooking.

Place the dried fruit into the cavity of the apples and arrange the apples in a small baking dish. Pour the orange juice over the apples and drizzle with honey. Bake for about 30 minutes, or until the juice has thickened and the apples are soft. Remove from the oven and serve warm with yogurt or ice cream, if desired.

Serves 4.



Olivia Newton-John



"I am no cordon bleu chef, nor am I a doctor or nutritionist, but I have picked up some pieces of information over the years about health and nutrition. Without getting too complicated, I wanted to present in this book some of what I do to stay healthy. This is the basic eating regime I follow. It's not really a secret at all. I call it the common sense diet!"
— Olivia Newton-John

Olivia Newton-John Releases "Livwise: Easy Recipes for a Healthy, Happy Life" Lyons Press, an imprint of Globe Pequot Press, is proud to announce the release of *Livwise* (978-0-7627-8009-9; \$27.50, paperback), a cookbook of simple, easy recipes for a healthy, happy, and balanced lifestyle by Olivia Newton-John.

Olivia Newton-John is a woman who radiates health, positivity, and well-being. She is often asked, "How do you do it?" In *Livwise*, Olivia explains her belief in the importance of a healthy diet in order to maintain wellness and balance. This book will introduce you to ways of eating and living that will keep you in good health and happiness.

Livwise will introduce you to ways of eating and living for good health and happiness. These simple, wholesome, tasty recipes are the ones that Olivia loves to cook for her family—some created in her own kitchen and others contributed by nutritionists, friends, and chefs at her Australian health retreat, Gaia. From delicious salads and snacks to hearty main dishes and guilt-free desserts, the recipes in this book offer a perfect balance of flavor, goodness and vitality.

Celebrating 40 years in music with more than 100 million albums sold, Olivia Newton-John has received four Grammys, numerous Country Music, American Music and Peoples Choice Awards, ten #1 hits and over 15 top 10 singles. Her co-starring role with John Travolta in "Grease" catapulted Olivia into super-stardom and to date, the film remains the most successful movie musical in history. Today, a twenty year breast cancer survivor (or cancer thriver, as she prefers to say), Olivia is proud to announce that the Olivia Newton-John Cancer and Wellness Centre in Melbourne, Australia, which after nearly 10 years of fundraising, opened in June 2012. The royalties from the sale of this book will go to her Centre. With her current and ongoing projects including new music, a world tour, a new film and philanthropic endeavors, Olivia's worldwide popularity is as strong as ever!



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ONCOLOGY SKIN SUPPORT

BY ANNE C. WILLIS

The finest clothing made is a person's own skin, but, of course, society demands something more than this. — Mark Twain

Doctors and patients alike are becoming more aware of the increasing incidence of chemotherapy-related skin toxicity, radiation burns and how these treatments are having significant negative effects on the skin. Skin changes can be as simple as reduction in moisture and vitality, or reactions such as rash, hyper-pigmentation, breakout, and inflammation. If these skin reactions are not managed quickly, dose interruptions, reductions, or discontinuation of chemotherapy and/or radiation can occur, thus impacting clinical outcomes for the patient and their overall health.

Skin Management

A skin therapy treatment plan can be a vital aspect for patient's wellbeing and can reduce risks associated with chemotherapy-related skin toxicity and radiation burns. The biggest impact medical oncology treatments have on the skin is inflammation. Chronic skin inflammation will undermine all levels of healing and is a precursor to oxidative stress on the body. In addition, inflammation inhibits recovery, feeds cancers, and can contribute to secondary cancers that can develop in the skin. An ever-growing body of evidence is pointing

to and validating that the assessment of risk factors, prevention of free radical damage, support of skin's natural defenses, and topical supplementation through phyto-therapy reduces these risk factors.

In addition, empowering patients to be actively engaged in addressing these skin changes can make a difference in their recovery. Though a patient cannot see their cancer, they can see their skin being affected by the drugs and medical treatments. So, there is great value in giving patients control of the one thing they have some control of, taking care of their skin.

Skin therapy sessions also address anxiety and stress. We all know that too much stress adversely affects the body under any circumstances; however during breast cancer treatment it's even more important to support the body in healing. Unwinding through skin sessions not only addresses skin health, but also can do much for the body and mind. Patients should be cautious as to what type of products they use and treatments they receive. To fully enjoy taking care of yourself or receiving services that address your needs, be sure to educate yourself about proper skin care during and after your treatments of chemotherapy, radiation and prescription drugs.

Oncology Skin Care Guidelines

Here are tips to support your skin:

- 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.
- Make sure the facility you choose has practitioners trained in skin care services who are experienced with treating cancer patients. They should make you feel supported but not singled out!
- Make sure you indicate to the practitioner when you received your last medical

treatment. This can help them to determine the appropriate skin/bodywork therapy for you.

■ The facilities environment should be soothing. If it's overly stimulating, it may just cause more stress and should be avoided. Music should be calming. Avoid facilities that use artificial candles or room scents. Definitely avoid facilities where they offer nail services. The fumes from the polishes are highly toxic and could further exasperate skin issues and over all health.

■ During breast cancer treatment your skin is more fragile than usual: skin needs to be nourished and treated gently. Pressure point and gemstone therapy are most effective techniques for skin massage for the oncology client. These techniques are effective in reducing inflammation and activating the parasympathetic nervous center, which is responsible for allowing your body to heal.

■ Avoid steam. If the steam machines are not properly cleaned, they can house bacteria. Plus the skin can't handle the heat.

■ It is best to avoid waxing procedures, because the skin is too fragile and may cause irritation or burns.

■ If you are someone who has been receiving skin resurfacing procedures like AHA's or Micro-dermabrasion, it is best to stop these treatments for at least 1 month prior to chemo and 6 months following.

Skin Care Products

■ Product ingredients should support the skin and should not contain man-made/synthetic ingredients. Avoid alcohol and petroleum based products.

■ Topical hydrotherapy has many health benefits that not only soothes the skin, but

also effectively cleanses. It is recommended over soaps, which can be drying.

■ Keep skin well hydrated and conditioned with serums versus cream moisturizers. Skin creams do not have the capability of delivering nutrients the way serums do. Plus, if you are dipping your fingers in a jar of cream every day, it becomes a breeding ground for bacteria.

More than anything make sure you take care of your self in a way that makes you feel comfortable and supported. Relaxing and letting go can do wonders for your well being and healing! And as always, check in with your medical team before any professional skin or body treatment is performed. ■

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Anne C. Willis, LE, CEO

Anne C. Willis, LE, CEO, is the founder of De La Terre Skincare®, a worldwide leader in holistic and functional skin therapies. Ms. Willis has been published in multiple international holistic and beauty publications. One of the industry's most outstanding innovators in the world of functional skin care, Ms. Willis lectures nationally regarding holistic skin therapies, collaborative

care for medical institutions, and skin reactions incurred by patients receiving combined chemotherapy. She is the director of Oncology Skin Therapeutics™ bringing over 30 years of experience and knowledge to a new generation of skin therapist.



LAUGHTER STIMULATES LYMPHATIC HEALTH

BY BEVERLY VOTE

If all else fails, laugh. —Suzie Humphreys, Breast Cancer Thriver, and author of *If All Else Fails, Laugh*

It has been said that laughter is good for the soul but laughter is also beneficial for our physical well-being. Breast cancer is not a laughing matter, yet we can use laughter to help us heal.

Stress and fear restrict not just our oxygen but also our joy for life, which in turn restricts all of the systems of our body to work at their optimum including our digestive, respiratory, lymphatic and circulatory systems. This restriction on our oxygen flow also restricts our lymphatic system to carry nutrients throughout our body. It also stifles the lymphatic system to help flush out life threatening pollutants from our body.

Norman Cousins, author of *Anatomy of an Illness*, was one of the pioneers of the mindbody concepts. He wrote about what he thought it took for him to heal after being

diagnosed with a life-threatening disease. His belief as a result of his experience is that filling your life with daily laughter is not only beneficial, but is a vital component to healing.

For many of us after breast cancer surgery, our lymphatic vessels have become compromised and need to have extra attention throughout our life. Exercise, fresh clean water, deep breathing, proper nutrition, and laughter are key factors to improve the function of our lymphatic system.

Studies continue to show the healing benefits of daily laughter include:

- Immediate relief of stress, fear, pain and depression
- A change to the unhealthy environment of one's body by generating new endorphins and healthy chemicals into each of

our life supporting systems

- A return of perspective and balance and a renewed sense of hope
- Support for our lymphatic health by stimulating fresh oxygen to our body which helps flush out cancer producing elements from our body and to do the job it was created to do.

A diagnosis of breast cancer can jolt us (and our loved ones) out of the joys of life, including the littlest pleasures of living. Adding laughter can be as easy as engaging in Laughter Yoga, joke books, funny movies, and connecting with people who make you laugh. Laughter can help each of us to restore our body and soul and our lymphatic system. ■



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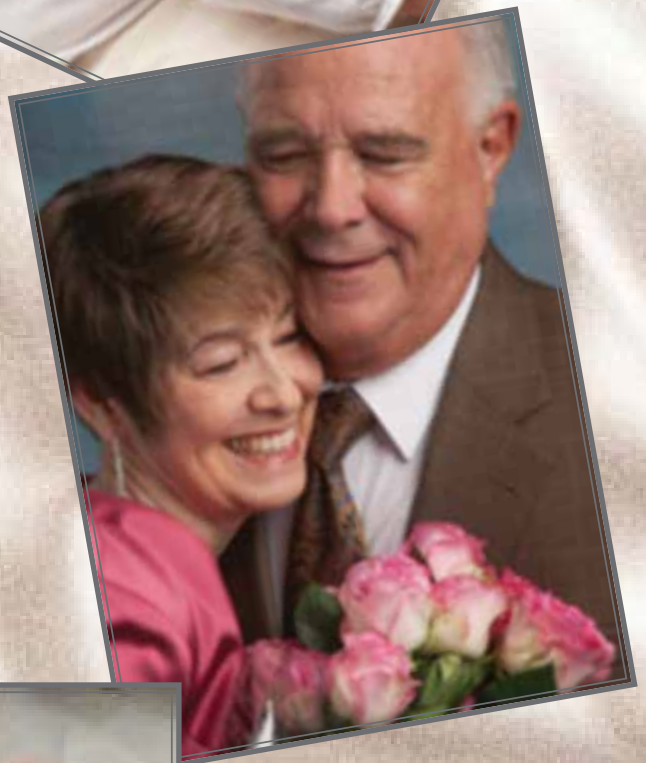
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Our Healing Heroes

There's a hero if you look inside your heart,
You don't have to be afraid of what you are.
And there's an answer, if you reach into your soul,
And the sorrow that you know will melt away.

And then a hero comes along,
With the strength to carry on.
And you cast your fears aside,
And you know you can survive.
So, when you feel like hope is gone,
Just Look inside you and be strong.
And you'll finally see the truth,

That a hero lies in you...

It's a long road, when you face the world alone;
No one reaches out a hand for you to hold...
You can find love if you search within yourself
And then the emptiness you felt will disappear...

And then a hero comes along
With the strength to carry on
And then you cast your fears aside
And you know you can survive.
So, when you feel like hope is gone
Look inside you and be strong
And then you'll finally see the truth

See that a hero lies in you.

Lord knows dreams are hard to follow,
But don't let anyone tear them away.
Just hold on, and there will be tomorrow,
And In time you'll find the way.

And then a hero comes along,
With the strength to carry on.
And then you cast your fears aside
And you know you can survive.
So, when you feel like hope is gone,
Look inside you and be strong.
And you'll finally see the truth,

That a hero lies in you.

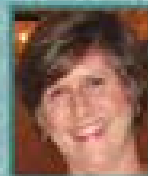
That a hero lies in you.

—As sung by Mariah Carey

This special section is dedicated to all the amazing people who come into our lives to help us, in very special ways that make all the difference for what we need at that moment in our healing journey. Each one of these heroes reflects that special something in each of us what we need to see for ourselves.

I've had many heroes throughout my journey, but two "Sistahs" stand out. I was 42, it was summer 2010 when I met Michelle Mann at my first Look Good Feel Better. She commented on our same color toenail polish, Michelle nicknamed me "Pink" and the nickname stuck with me ever since. Kristen Wall was my first "chemo buddy" in the infusion room. We would pass the time being so giggly, found Michelle one day and pulled her into our healing corner. The trio of us have traveled this road together through months of treatment, pain of surgeries, ups and downs of our health, hugs and tears through our fears and loss of friends to this disease. It's made us truly value our special friendship. We don't get to see each other often, but we know that we will always be there for each other as we live our lives as Sistah Thrivers!

—Angela Booth, Orange, CT



After experiencing breast cancer twice, I became a patient of Jacqueline Fields, M.D., a holistic and functional medicine doctor in Fort Collins, CO. I've been seeing her for over seven years and not only is she the best doctor that I have ever met, she also has become an incredible mentor for my cancer coaching practice and a dear friend. Dr. Fields helped me to really understand why my body is susceptible to cancer and taught me how to improve my body terrain to prevent recurrence. Her website has many beneficial articles, www.thehealinggardens.org.

Dr. Fields is a compassionate life long learner, is open to learning about other healing modalities, and is passionate and committed to her patients' healing and quality of care.

—Kerri J Geary, www.MomsFacingCancer.com





What do you do when you are diagnosed with a rare breast tumor that accounts for less than 1% of all diagnosed breast tumors? How do you find support? Anna Wallace, Trish Georges, Karen Nutter, Jolene VonMillanich, and a small group of other women plucked one another from cyberspace as they sought out other women who were diagnosed with Cystosarcoma Phyllodes. They started as a group of about 44 women on MySpace and developed into a Facebook support group of over 400 women from around the world where they share information, research, and support one another. Anna is working toward creating a website resource where those diagnosed with Cystosarcoma Phyllodes will be able to locate information and support. Trish started a non-profit, Cancer Train, that assists all cancer survivors and will fundraise for the future Phyllodes website. These women are definitely healing heroes who created a community and continue evolving it. —**Mary Carpenter**, *Poway, CA*



My friendship with Michelle Cooper was truly one created by our Lord. Having been diagnosed at age 25 with breast cancer, at age 33, my cancer returned and I was once again in treatment. God saw that I needed a special connection with another survivor. Michelle and I thanked God for our friendship. We were the same age and living with stage IV breast cancer. We talked and prayed together over texts, emails and phone. I had to get a new texting plan just to receive her texts! Michelle always had an amazing spirit and love for others and for God. Michelle's love for Jesus was an inspiration to so many and continues to touch people long after her passing from this earth. She is my healing hero and is now my angel cheering me on in Heaven as I continue my battle.

—**Andrea Kemp**, *Columbia, SC*

Hayley Townley is my hero, my inspiration, my role model and my silver lining. As was one of the founders of the San Luis Obispo Young Survivors Support Group, she has made a huge difference in the cancer journey of those of us diagnosed at a young age. She created www.ThereIsLifeAfterBreastCancer.com, an inspiring website that collects stories from those affected by breast cancer. She recently published a book containing stories collected through the site. To celebrate the book launch, she created the largest breast cancer ribbon in the world made of bubble gum in the world famous Bubble Gum Alley and formed a flash mob to complete it. She was selected as a spokesmodel for Cleavage Creek Cellars in 2008. She works with Breast Cancer Reconstruction Choices to educate cancer patients about their options. And Hayley is the funniest person I know... she has moxie and joy and LOVES LIFE! —**Melissa Swanson**, *San Luis Obispo, CA*



I have had breast cancer twice in my life. There are actually two healing heroes who played vital roles in my healing journey; Cynthia Wooten & Naomi Donnell, both dear friends who put aside their own agendas to be there for me. They were my support system when I didn't want to worry my family with the tormenting details. They shared my tears, shopped for wigs, comforted body aches even to the point of massaging my aching feet and legs (Naomi) and attending chemotherapy treatments even when needles and pain really weren't her "thing" (Cynthia). However there is one other healing hero who was too young to consider a hero during my first bout with cancer. That hero is my daughter Brianna Pemberton [14 years old at the time] who was my most consoling hero even though at times she was horrified as I quietly suffered in pain.

—**Kim Doggett Pemberton**, *Greensboro, NC*
pembertk@hotmail.com

My husband Tavaris of almost two years is my healing hero. I met my husband at a friend's wedding in Hawaii in 2008. While planning our own wedding in February 2011, I was diagnosed with breast cancer. In the midst of the chaos my friends and family planned our beautiful wedding in 24 hours. We were married April 3, and two weeks later I had a mastectomy. This is not what we had imagined as our first days of newlywed bliss. His kindness and love restored me. He was always there to support me, saying or doing something to bring a smile to my face. He even made the radiation experience amusing by making a body butter to put on my radiated skin to cool the burns. The doctors and nurses would sniff me while I was on the table like it was normal, telling me how good I smelled. It helped to find something funny in midst of this storm. I am so grateful for an amazing husband who has cared for me, held me up, and helped to heal my spirit.

—**Regina Jones**, *Durham NC*; reginajohnson6767@msn.com



My healing hero is my wife Victorianne Russell Walton. She is a breast cancer advocate, survivor, and thriver. Victorianne works tirelessly to make her community a better place. She has created a program to educate others about breast cancer. The first Cancer Survivors Rock Day is being planned for this year. It is her life's work and passion to help others. In 2007 she was misdiagnosed four times and then diagnosed with only months to live. But today, she is on fire. She has suffered heart attacks, seizures, black outs, loss of site, loss of finger nails and hair, but she rocks on. She was recently featured on the Discovery Channel for her work and her life story. She is dedicated to educating, empowering and inspiring women and men. Victorianne is truly amazing. I know she is in pain but she doesn't let that stop her. People call her to have her "happiness" rub off on them. Her motto is "find your happy place and stay there!" — **Harvey D Walton, New Carrollton, Maryland**



My Healing Heroes are Mary Johnson, Evelyn Renner and Kay Troutman from Lebanon, Missouri. They were perfect strangers who reached out to me in my darkest hours. They each shared with me how they healed beyond their doctors' expectations. Mary, Evelyn and Kay will forever be in my heart. It is because of them that I recognized the need to spread the word about the power of the pink sisterhood. It is because of these three women that the Breast Cancer Wellness Magazine was created - so that we can be reminders for each other of what is possible. — **Beverly Vote, Lebanon, MO**



I tried to put the pieces of my life back together after my breast cancer diagnosis... I just couldn't seem to find my center...there was nothing about myself that I recognized any more. How will I ever survive this? The answer came with a phone call to Breast Friends. I was desperate, and in need of help. Sharon Henifin quickly began to tell me exactly what I was feeling with such accuracy I was stunned. She was able to describe feelings I was unable to put into words, and without realizing it, my healing began. Sharon and Becky Olson provide comfort, compassion, and love where and when it is most desperately needed. Sharon

and Becky are the co-founders of Breast Friends, and give of themselves every day helping women survive the emotional trauma of breast and ovarian cancer. They saved my life, and they are my heroes. — **Linda Adams**



When I was diagnosed with breast cancer in May of 2011 it was quite traumatic. It brings a variety of unwelcome struggles and emotions. After surgery I was referred to the Deaconess Chancellor Center for Oncology for radiation treatments. There I met Cathy the RN who was in charge of my treatments. She was very understanding and patient with everything I asked or questioned and explained each step as we went. She was never in a hurry and always made sure I had the answers that I needed. To be greeted with warmth, enthusiasm, concern and a welcoming reassuring smile - was so incredibly refreshing and uplifting that it changed the tone of everything. Her constant smile and sense of humor brought reassurance that everything would go well. She soon became like a close friend providing a hug if I needed one. This provided a comfort that can't be found anywhere else. The hugs made me feel good and showed that she cared. There are many people who pass through our lives without making a mark but Cathy left a mark on my heart that I will never forget. — **Carolyn Werner, Evansville, IN**



My friend Hayley Townley is my healing hero. Not only did she help me navigate the road she had already traveled as a young breast cancer survivor, she asked me to share my story with others. Such a simple request, such a profound impact. Before I knew it, my experiences and thoughts were translated into stories and illustrations into the book, *There is Life after Breast Cancer*. Without her nudging, I never would have captured the raw, emotional process that I used to heal after hearing "You have breast cancer." It would be silly to imply that Hayley just helped me. I am constantly amazed at her vision for helping as many people as possible affected by this disease. By compiling and publishing the art and works of breast cancer survivors and their loved ones, she continues to be a healing hero to many, including myself, for many years now. With her wonderful support and humor, Hayley continues to show me that there is life after breast cancer. — **Margerie Manning**

My healing hero is Margie Fincham, who was my home health care nurse at the time I went through breast cancer treatment 18 years ago. I was having a hard time with chemotherapy and required an IV to administer anti-nausea medication at home. This incredible lady, whom I called my Angel, came to my home for the first time, and we instantly bonded. We talked for hours about the need to believe in myself, proper nutrition, and positive healing methods. She became my mentor, as well as my nurse and friend. Margie played a huge part in my survival of breast cancer, as I adopted the methods she taught me. I was already a vegetarian, and I began to explore books that she recommended and began practicing various meditation and other progressive methods to heal myself. Margie is my friend to this day, and she will be in my heart forever.

—**Michele Steele**, Laguna Niguel, CA; mgsteele315@gmail.com



Purpose, Progression, NED, Mets, Life:

Jennie Grimes began her journey with breast cancer as a 27 year young woman diagnosed with Stage II invasive breast cancer. About two years later, she was diagnosed with a Stage IV recurrence to her bones. Jennie shares her daily life living with metastatic breast cancer not only with family and friends, but a community beyond. She shares gut wrenching details as well as the joys like being diagnosed NED. She routinely takes leaps of faith like moving to Los Angeles to work for an organization (Dr. Susan Love Research Foundation) she believes will make a difference in the lives of breast cancer patients like her and so many friends. She, also, continues reaching out to women newly diagnosed with mets even though so many women she has loved in the mets community have died. Opening one's heart to the gift of love so often definitely represents a healing hero.

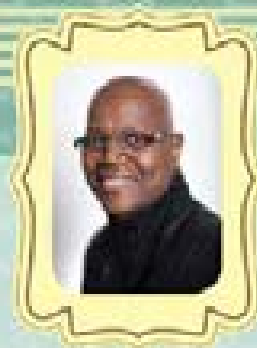
—**Mary Carpenter**, Poway, CA



My plastic surgeon, Dr. James Ferlmann is my healing hero. Having opted to delayed reconstruction in order to finishing my masters degree, I leaned heavily on the expertise and resources of my plastic surgeon. Dr. Ferlmann was such a gift to me, both as a talented surgeon and a coach throughout the reconstruction process.

He is a blessing to all those in his care. He guided me through the two surgeries, nipple reconstruction and an areola tattoo with flying colors and never made me feel that my decisions were wrong. Here is a link to the blog I wrote about the 15-mile walk to my last PS appointment with him at <http://breastcancermystory.org/walking-to-the-finish-line/> and my interview with him for my website at <http://breastcancermystory.org/advice/plastic-surgery-q-a/>. Thanks Dr. Ferlmann!

—**Britta Wilk McKenna**, www.breastcancermystory.org



Dr Rita Strickland is my healing hero because she took time to start a breast cancer support group called Sistahs Supporting Sistahs. She opened her home to breast cancer survivors to help them cope

with their diagnosis. I was preparing for a bilateral mastectomy with reconstruction and did not know what to do. At my first meeting, the women helped me make my decision. Her love for the Lord is awesome and at every meeting we pray, have an educational and discussion segment and fellowship. These meetings helped me get through my journey as a survivor. The women are definitely angels and we laugh, cry, pray, travel and sometimes go with each other to appointments to let a sister know she is not alone. She also appoints each sister a mentor to help each sister to navigate their journey to healing. I thank my God every day for my mentor and my hero.

—**Sylvia Lawley**, Queens, N.Y.; bljeper005@aol.com

When cancer entered my life it didn't stand a chance to take up residence and rule my life. But for the grace of God I had three sets of heroes to run interference for me. My first and greatest hero is my Lord and Savior Jesus Christ. My faith is the foundation of my life instilled in me and my siblings at an early age. My second set of heroes was my immediate family who unconditionally supported me with great courage in spite of their own fears. Last but not least was a close girlfriend who dedicated her unemployment time to rotate treatment times with my family. My family and friends often credit me for being their rock at such a challenging time, but it was truly the opposite. Because of my heroes I chose to face my fears, I chose life! Be blessed!

—**Leslie Y. Williams**





My life journey with breast cancer began in June 2007. Having cancer was not the end of my life but a different journey in life. Kay Johnson shared her journey with me, encouraged me spiritually, and often reminded me that by Jesus stripes I was healed. Bernadine Payne was a special friend who drove me to doctors, medical tests, and beauty shop appointments. She shared how she was a caregiver to her sister who had cancer. Through my radiation process, Denece Ellis was there the day of my surgery and walked with me daily for exercise to maintain my strength. She taught me how to keep a positive attitude with a thankful heart. Kay, Bernadine, and Denece are the healing heroes who walked with me through my journey. With courage, faith and God's grace I am living a cancer free life.

—**Linda Holmes**, *Lake Charles, Louisiana*



I owe a debt of gratitude to the University of Michigan Team 5 cancer unit and my good friend Sam Riddle. Their constant care and attention convinced me that life had meaning and enabled me to overcome feelings of self-pity and fear. The University of Michigan Team 5 became my heroes because of their excellent care and follow-up practices. I received constant inquiries regarding my feelings, diet and exercise routine. It was evident they were genuinely concerned for my needs both during and after each procedure. Having Sam's support was a gift from God. Upon hearing of my health crisis he committed himself to seeing me through the entire ordeal. He attended every appointment with me, fed me when I did not want to eat, coached my daily exercises and when I was too weak to walk he held my hand to make sure I did not fall. His patience made the difference in my ability to heal. I will remain forever grateful for the support of my healing heroes. —**Mary Waters**

When I received my breast cancer diagnosis in late 2002 (I was 36), there wasn't a young support group in my area. Enter into my life the wonderful and spectacular Margerie Manning in 2005, whom—like me—was diagnosed with breast cancer under age 40. A Chinese proverb states to know the road ahead, ask the ones coming back. Margerie allowed me to guide her through the maze of her diagnosis and beyond, which healed us both. We've been on many adventures together, continuing to laugh, learn and grow. Our mission is to be Healing Heroes for others. We started that necessary support group. There are also 28 Healing Heroes we share pages with (including your recent cover girl, Maimah Karmo), in our new book, "There Is Life After Breast Cancer". Margerie is my Healing Hero in oh-so-many ways. I'm lucky to have her as a sidekick!

—**Hayley Townley**, *San Luis Obispo, California*; HayleyTownley@gmail.com



Twenty years ago at age 38, I heard the words no young mother wants to hear—"stage 2 breast cancer". I was stunned. I never believed it could happen to me. My thoughts were interrupted by a heart breaking cry, I didn't realize until the doctor held me that the sound was coming from me. In time, I gathered myself and went to the office to schedule my surgery. There, a lovely nurse gently guided me into an empty room. She held my hands and told me she had read my reports; that she too had been diagnosed with the same cancer twenty years earlier. Lovingly, she took my face in her hands and looked into my eyes. "I survived", she said. "You will too". She gave me hope when I had none. She encouraged and supported me throughout my treatment. Her name is Carol. She's my HERO.

—**Jacqueline M. Hickey**, *Rockport, MA*
roxie01966@yahoo.com



My healing was the Lord, my doctor and my family. I was just 28 years old when I was diagnosed with stage 1 breast cancer on April 14 2004. I was getting out the shower and was checking my breasts when I found a knot on my right breast. So I said to my mother, Mom do you feel what I am feeling?" She said yes baby I feel it. It felt sore to the touch. My son asked me if I was going to make it, and I said yes son, I will not give up, just pray and keep the Lord in your prayers. The Lord was my savior and my mother and son gave me the willingness to live. I have overcome a lot of obstacles in my life. I am now having bad headaches but I just keep on praying to the Lord and to heal my pain that I am going through right now. My mother is a great mother because she was with me all the way and I cannot ask

for a more wonderful mother. My mother is my Hero.
—**Tyranee Williams**, *Marianna, Arkansas*; tyranee@gmail.com



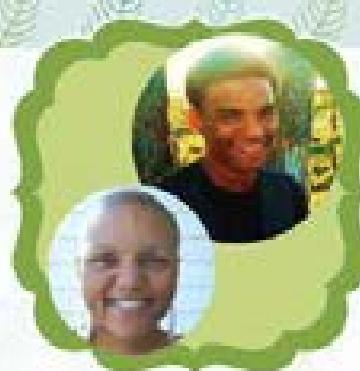
My healing heroes are my two sisters, Bobbie Hatch and Sally Early. They have undertaken this breast cancer journey with me, not once but twice in the last three and one-half years. They took me to every treatment. They bought me smoothies, when I could not eat anything else. They encouraged me every day

and told every one in the family that they would have to handle their own problems because they could not bother me. Their pastor says of them that they have the spirit of Mary and Martha from the Bible. That is so true. They are devoted and fiercely loyal and are always there for me, no matter what. I cannot imagine getting through these battles without them. God blessed me with two wonderful healing heroes.

—**Peggy Goods**, Baton Rouge, LA; Pgoods51@msn.com

My son, LeShon, is my healing hero. At the time I was diagnosed, he was 13 and his sister was two. As treatment progressed and the fatigue settled in, I came to rely on him more and he came through like a champ. He would cook, clean, go to the store and help with his sister. But it's not the practical tasks that make him a healing hero, it was his encouragement. He told me chemo would be easy for me to handle.

When I cut my hair off, he reminded me that I was never a good barber and grabbed the clippers and finished it right so I would look good. He was never embarrassed to be with me in public and would hold my hand proudly. Those little actions gave me the strength and resilience to fight cancer not once, but twice. My son is my healing hero. —**Joede Brown**



My healing hero is Ronyha O'Neal-Champ. We met several years ago at a young survivor conference in Jacksonville, FL. Even though I live in PA and Ronyha lives in AR, we have always reached out to each other since meeting at the conference. We talk via cell phone about three times a week and we always manage to see each other several times a year. Ronyha is my healing hero because she is a five time breast cancer survivor, yes, five times! I look at her beauty, strength, faithfulness and calm, as attributes for me to live by. Ronyha has showed me how to just live and cherish every moment. If it wasn't for my "sistah" taking me under her wings and demonstrating how to thrive in life, I don't know what my mental health would be. I am currently celebrating seven years cancer free!

—**Sarita Jordan**, Philadelphia, PA; sistah34@msn.com



My healing heroes are: My husband Lee who demonstrated an inner-strength I had never witnessed before in our 42 year marriage. His empathy, faith, hope and love were unwavering. He endured my mood swings with sensitivity worthy of a saint. My daughter-in-

law Celia, who after recently having a baby, graciously cared for me as she removed my dressing and drainage bag with such expertise. This was a necessary and important procedure that I could have never done alone. Dr Bodai saved my life with a successful mastectomy, always being straight forward and very sensitive to my feelings of panic. God had a plan for me. I felt Him cleansing me and giving me hope for a second chance on life. I grabbed it with all of my heart and soul. My friends Karen and Maggie who showed me the way to alter my attitude, from scared and negative to positive, and taught me how to not let this disease rule my life and how to take charge with positivity and purpose. There are not enough words in the dictionary to express my deep gratitude!

—**Cheri Carruth**, El Dorado Hills, CA

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YOUNG THRIVERS!™

BY HEATHER JOSE AND CHRISTY JAMES

Accountability Matters

Accountability is important, but it is not always easy. Just as Christy helped me through treatment she has been a key person in helping me maintain a lifestyle that helps to kill cancer. From the very beginning she jumped in head first in adopting a healthy lifestyle and a thriving attitude and it is motivating.

Christy and I both like new starts, so at least a couple of times a year we discuss current goals, what is working and what isn't and how to overcome the obstacles that we see. These aren't always easy discussions because they require self evaluation, honesty and accountability. There are times that Christy has to ask me why I am not accomplishing goals related to working out or nutrition and I have to answer. The thing is though, that I know she is doing it because she cares. We both realize that lifestyle can make a difference in fighting cancer. I need these reminders because I get complacent sometimes.

Christy and I spend a lot of time talking about what works and what doesn't as our lives evolve. We discuss short workouts every day versus longer workouts on fewer days. We talk about food preparation for the week and go-to meals in a pinch. The goal is always to be as healthy as possible. Sometimes we are busier than other times but always, we are committed to being the best we can be. Christy's reminders help me to stay on a healthy course.

I don't always like to hear that "you make time for what you care about," but I know it is true. And so I need to make time to take care of me. Because as good as Christy is, she can't do it for me.

One of the most motivating things as of late has been Christy's commitment to a healthier lifestyle herself. She knows how to make good choices in terms of food and working out 95% of the time. That is far more often than I have lately. I have seen her work through injuries and continue to adjust her workout times so that she can continue to get them in. I have watched her and her husband choose a vegan diet that they stick to.

That being said, my life circumstances are a little different. My family isn't vegan but we eat more fresh vegetables, fruits, beans, legumes and healthier snacks than ever before. I attend my kids sporting events, workout, and juggle a busy working mom's schedule. But I can do it, I can honor the choices and goals Christy and I set forth. I will do it. Otherwise, I will have to explain to Christy why I am not taking time to take care of me. And as much as I like talking with her, I would rather just celebrate our successes.

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/>



One day a doctor told my lifelong friend Heather that she had cancer. She didn't look sick. She looked pretty good as a matter of fact. Cancer? How could this be? She was too young. She was too busy. However, it was still true. At age 26 Heather was diagnosed with breast cancer and not just a little bit of cancer, it was stage IV.

So clearly the sky was falling. We had heard that people with cancer should take it easy. But does that really make sense? It might be tempting for the caregiver to do too much for the person in crisis. It's tempting to do anything you can to make it "better" for the person you care so much about, right? I'm sure there are days we all wish someone would do everything for us, but do we really? Imagine a day, a week, a month or months of no decisions, planning or responsibilities....while a day might be okay or a week (sometimes referred to as vacation)...but after that life could become mind-numbing and irresponsible. TV is just not that interesting. The person you care so much about has nothing to think about but an uncertain or scary future. The person we are trying to take care of may not even realize it yet but...wants nothing more than to feel normal again. Maybe folding a load of laundry, getting their own lunch or running a few errands will take her mind off of her troubles even if only for a minute. Maybe even some of life's inconveniences could be refreshing or comical after cancer has rocked her world. With that said, there are still plenty of ways to help. Just be cautious of doing too much or being asked to do too much.

As a team we decided to learn what others do to empower themselves. Because, after all, we were going for healthy. Healthy people exercised and ate food that was good for them. We took a team approach because TEAM means Together Everyone Achieves More, right?! We, all of us, were going for healthy. We began to make steady progress toward eating better and building exercise into our days. If you don't know where to start, try adding fruits and vegetables to your diet or try walking for exercise. Start slow and build up even if you can only walk for a minute or two at a time. If you are looking for a little motivation/confirmation/inspiration, search for "23 ½ hours" on youtube.com.

For me it just started with wanting to help my friend. I was hoping she would feel less alone and isolated during this crisis. I never thought about how good it was all going to be for me too. Heather talks now about how much it helped her that her caregiving team had expectations of her. No one set out to make her life more challenging. We just expected her to do the basic things, eat, exercise and sleep well, and the laughter we shared along the way didn't hurt either.

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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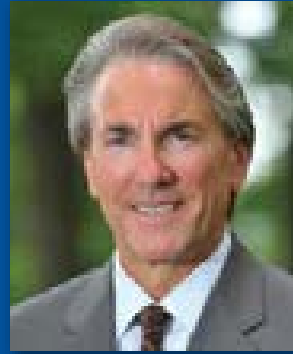
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KEYNOTE SPEAKERS



Dr. Michael Barry
Cancer Treatment
Centers of America
Director Pastoral Care
*Restore! The Journey
Toward Self-Forgiveness*

Is there a relationship between cancer and unforgiveness?

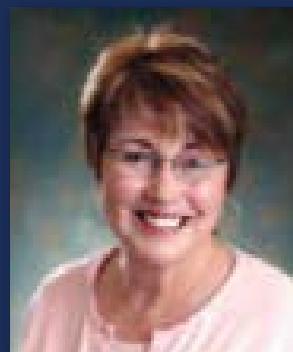
Research suggests that emotional traumas can impact our physical, mental and spiritual well-being. Rev. Dr. Michael Barry, director of pastoral care at Cancer Treatment Centers of America in Philadelphia shares what he has learned about both self-forgiveness (Restore), as well as inter-personal forgiveness (Release!). Learning to make peace with your past is well worth the effort. Join us!

Hope: "Hope is as important as any medication I've prescribed or surgery I've performed," says Dr. Jerome Groopman, MD, Harvard Medical School. Rev. Dr. Michael Barry, author of *A Reason for Hope*, identifies the four most common barriers to hope: fear, doctors, statistics and depression. Come listen to how Dr. Barry helps cancer patients find hope (not false hope) and renewal.

Caregiving: Caregivers experience more stress and depression than patients. Come listen to Rev. Dr. Michael Barry, author of *The Art of Caregiving*, explore some strategies designed to help caregivers find and maintain balance in their lives.



Sharon Day
RD, CSO, CNSC
Cancer Treatment
Centers of America
Director of Nutrition



Patrice Sobcznski
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*Publisher, Breast Cancer
Wellness Magazine*

*Founder, BCW Ambassadors
Program, BCW Transformational
Leaders and Speakers*

beverly@breastcancerwellness.org



Carole Sanek

*Director, Breast Cancer Wellness
Ambassadors Program*

*CEO of The Social Butterfly
Media Marketing*

carole@breastcancerwellness.org

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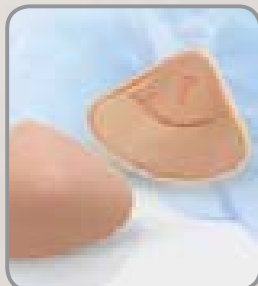
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DRESS UP! SHOW UP! SPEAK UP!

BY BEVERLY VOTE

Great thoughts speak only to the thoughtful mind,
but great actions speak to all mankind.

— Theodore Roosevelt

Molly MacDonald is the founder and president of The Pink Fund. It is a national charity whose mission is to provide short-term financial aid to breast cancer patients who are in active treatment.

The life of Molly MacDonald is a rags-to-riches story in reverse. Molly went from living in a three million dollar home to being threatened of being homeless on more than one occasion. It's a contrast

saga of dining in fine restaurants to standing in line for food at a food bank and of being served to learning to be of service.

Molly admits her second marriage was as much a marriage for money as it was for love. She chose a marriage with financial security in hopes that money would provide enough happiness to last a lifetime. Molly lived in an affluent subdivision in Michigan. She had a nanny, gardener, pool staff, and other individuals to help maintain the beautiful lifestyle.

But her marriage ended in financial devastation in 2001.

In the spring of 2005 Molly was diagnosed with breast cancer. A biopsy after her annual mammogram conveyed early stage breast cancer. After that Molly's finances went from bad to worse for her and her five children.

Molly couldn't pay the COBRA costs to continue health insurance for herself and her children. She couldn't keep up the mortgage and car payments or pay her utilities. Her health needs became





secondary to her financial needs because she was facing one of the most primal needs of survival – she needed food for her family. Molly found it challenging to be calm at a time when she and her family found themselves experiencing what others across the country have experienced, being hungry and not knowing when they might eat again.

While standing in line at a food bank pantry, Molly worried how other mothers facing breast cancer were feeding their children. She realized not all mothers had health insurance and the costs for medical treatments for breast cancer are staggering. It was this concern for other mothers that Molly's personal need to be financially helped was transformed from

“How can I get help?” into “How can I give help?”

The simple question of “How can I give help?” led Molly to create a nonprofit charity just for this void in our society because as a mother Molly knew first-hand how it felt to be hungry and worried about being homeless.

It would take a year to get the charity birthed. Challenged not only by her first priority to raise her teenagers, that year Molly also became the primary caregiver for her 88 year old mother who had mild dementia. Molly remained committed to her priorities of family but continued to plan, fundraise and promote what her charity could do to change the lives of others. From the beginning of its

concept, the small team knew the needs weren't restricted to just Michigan, but they needed to serve the needs of women nationally. On October 1, 2006, The Pink Fund was launched.

It took three years to raise \$30,000. The fundraising and planning were all done from Molly's kitchen table. In the spring of 2012 Ford Motor Company signed with The Pink Fund to become part of their Warriors in Pink family. Because of the Warriors in Pink partnership, The Pink Fund was able to help 129 women in 40 states in 2012. The Pink Fund Charity has been featured on *The Talk*, *Fordcares.com* and *Today with Hoda and Kathie Lee*.

“Our program is for breast cancer

patients who are working at the time of diagnosis and not able to work while in treatment. They are fighting for their lives while losing their livelihoods. The Pink Fund wants to provide a 90 day financial bridge that allows them to focus on healing."

Dress Up! Show Up! Speak Up!

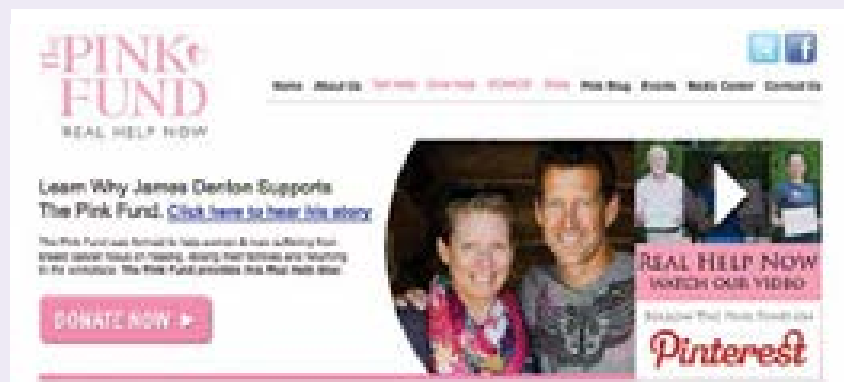
Molly has applied the principles of Dress Up! Show Up! And Speak Up! for life that has extended into her success of her Charity. 'We each have needs, especially after a diagnosis of breast cancer. When we ask for support of any kind, it is important to advocate for your life. That means helping ourselves and not to be overshadowed by depression and staying in our pajamas all day. Get your day started by prayer and a revitalizing shower. Know that we are each here to make a difference not only for ourselves but also for others. Share your story with sincerity

and speak up not only for what you need but for what others need. For me personally, I realized this experience of helping others was a pivotal way for me to heal on some deep levels including teaching me how to choose love first. If you too have a desire to make a difference, The Pink Fund is in need of volunteers and donations. Together, we will not only enrich our life, but the lives of others."

Molly's story amplifies the transformational experiences happening across the country of women being called to a new life's perspective of themselves and what life holds for them.

Donations are gratefully accepted via the website, ThePinkFund.org or you can mail a tax deductible donation to:

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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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Finding Serenity Through Breast Cancer

BY ROXANNE MARTINEZ

Like many other young women, I was focused solely on building a successful career as I turned 30. I had just been hired as a senior marketing specialist at DFW International Airport. Little did I know that turning 30 would be momentous in more ways than my new career.

Just two months into my new position, I discovered a lump in my left breast. I didn't have any history of breast cancer in my family but I still made an appointment with my primary physician. This appointment revealed the first surprise news: I was pregnant. Despite my age, family history and pregnancy, my doctor recommended a breast ultrasound, which ultimately led to a breast biopsy, and just days later, a diagnosis of triple negative breast cancer.

Within a week of learning I was going to be a mother, my life was turned upside down.

Breast Cancer 101

Invasive ductal carcinoma - that's what my pathology report stated. I couldn't even pronounce it. Yet, I found myself reading the report over and over again, as if it would suddenly make sense.

My oncologist explained, in great detail, terms like gene mutations, lymph nodes and receptors. However, her words became blurred and my comprehension was hindered as my mind drifted toward thoughts of mortality.

Based on the size, grade and aggressiveness of my tumor, the recommended treatment plan was an immediate mastectomy, followed by chemotherapy — all while pregnant. Delaying treatment until after the pregnancy according to my oncologist was not a viable option, "You might make it to the end of the pregnancy without treatment, but at the risk of the cancer spreading to the rest of your body — and taking your life within a year."

With that I quickly turned to whatever resources I could find, not just for my life, but for the life of my unborn child.





Social Survivor Saviors

As I embarked on this scary new journey of the unknown, I spent countless nights researching my condition. Unfortunately, there wasn't much research available on cancer in pregnancy at the time. Desperate for clues and more worried for my baby than myself, I turned to Twitter to share my fears with the world, in hope that somehow God would hear me.

"I am pregnant and have just been

diagnosed with breast cancer. I am scared," I tweeted. And indeed God did hear me. Through my tweet, I was contacted by a fellow breast cancer survivor who had breast cancer while pregnant. Heidi (@followheidi) would be an inspiration to me during my journey. In addition to sharing her story, she connected me with another mom and cancer patient advocate, Jamie (@blakesmum), who had also once been in my shoes.

Through social media, I began to connect with other moms who had cancer. I also utilized Facebook to keep family, friends and supporters updated on my status. I also discovered a breast cancer social media (#bcm) chat on Twitter that proved to be a vital source of information and support as well. I also connected with other breast cancer survivors via online support groups and networks, such as Young Survival Coalition, Pink Ribbon Cowgirls and Triple Negative Breast Cancer Foundation. Every breast cancer survivor gave me inspiration and a new beam of hope.

A month after my diagnosis, I underwent a mastectomy. When I woke from surgery, the first question I asked was about my baby. I was laying in a hospital bed after surgery when I heard my baby's heartbeat for the first time. The soothing sound gave me peace — at least for the moment.

A month later I began chemotherapy; I was in my second trimester. After losing my breast and as I prepared to lose my hair, I was hit with yet another blow; I was terminated from my job. At the time, the loss of my job was very devastating.

Fortunately I now had my army of supporters, nicknamed Team Roxy. They sprang into action and rallied behind me to raise funds for my medical treatments. They organized fundraising events and donation drives. They launched a website, sold t-shirts and shared my story across the nation.

Meanwhile I became my own patient advocate, working with a social worker and reaching out to community organizations to identify programs and social services that could help me. I also searched the Internet for financial resources and support. I often wondered how people with less education and resources than I had managed through this tiresome, stressful process.

Attitude is Everything

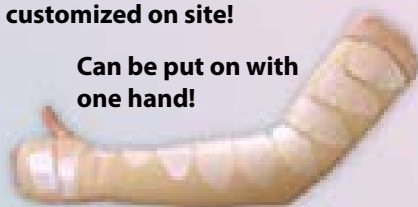
"Cancer isn't rain on your parade; it's a hurricane," I confided to a close friend over lunch one day. Breast cancer had taken more than just my breast, my hair and my job. It had also taken what was supposed to be a

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happy, exciting experience and turned it into an incredibly worrisome time.

But a fellow breast cancer survivor changed my perspective and gave me a piece of advice that would stick with me throughout my journey. During a Look Good Feel Better Class for newly diagnosed women, I lost my composure and couldn't fight back tears as the facilitator displayed wigs. A patient sitting across from me, who had already lost her hair, reached over and

grabbed my hand.

"Attitude is everything," she said, "Remember that," as she retreated to try on wigs, while laughing at herself. That week I voluntarily shaved my head. In some small way, doing so gave me a sense of control during the time that I was feeling so powerless.

Serenity's Arrival

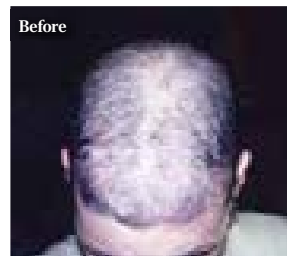
While undergoing chemo treatment, there were many days of pain, fatigue and

weakness. But there were also good days. On good days, I shopped for my baby and volunteered at a local breast cancer foundation.

My baby's strong kicks gave me the motivation that I needed during tough days and reassured me that I wasn't alone. Appointments and ultrasounds became more frequent as the baby grew. My hope to become a mother started to seem within reach. Still, I wondered if I would be around long enough to watch her grow up.



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Chemo dehydrated me so much that it often caused contractions. After my fifth round of chemo and the day before my baby shower, I had to be hospitalized so that fluids could intravenously be dripped into my body to help stop early labor. But on the day that was scheduled to be my final chemotherapy treatment, it seemed nothing was able to stop my contractions. I went into early labor and delivered a baby girl. Born at 32 weeks, perfectly healthy and with a full head of hair, unlike me at the time, Serenity had arrived to let me know that we were beginning life anew.

During the weeks after her birth, Serenity thrived to a healthy weight as I recovered from the toll that cancer took on my body. My hair started to grow back and my body began to heal. A scan later revealed that I was cancer-free. I began the reconstruction process when Serenity was six months old.

Blessings

As I've realized in survivorship, my journey with breast cancer didn't end when treatment ended. Breast cancer changed me physically and emotionally forever. I am still working on accepting my 'new normal' and taking in all that the journey has given me — a new appreciation for life, a new awareness of my inner strengths, a passion for helping others facing breast cancer. I also have a urgency to pursue my dreams today.

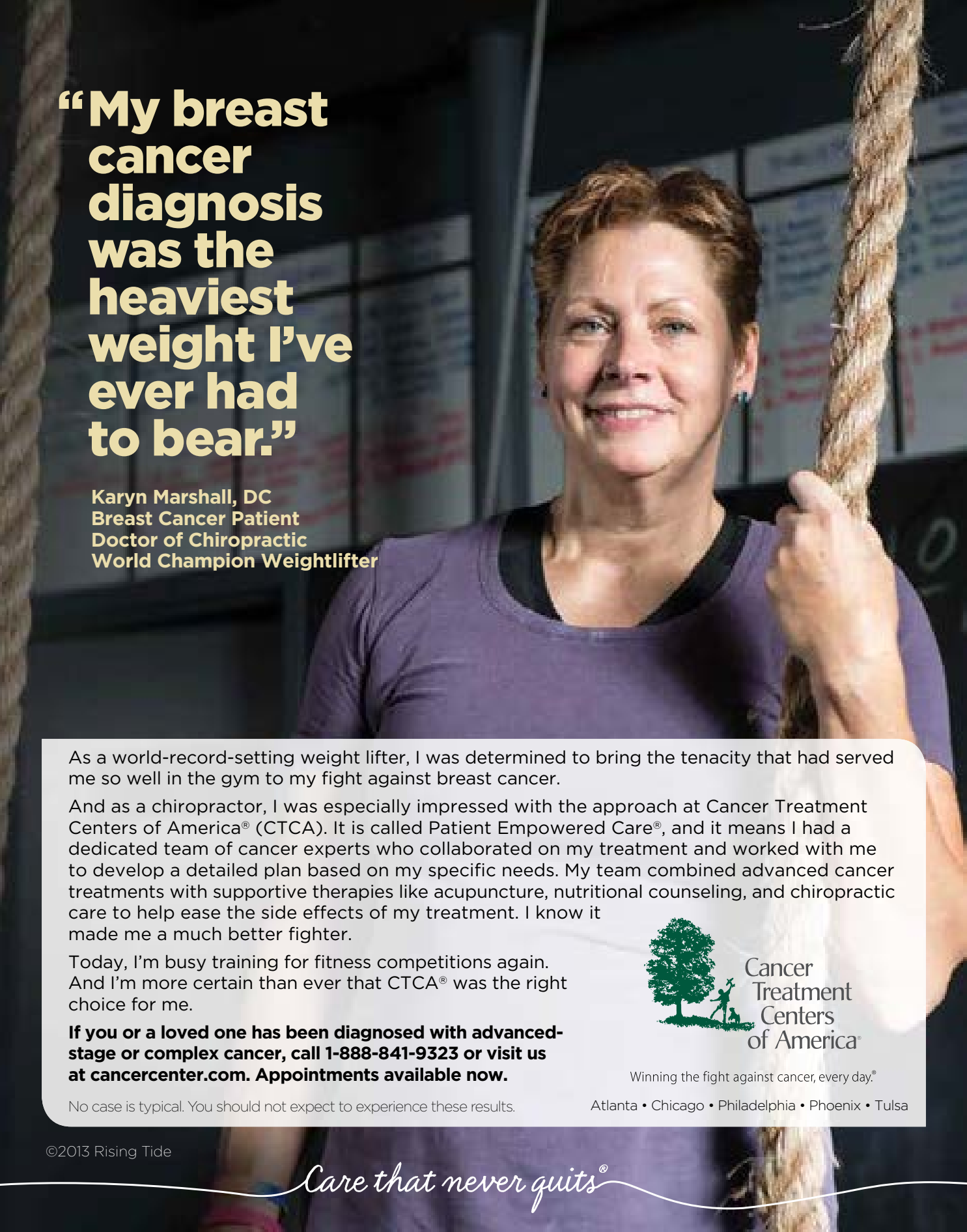
I now recognize that some challenges along my journey were truly blessings. Because social media had become an important lifeline for me, I was barely out of treatment when I launched my own social media marketing firm, a dream I may have never pursued prior to breast cancer. Through my journey, I have also been able to dedicate time to another long-time passion — writing.

Inspired by the love and support I received during my journey, I founded my own community organization, Team Roxy, to help other women with breast cancer. I also now lead a breast cancer support network at my local cancer center, as well as serve as a volunteer for Hope for Two, providing emotional support to other pregnant women facing breast cancer.

Breast cancer forced me to make several life-changing decisions, many for the better. Breast cancer taught me how to live in the moment. Breast cancer strengthened several of my relationships with loved ones and with God. And through breast cancer, I've gained a new confidence in myself.

As tumultuous as my journey with breast cancer has been, accepting it as a pathway to peace and finding serenity made it worthwhile. ■

www.serenityinspired.wordpress.com



“My breast cancer diagnosis was the heaviest weight I’ve ever had to bear.”

**Karyn Marshall, DC
Breast Cancer Patient
Doctor of Chiropractic
World Champion Weightlifter**

As a world-record-setting weight lifter, I was determined to bring the tenacity that had served me so well in the gym to my fight against breast cancer.

And as a chiropractor, I was especially impressed with the approach at Cancer Treatment Centers of America® (CTCA). It is called Patient Empowered Care®, and it means I had a dedicated team of cancer experts who collaborated on my treatment and worked with me to develop a detailed plan based on my specific needs. My team combined advanced cancer treatments with supportive therapies like acupuncture, nutritional counseling, and chiropractic care to help ease the side effects of my treatment. I know it made me a much better fighter.

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— Pablo Picasso

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Your Lesson Will Vary

BY BEVERLY VOTE

The difference between life and school? In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson.

— Tom Bodett

We each experience life differently. We each have different healing needs and things to learn about ourselves.

*By three methods we learn wisdom;
First by reflection, which is noblest;
Second, by imitation, which is easiest, and
Third by experience, which is the bitterest.*

— Confucius

The lessons were challenging for me to learn. I had to give up and change how I thought about myself and my life. By giving up these old beliefs about myself and my life, I was able to heal my life on a soul level.

Twenty years ago, I had a beautiful life, the successful American dream life, I was establishing a credible reputation in my field of expertise, we were investing well, life was perfect... perfect by my definition that my ego had helped me to establish. You know the

“stuff” and the “labels” that all the standards of success are supposed to be measured by. Yes, I had the beautiful home, a strong handsome successful caring husband, two achieving and healthy children, a great career, nice vacations, great friends. Yes, I had it all, according to my observations and perspectives of what I thought at the time that successful standards were supposed to be.

But then came the lessons: My perspective about what was successful and important got jolted into a different viewpoint. It was as if these viewpoints and lessons were forced upon me, because I didn't want to give up my “perfect” viewpoint or my “perfect” lifestyle.

My belief at that time was that breast cancer was robbing me of my beautiful breasts, the image I had of myself, my health, it threatened the intimate and sexual relationship I had with my husband, and

the persona I had of myself of being a strong business woman. I thought it was taking away the ability to appreciate all of accomplishments that we experienced from beginning our lives together with hardly more than \$20 to our name.

Breast cancer has taught me that life isn't about stuff or a perfect life. Life after breast cancer became a learning process about compassion, what it was, what it felt like, and how to be more compassionate with myself and with others.

For me, fear was the biggest cancer I had in my life. Fear was spreading on its own until I consciously woke up to the plain and simple fact that I had fallen into a fear-filled vortex.

Choosing faith over fear is an ongoing life lesson for me, and it always seems to be the only lesson there is. All other lessons were still part of this lesson in disguise. Each lesson of my life came down to learning the difference of what faith is, and what fear is, and how I have let fear be more real than faith. Fear was showing its ugly head by my false pride and my unwillingness to see what else life was offering me to see. I had let bitterness and anger become my best friends — I had much to learn (and still have much to learn).

For me the lessons were very difficult to see. This is probably because fear is on TV, radio, internet, and in every breast cancer chat room and social media outlet on the web. The reason this is so difficult to see is because until we are aware of it, we are under its control. It's not always easy to see what

we need to change in ourselves.

Today, even with the lessons I hope I have learned, I know that I have to stop myself when I have let my fears get out of hand, and I ask myself the following questions:

- *What am I afraid of?*
- *Is this fear real, or am I letting my fearful imagination take over?*
- *How can I see this differently?*
- *What can I do in this moment to rethink this situation that will align me back to a positive solution?*
- *Is this someone else's fear that I have emphatically taken on? How can I let go of this worry?*
- *What is the best solution for me, right now?*

And then the healing moment comes, I quiet my mind... I shut up! I listen. I listen in stillness and with trust.

"God speaks to the silence of the heart when we listen."
— Mother Teresa

P.S. I have spent so much time learning about breast cancer and how my fear can be disguised to stop me from healing that I have too often forgotten about laughter and enjoying life. The learning continues. ■



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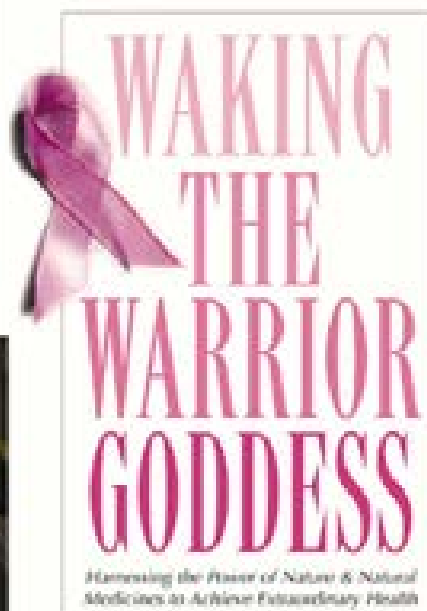
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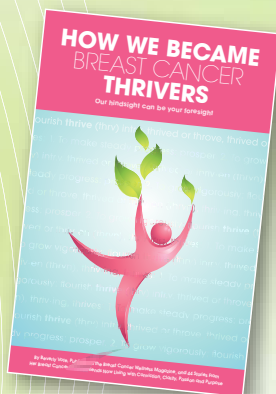


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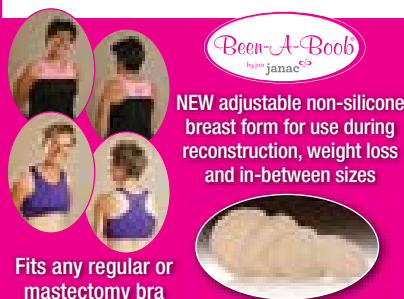
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