



# Breast Cancer Wellness

*"I survived the storm by keeping the faith and hope of survival."*

—Cherrie Brice

**Five to Thrive**

Big C and Big D

**3 Women on a Journey**

Enjoy the Summer Sun

**ORDER TODAY!** p. 46

**HOW WE BECAME BREAST CANCER THRIVERS**  
Our bright light can be your bright light



NON-PROFIT POST  
STANDARD US  
POSTAGE  
PAID  
PERMIT 205  
BOLINGBROOK, IL



2012 ANNUAL FALL CONFERENCE

# News

## News You Can Use: Breast Cancer Updates for Living Well



### *Resources for women of all ages diagnosed at any stage of breast cancer.*

Specially designed plenary sessions led by some of the world's most important breast health experts will provide forums for women to explore ways to live well before, during and after treatment. Break-out workshops will provide additional opportunities to share insight on what to expect through treatment as a newly diagnosed woman, long-term survivorship, how to identify and defy cultural myths as a woman of color, lifestyle changes to reduce risk of recurrence of triple-negative breast cancer, managing test and scan anxiety as a woman living with metastatic breast cancer, navigating health insurance claims and much more.

**SATURDAY, SEPTEMBER 29, 2012**

Loews Philadelphia Hotel | 1200 Market Street, Philadelphia, PA 19107

*Travel grants and fee waivers available*

**For more information visit [www.lbbc.org/Events](http://www.lbbc.org/Events) or call us today at 610-645-4567.**





**COVER THRIVER**  
**Cherrie Brice**

**SUMMER 2012**  
Volume 7, Issue 2

## Subscribe

See page 40 or go to  
[www.breastcancerwellness.org](http://www.breastcancerwellness.org)

## Request Magazines

To request magazines for your  
events, support groups, or patients:  
[beverly@breastcancerwellness.org](mailto:beverly@breastcancerwellness.org)

### PUBLISHER

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

### ADVERTISING

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

*Please do not call the director of sales for subscriptions or  
story submissions—refer to [breastcancerwellness.org](http://breastcancerwellness.org) for  
guidelines or email [beverly@breastcancerwellness.org](mailto:beverly@breastcancerwellness.org).*

Diane McIntyre  
Account Representative

### ART DIRECTOR

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

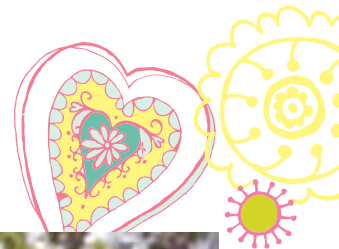
### Breast Cancer Wellness

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

*Copyright 2012 by Breast Cancer Wellness magazine. All  
rights reserved. Breast Cancer Wellness magazine is  
published four times annually for world-wide distribution.  
While efforts have been made to authenticate all claims  
and guarantees offered by advertisers in this magazine,  
we cannot assume liability for any products or services  
advertised herein. The publisher reserves the right to accept  
or reject any advertising or editorial material. All advertise-  
ments created by the publisher are not considered a word  
made for hire and the publisher retains the copyright to all  
advertisements created by the publisher for the advertiser.  
The advertisements may not be reproduced without writ-  
ten permission of the publisher.*



# Contents



## Openings }

- 4 Editor's Letter

## Grow }

- 6 Five to Thrive
- 8 3 Women on a Journey II

## Nourish }

- 12 Enjoy the Summer Sun
- 15 Summertime Refreshments

## Renew }

- 16 It's Not My Diagnosis...  
So Why Am I Grieving?
- 20 BCW Thrivers Cruise 2012 Photos
- 22 BCW Thrivers Cruise 2012  
Contest Winners

## Inspire }


- 24 Young Thrivers
- 26 The Order of My Steps
- 32 Ruth's Miracle
- 37 Big C and Big D
- 41 Just For Fun

## Connect }

- 43 Pink Pages Directory

### CONNECT WITH US!

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

Join us on 



# life lessons

## DEAR FRIENDS,

*Everything we did to fight her cancer was good for me too.* This is the last sentence that Christy James wrote in her submission which appears in this issue of the Young Thrivers! section. This sentence jumped off the page as I read it. It was one of those pause and reflect moments.

Often we think of the caregiver as someone who gives up her/his way of life in order to help another and we worry that many times the caregiver's life and needs go unrecognized and unmet. But as I read Christy's words it dawned on me once again about the power of team, and of making a real difference all the way around. What Heather Jose and Christy James created was authentic team empowerment, i.e. what is good for one is also good for another. As in all experiences there are always opportunities to learn from each other.

Each of the thriver's stories in this issue have a different focus: Cherrie's story is a wonderful reminder to live our life according to order and priorities. Three sisters share how their mother survived "terminal" breast cancer for 40 years! Andrea learned that the darkest and most lonely times after her diagnosis and throughout her divorce actually helped her to no longer live her life with her blinders on – and were stepping stones to her new founded happiness.

Not all lessons in life are difficult or cost any money at all, yet too many times it is easy to overlook their value.



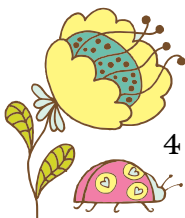
- I learned that having something to look forward to every day keeps joy alive in our life. I learned this from my friend Carole Sanek – thanks Carole!
- Helping someone else in some way every day is vital for my happiness. My Bible teaches me this.
- Being grateful and giving thanks always changes the energy of my day for the better. It ALWAYS does!
- The most powerful and most wonderful free experience is the gift of prayer; this is a lesson from daily life trials and tribulations. Thank God we don't have to worry about not having this Higher power in our lives; it is always available whether we lean on it or not, it is there, it is here, it is everywhere.
- My breast cancer thriving friends Susie Humphreys, author of *If all else fails...Laugh!* and Christine Clifford, author of *Don't Forget to Laugh*, teaches us to include laughter every day because **laughter is good for the body and good for the soul.**

*Be a Thriver!*

*Beverly Vate*

Author, *Breast Cancer 101, Lessons I Learned about Healing and the Grave Mistakes I Will Not Repeat*  
20 year breast cancer thriver

facebook



# evolutioneyes<sup>tm</sup>

proudly supports



**Breast Cancer  
Wellness**



bca1



bca2

**\$19.99** plus s&h

\*inquire for wholesale prices

1.888.864.7297

evolutioneyes<sup>tm</sup>

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

Visit [evolutioneyes.com](http://evolutioneyes.com) for your readers & sunreaders or call 1.888.864.7297



# FIVE TO THRIVE!

BY DR. LISE ALSCHULER, ND, FABNO AND KAROLYN A. GAZELLA

We have partnered together as authors, presenters, and, most recently, as radio co-hosts (Five to Thrive Live!) in order to help transform the experience of cancer into an opportunity to rediscover wellness and health. We come to this passion honestly. We are both cancer thrivers.

Dr. Alschuler has been a naturopathic doctor for 18 years. Since 2002, she has specialized in naturopathic cancer care as a naturopathic oncologist. Her clinical understanding of cancer was given a run for the money when she entered into the world of cancer, first as a loved one and then as a patient herself. Her father was diagnosed with advanced pancreatic cancer and given a 3-month prognosis. With an exuberance that was true to his character, he utilized an intensive strategy of both conventional and natural therapies. He lived with great health for 17 months after his diagnosis. Two years after losing her father to pancreatic cancer, in 2008, Dr. Alschuler was diagnosed with stage II breast cancer. Her clinical knowledge as a naturopathic oncologist was now put to the test in a deeply personal way. She underwent surgery, chemotherapy, radiation, and hormonal therapy – while simultaneously using an integrative approach that includes dietary supplements and lifestyle strategies

(diet, exercise, stress management). Throughout all of her treatments, and despite experiencing temporary side effects, she has regained her health quickly and, in fact, has always felt like a healthy person with breast cancer, or a healthy person receiving chemotherapy, or radiation, etc.

Two days after Karolyn turned 33, she was operated on for ovarian cancer. As if this wasn't frightening enough, less than eight months prior, Karolyn's sister was diagnosed with breast cancer, and, unbelievably, less than three months prior to her surgery, Karolyn and her sister lost their mom to recently diagnosed advanced pancreatic cancer. In just eight months, cancer hit her family hard! Karolyn was treated surgically and has just celebrated her 17th year of being cancer-free! This is no small feat as Karolyn's family is one of the largest known families with the BRCA1 gene mutation. Karolyn has lost many members of her family to cancer and many more have undergone prophylactic

surgeries. Karolyn and her sister, who had a recurrence of breast cancer 12 years after her initial diagnosis, are both healthy and attribute much of their health to their integrative approach.

Fighting cancer with an integrative approach is not only smart, but we believe, critical. An integrative approach during active conventional treatment has the potential to reduce side effects caused by the conventional treatments, while increasing the effectiveness of those treatments. We discuss the particulars of this integration in our first book, *The Definitive Guide to Cancer*, now in its 3rd edition (2010). In the course of our travels across the U.S. speaking about this topic, we were repeatedly asked by people who had completed, or were soon to complete, their conventional treatment, "Now what do I do? How can I reduce my chances of recurrence and how can I improve my health?" We decided that we owed these brave and inquisitive souls an answer. Our answer is our latest book, *Five to Thrive: Your Cutting-Edge Cancer Prevention Plan* (2011).

You may be wondering, "Why Five? Are there five key strategies to reduce cancer risk?" Actually, the 'Five' in Five to Thrive refers to five key bodily pathways that most profoundly influence our health, and, our risk of cancer. Dysfunction in these pathways can lead to illness (cancer, heart disease, dementia, arthritis, etc.) whereas optimal function of these five pathways generates vibrant health—the health of a thriver! Let's look more closely at how this works.

The five key pathways, or super highways of influence on our health and risk of disease are these:

1. Immunity
2. Inflammation
3. Insulin Resistance
4. Hormonal Balance
5. Digestion/Detoxification

A simple explanation of each of these pathways will illustrate the importance of each one, but also how interconnected they are. Our **immune system** is our most important defense against infectious organisms and cancer. A well functioning immune system will be adept at recognizing mutated cancerous cells and destroying them before they can develop into tumors.





**Chronic inflammation** is, unfortunately, increasingly common, and is the result of deficient antioxidant defenses in the face of persistent exposure to inflammatory influences in our diets, our environment and our lifestyle. The chemical milieu of an inflamed body is exactly what a cancer cell loves because many of the inflammatory signals and messages stimulate the growth of cancer cells.

**Insulin resistance** is also an insidious, but dangerous, imbalance that favors cancer growth. All of the cells in our body require sugar to make energy. However, if we consume too much sugar, as can happen with high carbohydrate diets, diets high in refined and simple carbohydrates (bread, pasta, desserts, etc), and/or do not exercise regularly, our sugar levels rise. Our cells grow resistant to this excess sugar by not allowing sugar's chaperone, insulin, to get inside the cell. As a result, the levels of insulin (and the sugar that it is chaperoning) rise in the blood. Cancer cells need a lot of sugar because they have high energy needs and are inefficient metabolizers of sugar into energy. With excess insulin and sugar in the blood, cancer cells become exceptionally well fed. Not only that, but when insulin binds to its receptor on a cancer cell, in addition to shuttling sugar into the cell, insulin turns on various growth pathways in the cancer cell and cause that cancer cell to undergo cell division.

Our **hormonal balance** is maintained by a delicate interconnected system of organs and hormones. In the face of strong stressors, such as mental/emotional stress or environmental toxicity stress this balance can become disrupted. When this occurs repeatedly over a long time (months to years), this chronic stress leads to chronic inflammation, poor immunity and can even directly fuel cancer growth. The last critical pathway is **digestion and detoxification**. This pathway consists of the powerful one-two punch of digesting nutrients from the food



we consume along with detoxifying harmful, cancer-causing compounds found in food and in our environment. The old saying, “We are what we eat,” is only partially true. A more accurate saying is, “We are what we selectively absorb.” The healthiest diet will only impact health if one is optimally breaking down these foods and absorbing its nutrients. Likewise, the ability to remove dangerous chemicals that we are all exposed to on a daily basis from the food we eat and the environment around us is critical to preventing cellular damage cancer initiation cancer. To be healthy—specifically regarding cancer prevention—we must support all five pathways.

And, here is where ‘five’ comes in again. Fortunately, improving the health of our five key bodily pathways towards health and away from cancer is accomplished by using five key health strategies. These strategies are **movement, diet, rejuvenation, dietary supplementation, and spirit**. A successful prevention strategy must be multi-faceted, scientifically sound, powerful enough to influence our internal landscape, while not being too complex or burdensome to implement. The key then becomes how can we effectively and easily support all five. That’s what the Five To Thrive plan is about, a practical, easy-to-use template towards health.

We are thrilled that there are a growing

number of cancer survivors who have turned cancer on its head by using their experience of this disease to thrive. Thrivers are found in all stages of all cancers, some with cancer in their bodies, some without, but all with the firmly rooted drive to proactively transform their health. We applaud you and encourage you to continue to seek your highest health goals and to experience life as it is meant to be experienced—with exhilaration and exuberance! ■

<sup>1</sup>Five to Thrive Live! can be heard on [www.w4cs.com](http://www.w4cs.com) Monday through Friday at 5pm PST/8pm EST



**Dr. Lise Alschuler, ND, FABNO**

Dr. Alschuler received a B.S. in Medical Anthropology with Honors from Brown University in Providence R.I. She subsequently received her doctorate in naturopathic medicine from Bastyr University in Seattle WA. Dr. Alschuler then completed a post-graduate residency in naturopathic medicine at Bastyr University. Dr. Alschuler has been practicing naturopathic medicine since 1994.



**Karolyn A. Gazella**

Karolyn Gazella is also the co-author of the *Definitive Guide to Cancer, Return to Beautiful Skin and Boost Your Health With Bacteria*. She is the publisher of the *Natural Medicine Journal* ([www.naturalmedicinejournal.com](http://www.naturalmedicinejournal.com)) and has written hundreds of articles on the topic of natural health. She is also the managing editor of the *Better Nutrition Healthy Living Guide* series.

# 3 Women on a Journey II

BY CINDY GILES, ACC, CLP

*"Sometimes, reaching out and taking someone's hand is the beginning of a journey."*

— Vera Nazarian

**In 2007 BCW first introduced the project, 3 Women on a Journey. Alaine Stephens from Missouri, Bettina Velez from Florida and Diane Leyerly from California participated. Life Coach Cindy Giles will lead the 2012 project.**

I had the pleasure of meeting many Thrivers on the BCW Cruise in April of 2012. I invited anyone who was interested to experience what a coaching session was like to come to my cabin and chat. Coaching doesn't give advice and it doesn't dwell in your past, it focuses on where you are now and where you want to go. The coaching process is all about YOU and how YOU already know what YOU are seeking. Coaching discovers clarity of what you desire by asking empowering questions, making an action step and holding yourself accountable. So many people were moved by this coaching experience and have taken the steps to move forward in their life that I wanted to share the coaching process with the BCW Magazine.

I wanted to share this experience of showing you the readers, how easily you can shift your thinking and get a fresh perspective on your daily challenges and opportunities. My goal for "3 Women on a Journey" is to increase their confidence and effectiveness in carrying out their chosen life goals. My process began by asking them the Wheel of Life empowering questions—which determines how much victim and anger thinking is going on in their daily lives.

The journey has begun and will continue for the next 12 weeks. Updates of their coaching journey will be in the Fall BCW Magazine and on Facebook at Be Fit, Be a Thriver project. You can take the 12-week challenge by following the instructions at the end of the article.

## Michelle

**39 • Caretaker • Cayman Islands**



At 39, Michelle finds herself divorced and sharing custody of their 3 children, daughter 20, two sons ages 11 and 8. Three years earlier, in 2009, Michelle was newly divorced and moved in with her mother who was diagnosed with breast cancer a few days later. Michelle put her grieving and processing all aspects of the divorce on hold and took care of her mother. Currently, her mother

has made a full recovery and is doing very well, however, Michelle feels and sees her life going nowhere special. She has lost her dreams and feels alone in the world.

**Michelle's biggest challenges that she expressed are:**

- Improve her relationships with family and friends
- There never seems to be enough money
- She never finishes anything
- Her children demand a lot of her time
- Worries what others think of her

**You can see her life challenges through the Wheel of Life:**

- Career/Professional 5
- Family/Parenting 7
- Personal Development 4
- Spiritual Awareness 4
- Fun and Enjoyment 5
- Relationships 2
- Health and Wellness 7
- Personal Finance 6

Michelle's strengths are in family and parenting, even though this is one of her challenges—the demands of her children on her time. She also has given low scores in the areas of relationships, spiritual awareness and fun and enjoyment. Michelle's energy level based on the Energy Assessment is 79%. This means that most of her waking hours are spent in victim and anger thought patterns—which is why she feels lonely and living a life without any dreams.

Michelle wants to feel confident, happy and content. She also wants to improve her relationships and stop worrying what others think about her. It would be a wonderful feeling for her to put herself first on her priorities and not feel guilty or selfish about it.

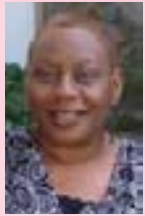
What I see for our 12 week journey is to focus on Michelle being aware of her inner critic telling her she is not worthy, capable, deserving etc! We are going to shift that thinking



where Michelle sees herself as perfect just the way she is. We are also going to explore creative outlets to release her passion, which will automatically release the emotions of joy and happiness. And finally, we are going to gently push on her comfort zone and have her stretch herself to do things that she never believed were possible and this will give her the confidence that she desires.

## Denise

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



Denise lives with her husband of 24 years and together they have 2 boys with one living at home. Breast cancer was diagnosed in 2002 and then a recurrence in 2009 where they found that cancer had metastasized. She receives chemo every 3 weeks and believes she handles that pretty well because she has minimal side effects. She worries a little bit about not taking better care of herself, particularly with nutrition.

Denise enjoys helping others and is actively involved in many volunteer organizations, however some of them have become a burden. There is a pattern to her life where family and friends ask Denise for advice, her time, and her stuff and then expect her to finish what they started. This leaves Denise feeling like people used her and taken advantage of her good nature and then she feels guilty for thinking these thoughts—over and over again.

#### Denise's biggest challenges that she expressed are:

- She worries about her kids
- She is frustrated when people take advantage of her
- She is concerned about her health
- She doesn't have a clue what her passion is

#### You can see her life challenges through the Wheel of Life:

- Career/Professional 6
- Family/Parenting 7
- Personal Development 7
- Spiritual Awareness 8-9
- Fun and Enjoyment 8
- Relationships 9
- Health and Wellness 5
- Personal Finance 6

Denise's strengths are in several different areas including family and parenting, personal development, spiritual awareness, fun and enjoyment and relationships. This is

interesting because some of Denise's challenges are in areas where her strengths are. Her lower scores were in health and wellness, career (which is reflected through the volunteer organizations) and personal finance. Denise's Energy Assessment indicates that she spends 56% of her day in victim and anger thinking with the majority of the time in victim thinking at 39%. This indicates that Denise scolds herself a lot for not being the super-human being that she and others expect her to be. She forgot that she is perfect just the way she is.

Denise resonates with the word "freedom." This is a very powerful word for her. She wants freedom to plan her day without feeling guilty for other people's obligations. She wants to plan her time with what she wants to do. She also wants to have a healthy and nutritional program in place so she can stop feeling guilty about "thinking" that she is not doing the best thing for herself. And finally Denise wants to find her passion. She wants to discover the magic that she was born to do and feel the joy that living in passion is all about.

What I see for the next 12 weeks journey is to explore the word "freedom" and having that incorporated into part of her daily life. I would also like to give her some tips and tools on how to set boundaries with people so she doesn't have that feeling of being taken advantage of. We will also explore what the idea of "good nutrition" means to Denise—ask her those empowering questions to get clarity on what she really desires. And finally, we will zero in on her passion. She might be having trouble focusing on her passion because there is lots of clutter—like those patterns of guilt and resentment repeating over and over again. We will find it and again, put that passion into her daily life. When people live with passion, they have a feeling of joy and contentment in their life.

## Wilma

### 62 • Stage 4 Metastatic Breast Cancer :: Puerto Rico

Wilma is a New Yorker by birth, but moved to Puerto Rico at the age of 20 where she lives with her husband of 30 years. She was diagnosed with breast cancer in 2002 where she went back to the states to receive treatment. In 2009 her cancer had metastasized in her bones and she is currently experimenting with various drugs to keep the cancer in remission. Wilma has faced many obstacles with treatment and like the Energizer Bunny—keeps going, going and going. She is her own advocate as well as an advocate for anyone that comes across her path that might need assistance related to breast cancer.

Wilma has enough passion to light up New York City for a week! She embraces the challenge of being a reliable resource for women with breast cancer, particularly the Spanish-

speaking women. She wants to help women so much, but doesn't have any idea how to do this.

**Wilma's biggest challenges that she expressed are:**

- Frustration over her own demanding health needs
- She wants to leave a legacy that she was here and it mattered
- Her husband doesn't value her strengths and gifts to the world
- She keeps busy to avoid the void that exists in her life
- She wants to help Spanish-speaking breast cancer women in any way possible

**You can see her life challenges through the Wheel of Life:**

- Career/Professional 4
- Family 4
- Personal Development 8
- Spiritual Awareness 9
- Fun and Enjoyment 5
- Relationships 5
- Health and Wellness 8
- Personal Finance 7

Wilma's strengths are in areas of spiritual awareness and health and wellness. She sees her health as something she doesn't dwell on and feel sorry for herself—she is so busy trying to be the voice of Spanish-speaking women as a resource for breast cancer. Her lower scores are in many areas including career, family, fun and enjoyment and relationships. Wilma's Energy Leadership Index is 60%—evenly split between victim and anger thinking.

Wilma wants to be an inspirational resource for Spanish speaking women that are in the world of breast cancer. She sees a real need for clarity and accountability in Puerto Rico. She throws all her incredible passion at this and avoids the other aspects of her life that are neglected such as connections, fun and family. Wilma also wants a legacy—a meaning to her life that she made a difference.

What I see for the next 12 weeks is somehow to find a way to put Wilma's passion into a vessel that will grow into her legacy. She already has a strong connection with breast cancer—I see Wilma as the center of a bicycle wheel, and all the spokes are her resources that she assist other women with and the tire is Puerto Rico or even the world—it depends on Wilma's clarity and what she wants. I would also like to take her from the world of busy (distracting herself) to a world of living in the present moment. We would do this with various tips, tools and tricks to just “be” and not “do.” I think with these two major goals—this will help her feel more connected and perhaps minimize her loneliness and frustration.

You can see from our “3 Women on a Journey” that we

can get stuck in our patterns and they affect how we react in other parts of our life. We go from victim to anger to victim to anger energy and the only thing we get is frustration and disappointment. I am so excited for our women to take this journey and look forward to seeing where they will be in 12 weeks.

I would encourage you to take your own 12-week journey using the Wheel of Life. Circle your numbers and find your strengths and weaknesses. Look at your number and what action step could you take to circle the next number. Hold yourself accountable and you can be living a “10” every day!

**What are your three top unique challenges that you continually face?** \_\_\_\_\_

\_\_\_\_\_

**What are your top goals that have been elusive to you so far?**

\_\_\_\_\_

**Take the Wheel of Life—and see your strengths and weaknesses. How smooth is your ride?** \_\_\_\_\_

\_\_\_\_\_

**What action step can you take to move forward with your goals?** \_\_\_\_\_

\_\_\_\_\_

**What obstacles might prevent you from completing your goal?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Cindy Giles**

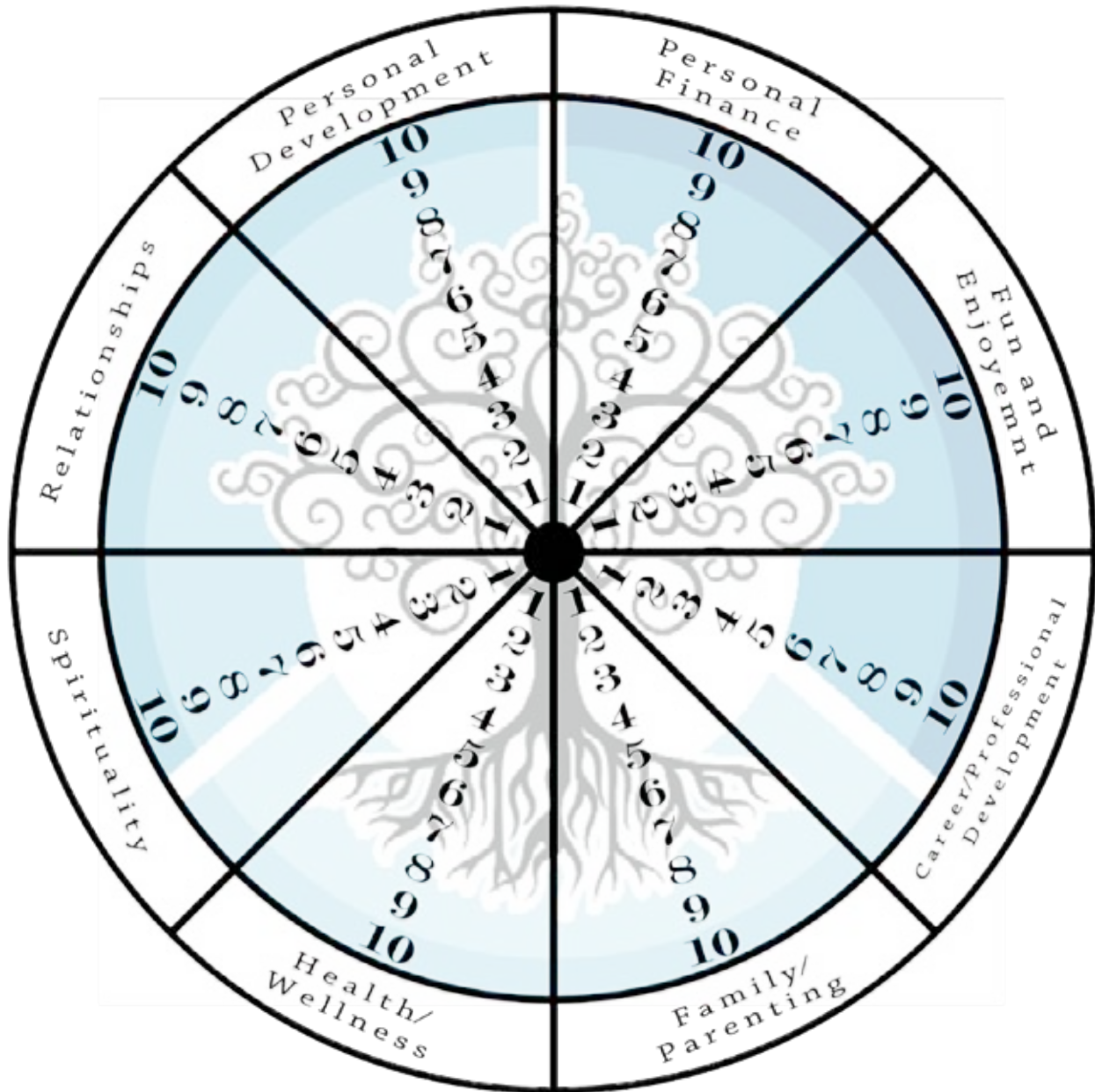
Cindy Giles, founder of Gutsy Lady Coaching specializes in surviving coaching for women who are in cancer treatment and/or cancer remission. Combining her experience as a breast cancer thriver and knowledge and skills as a coach, Cindy helps her clients move forward with passion and purpose to live well after cancer. She is a passionate speaker and offers inspirational workshops. Visit [CindyGiles.com](http://CindyGiles.com) and receive your free gift, “Roadmap to Happiness”.



Join us at  
**BreastCancerWellness.org**

# L I F E   W H E E L

Cindy Giles  
*Transformational Coaching*



**Directions:** For each section of the wheel, circle the number that represents your current level of happiness in the corresponding area. The higher the number, the happier you are in that area. Find out how smooth or bumpy your life is. What areas are your strengths? Your weaknesses? How will you grow today? Tomorrow? I don't want to talk about it?





## ENJOY THE SUMMER SUN

BY CHRISTINE HORNER, MD

For years we have been told to stay out of the sun and cover ourselves with sun block and protective clothing to avoid premature aging and skin cancer. But now, researchers are finding that bit of advice needs to be modified. Just twenty minutes of sunlight each day—without sun block—may lower your risk of many chronic diseases, including breast cancer by as much as 50%! The reason? A vitamin with almost miraculous health-promoting qualities requires sunshine—vitamin D.

Most famous for making bones and teeth strong by helping the body to effectively use calcium and phosphorous, hundreds

of recent studies have shown that vitamin D plays a critical role in maintaining good health and preventing dozens of chronic

diseases. The vitamin, which acts like a hormone, is used in virtually every cell in our body. It is necessary for various enzymes and proteins, interacts with over 2,000 genes, and is essential for our immune system.

Vitamin D also has amazing anti-cancer properties. It lowers the risk of 17 different types of cancers, including breast cancer. There is a multitude of ways that this vitamin protects against breast cancer. For example, it makes your breast cells more resistant to toxins, decreases the ability of breast



**Detox With Wheatgrass and Leafy Greens!**

Use the Healthy Juicer! The most affordable, easy to clean and effective juicer

Only **\$49.95** - order at [www.HealthyJuicer.com](http://www.HealthyJuicer.com) or call 877-539-3611



**REGISTRATION NOW OPEN**



# The Annie Appleseed Project

*Presents*

## **Evidence-based Complementary and Alternative Cancer Therapies Conference**

September 14-15, 2012

### **THE EVENT CENTER**

1111 Gough Street, San Francisco 94109

Organic Lunches, Exhibit Hall, Giveaways, Raffles, Patient Panel, Networking, Acupuncture, Herbs, Mind-Body-Spirit...  
ALL from the cancer patient and advocate perspective

This event is for those wanting to know more about complementary and alternative treatments, reducing the risk of cancer, recurrence and toxicity

### **TO REGISTER:**

[www.annieappleseedproject.org](http://www.annieappleseedproject.org)

561-749-0084

*Sponsored by*



**Breast Cancer  
Wellness**  
MAGAZINE

*Also join us for...*

**Annual Educational Conference**

Feb 28-March 2, 2013

West Palm Beach, FL

[www.annieappleseedproject.org](http://www.annieappleseedproject.org)

561-749-0084

# Flax Seed Breast Cancer



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

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

## Nature's Gem Premium Omega3 Golden Flax Seed Starter Kit



100% Whole Flax Seed Basic Starter Kit with 838PS Flax Seed Grinder  
use only  
**\$49.95**

**Includes FREE SHIPPING!**



**North American Nutrition**

PO Box 456

Warroad, MN 56763

**800.387.5516**

cells to divide, stops tumor cells from growing, causes the death of tumor cells, prevents new blood vessels from growing into a tumor, and boosts the immune system--especially the activity of Natural Killer (NK) cells.

Vitamin D is unique because your body can make its own supply. The secret catalyzing agent is not from this world; it comes from a star—the sun. Sunlight reacts with chemicals in your skin to produce vitamin D. Just fifteen to twenty minutes of sunlight a day makes enough vitamin D to reduce your risk of breast cancer by as much as 50 percent. Of course, too much sunlight isn't a good thing, because the ultraviolet radiation in sunlight damages the DNA in skin cells. If you get too much sun, especially if you have lightly pigmented skin, the damage can be severe. Serious ultraviolet-radiation damage to your skin can cause premature aging, leathery skin, deep wrinkles, discolored spots, and potentially deadly skin cancer.

But a little sunlight is important to enable you to make enough health-promoting and protecting vitamin D. Fifteen to 20 minutes in the early morning or late afternoon—when the sun's rays aren't so intense—is thought to be ideal. However, some research suggests that mid-day sunlight for 10 to 15 minutes without wearing sun block may be even better. If you expose most of your skin during this time of day, it can manufacture as much as 10,000 IU. Combine your sun time with a brisk walk, and you double your benefits. Research shows that regular aerobic exercise can lower your risk of breast cancer by 30-50%.

If you live in a climate that doesn't see much sun, especially during the cold winter months, taking supplemental vitamin D is a must. Vitamin D3 is the active form, so make sure that is the type of supplement you take. The minimum recommended amount of vitamin D3 is 400 international units (IU). However, research has determined that we actually need about 1,000 to 2,000 IU every day for optimum health.

You can also get some of your vitamin D from certain foods. Most of the vitamin D in our diet comes from foods that are fortified with it, for example, certain dairy products and breakfast cereals. Fatty fish (such as,



salmon and mackerel), shiitake mushrooms, and egg yolks are about the only foods with natural vitamin D.

There is no perfect way to determine exactly how much vitamin D you should take. The best way is to check your vitamin D levels by a blood test that measures a metabolite of vitamin D called 25-OH vitamin D. The current ideal range for vitamin D is 50-70 ng/ml. However, there are several metabolites of vitamin D, so it is probable that measuring this one alone may not accurately reflect your vitamin D status. Also vitamin D stores in the fat cells and the blood test does not tell us how much vitamin D you have in your fat.

Because vitamin D stores in fat cells it is possible to accumulate too much. But most experts believe that vitamin toxicity is rare. A study on mice indicates that taking too much vitamin D can have detrimental effects, including premature aging, growth retardation, osteoporosis, atherosclerosis, calcium deposits, immune deficiency, and a shortened life span.

Research shows that the vast majority of us have vitamin D levels that are too low. Several studies have found that taking supplemental vitamin D can lower the risk of breast and colon cancer by as much as 50%. So keeping your vitamin D levels optimal is important. My recommendation is that if you aren't out in the sun very much it is a good idea to get your vitamin D levels checked. If your levels are extremely low, taking high doses for a few months to get them into the normal range is a good idea. If your vitamin D levels are normal to mildly low take 1,000-2,000 IU per day.

This summer don't hide from the sun. Let a little sunshine in—it's good medicine! ■



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



# Summertime Refreshments



## Berry Refreshing Shake

Add the following ingredients into your blender:

- 2 cups fresh strawberries
- 3 scoops organic vanilla whey protein mix
- 4 cups ice

Blend thoroughly. Garnish with fresh strawberries.

## Green Juicy

Add the following ingredients into your high speed blender or juicer:

- 1 cup fresh broccoli
- 1 cup cabbage leaves
- 2 kiwis
- 5 apples
- 1 cup green grapes
- Half lemon
- 3 cups ice

Pour in glasses. Makes enough to share.

# ESSIAC<sup>®</sup>

From  
Rene M. Caisse, RN



**Health Canada Approved**

**Original Herbal Formula**

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



**Doctors Recommend**



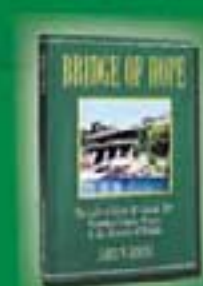
**ESSIAC**  
Powder Formula  
NPN 80012920



**ESSIAC**  
Vegetable Capsules  
NPN 80015598



**ESSIAC**  
Extract  
NPN 80012914



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

## Herbal Supplement

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

**BEWARE OF COUNTERFEITS**

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



# IT'S NOT MY DIAGNOSIS... SO WHY AM I GRIEVING?

BY TAMBRE LEIGHN MA, CPC, ELI-MP, PAULA HOLLAND DE LONG ACC, CPCC, AND SHARON ROTH-LICHTENFELD ACC, CPC, ELI-MP

**When Cynthia's husband was diagnosed with cancer everything in her daily routine stopped as her attention shifted to caring for him.** Seven months later, 20 pounds heavier, exhausted, and depressed, someone finally asked her how SHE was doing. She burst into tears.

Cynthia is one of approximately 3.5 million currently caring for loved ones with cancer.<sup>1</sup>

The caregiver's odyssey begins when they first learn their loved one has cancer. The feelings of disbelief, anger, and fear felt in this heartbreaking moment, while normal, can be completely overwhelming and create a high degree of stress. Often the sense of responsibility, the urgent need for answers and the heavy weight of trying to make the right treatment choice take priority. This, in turn, can overshadow the reality that a diagnosis often triggers a sense of grief or loss.

## It's Not About Me... Or Is It?

As attention shifts to the fight for the patients' life, the caregiver's needs commonly become secondary or even deemed unimportant. At the same time, caregivers may be struggling, either consciously or subconsciously, with questions such as "Will my loved one survive?" and "What will happen to me?" Cancer forces the caregiver to consider the unthinkable – "what might be lost?"

At this point, a multitude of concerns surface which open the door to grief. The details of "How will my/our lives change?" and "Will I/we be able to make it through this?" bring

up thoughts, fears and concerns like:

- How will this impact us financially?
- How and when will we tell others – family, children, friends, associates, employers?
- What will this do to our future plans?
- How will this impact our relationship?
- How will we manage the day-to-day challenges?

The inherent uncertainty in these questions can naturally leave caregivers feeling helpless, overwhelmed, angry, and sometimes hopeless. A cancer diagnosis impacts many, if not all areas of life.

## Where might grief be hiding and what is it costing me?

Caregivers like Cynthia may not even realize they are grieving. She assumed her weight gain and bursts of anger were due to stress; her depression normal, and assumed she had



*For every "huggable"  
moment in your life...*

*Look beautiful and  
feel confident with*

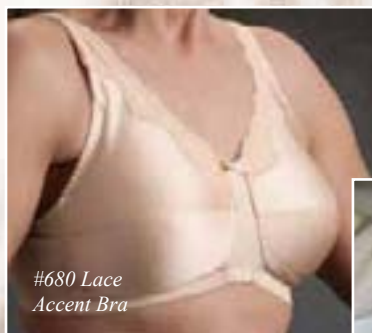
*NEARLY*

*ME® Mastectomy Products*

*For over 35 years, NEARLY ME® Mastectomy Products have helped thousands of women look and feel beautiful again after breast surgery.*

*We pride ourselves in offering truly innovative, unique and superior fitting mastectomy bras and breast forms to our customers. NEARLY ME® Products have always been made in the U.S.A. with U.S. materials so you know that you are wearing the best quality products on the market.*

*Visit one of our many authorized NEARLY ME® retailers to see our newest breast forms and bras. Not one in your area? Call 1-800-887-3370 for the name of the retailer nearest you or for more information on all of our NEARLY ME® products.*



#680 Lace  
Accent Bra



Style #375 Triangle  
Flowback Forms



NEARLY ME CASUAL®  
Foam Forms

Visit our new website:  
[www.nearlyme.org](http://www.nearlyme.org)  
to see all of our new breast forms, bras  
and fashion products



to “Be Strong” at all costs. In reality, her own suppressed grief was impacting her body and her emotions, and was threatening her ability to care for her husband.

The feelings surrounding the changes and losses that come with cancer can be secret hiding places for grief. It can show up anywhere and at any time. Common questions, challenges, and responses reported by caregivers paint a clear picture of its impact. Feelings of loss and grief arise from:

- Loss of time to care for self
- Taking on new, sometimes unfamiliar,

responsibilities

- Feeling like a second or lower priority
- Fear about financial stability
- Loss of energy to live life, including loss of libido
- Loss of parts of their partner – humor, intimacy, romance, sharing of responsibilities, masculinity/femininity, light bulb changer
- Uncertainty about future goals, plans, and dreams
- Lack of fun and enjoyment, both shared and individual

As coaches specializing in cancer the

community, we have learned when caregivers understand and recognize their own grief, they gain the energy, confidence and the opportunity to better deal with the practical and emotional demands of caregiving. Giving permission to themselves to explore the grief is healthy and necessary.

### What can I do to work through my grief?

**Step 1: Acknowledge this experience isn't just happening for your loved one, it is also happening to you.** This is the first step in **giving yourself permission to grieve.**

Cynthia spent months telling herself she had to be strong, and racking herself with guilt imagining their world would collapse if she couldn't keep going and manage everything herself. She began to wonder if “Being Strong” was the cause of all of her problems. As she looked further at her life, she realized she was suffering too.

You can choose to put a support process in place that supports you, and better helps the person you're caring for. There are many resources available; however you often need to ask.

Give yourself permission to ask for help. Create an opportunity for someone else to feel good by asking him or her to drop off a meal, provide a ride, give you a break, or help with tasks you find overwhelming.

■ Make a list of areas where you need support or help.

■ Think about the different communities you belong to (friends/family, work, religious or spiritual organization, neighborhood, etc.) then go back through the list and, besides each need, make a note of who might be able to direct you to a resource or help with each specific need.

■ Remember to ask your loved one's medical team for assistance. Let a nurse or social worker know where you're struggling so they can direct you to the proper resources.

**Step 2: Practice regular emotional check-ins.** It takes awareness to uncover where grief may be hiding. Without self-inquiry it is easy for it to get buried or overlooked. It took a compassionate question for Cynthia to finally let her true feelings come out and begin processing her grief.

■ **Look closely at all areas of your life.**

We asked Cynthia to complete a simple rating of the different aspects of her life called the Well Being Assessment, helping her see the current impact of grief. By taking time

Trouble remembering?  
Hard to focus?  
Difficulty concentrating?

## CLEAR CHEMO FOG WITH PREVAGEN®

“Up to 70% of patients with cancer report cognitive difficulties persist well beyond the duration of treatment.”<sup>†</sup>

## Try Prevagen® and feel the difference.

### ✓ **Proven Effective**

Studies demonstrate Prevagen® improves memory as soon as 30 days.\*

### ✓ **Unique, Natural Ingredient**

Prevagen provides a healthier brain, sharper mind and clearer thinking\*

“As a cancer survivor, Prevagen has helped me find my words in conversations and given me confidence again.”

- Lisa S. 56 yrs old, Rolla, MO



For a special offer, call 1-888-895-6463

<sup>†</sup>Vardy, J. et al. “Cancer and cancer therapy related cognitive dysfunction: an international perspective from the Venice cognitive workshop.” *Ann. Oncol.* 19, 623–629 (2008).

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

to look, she saw where her grief was affecting without her knowledge. She now had a roadmap to move forward.

■ **List the things you feel you are losing.**

It often feels like cancer is stealing away pieces of our life or parts of our loved one. Once you look at the bigger picture, creating a specific list of what you feel has been lost allows you to begin to grieve. Take some time to acknowledge these losses, and let go in your own way.

**Step 3: Consider what you need and bring it into your life.**

We challenged Cynthia to start by asking herself, "How am I? What do I need today?" each morning. By identifying her needs daily, she felt more in control. Then we helped her add small action steps into her daily routine.

Soon her anger and depression lessened, and she had more energy to get back to her regular exercise program. Her husband noticed the changes and felt it was such a gift to have Cynthia be there for him but also for herself.

Notice Cynthia's well-being shifted by letting out the emotions she was feeling, and giving herself permission to take some time

away from caregiving to focus on her own needs.

We encourage caregivers to take the initiative and become proactive in managing their own grief.

Identify the resources and tools needed let go of what you feel is being lost or has been lost. This helps create a strategy for working through the impact of the diagnosis. You may choose to journal, sign up for peer-to-peer support, hire a coach or seek out a therapist or support group.

**NOTE: Beware of the Dangers of Buried Emotions:**

Amidst the seemingly all-consuming duties of caregiving, buried emotions will eventually surface and can come out in ways that are destructive to others or us. Reaching out for help and receiving help is an integral piece for healthy grieving.

When caregivers uncover the feelings of loss and grief they are practicing healthy self-care. They increase their longevity, reduce stress and have better quality of life.

The cancer community is now realizing that caregivers are on an equally challenging

journey. As it raises the awareness to the role and impact, we can better help caregivers design an experience that supports them and acknowledges their needs. ■

*ABOUT THE AUTHORS: The Cancer Survivorship Coaching Coalition was founded to foster pro-active choices and sustainable well-being through the power of the coaching modality. We provide education, training, and tools that create meaningful, action-oriented survivorship plans and solutions. Founded by certified professional coaches, Tambre Leigh MA, CPC, ELI-MP, Sharon Roth-Lichtenfeld ACC, CPC, ELI-MP, and Paula Holland De Long ACC, CPCC, all with life experience and expertise either as survivors, caregivers, and/or pre-vivors. For more information visit [www.CancerSurvivorshipCoachingCoalition.com](http://www.CancerSurvivorshipCoachingCoalition.com).*

*ACTION: Download the Well Being Assessment at [www.CancerSurvivorshipCoachingCoalition.com](http://www.CancerSurvivorshipCoachingCoalition.com)*



**Cancer Survivorship**  
COACHING COALITION

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



*"Pneumatic compression pumps have been used in lymphedema treatment for over 30 years and are valuable tools in maintenance therapy of post-mastectomy lymphedema."*

*- Arndt Sacks M.D. Ph.D. Stanford Lymphedema Center, Stanford University  
Clinical Studies Available • Upon Request*

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

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

*Helen Gustin • Marion, Ohio*

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

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



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









Breast Cancer Thrivers were **jazzin' it up** on the  
6th Annual BCW Thrivers Cruise April 21-26, 2012!



For more photos and  
information on the next  
BCW Thrivers Cruise, visit  
**ThriversCruise.com** and  
check us out on facebook.



**Breast Cancer  
Wellness**  
MAGAZINE  
[www.BreastCancerWellness.org](http://www.BreastCancerWellness.org)





# 2012 BCW Thrivers Cruise

## Contest Winners!



### Far Out Traveler

Eileen Cole from Liverpool  
England, mother of Elaine  
Grieve from Grand Cayman



### Best Pink T-Shirt

The "Pointier Sisters,"  
Cindy Davis, Camas, WA and Shauna  
Smith, Colorado Springs, CO



### Best Funky Flip Flop

Renae Shadid  
Edmond, OK



### Best Karaoke

Jeannetta Evans, Ft Washington, MD  
and Cherrie Brice, Canton, GA



### Join Us in 2013!

Call Andrea Bateman at  
800-749-7116



### 2012 BCW Cruise Contest Winner

Bethany Kandel from New York City was  
the winner of the annual cruise  
contest. Bethany's guest of choice  
was Marcie O'Dwyer from New Orleans.

**ThriversCruise.com**



JOIN US FOR THE 7<sup>th</sup> ANNUAL APRIL 2013

# BCW Thrivers Cruise

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

## DESTINATION: *The New You*

***St Maarten, St Thomas, Princess Cays, Grand Turk  
Sailing out of Ft. Lauderdale, Florida on the Princess Ruby™***

Workshops include:

- Makeover Fashion Show
- Breast Cancer Thriver Panel Discussions
- Financial Empowerment after Breast Cancer
- Beauty and Fashion on a Budget
- The Thriving Caregiver™
- Fun, Friends, Family, Food, Fellowship, Adventure

**\$839\*** Interior

### **For Early Bird Specials—**

Contact Andrea Bateman at Great Southern Travel  
1-800-749-7116 • [abateman@greatsoutherntravel.com](mailto:abateman@greatsoutherntravel.com)

### **FOLLOW US ON FACEBOOK**

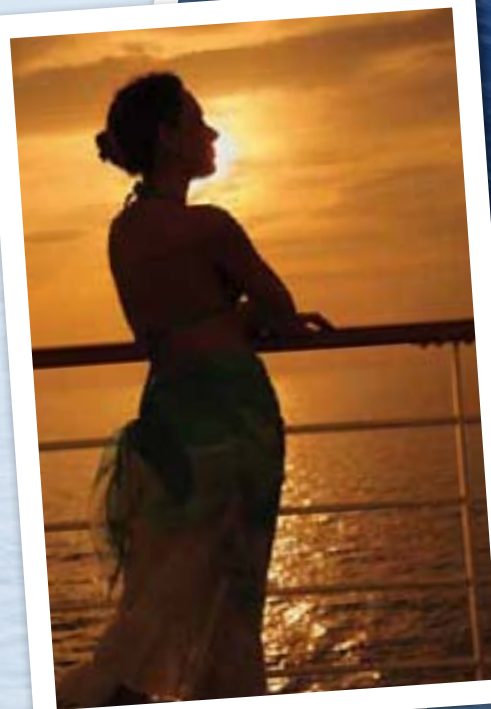
[www.facebook.com/2013BreastCancer7thAnnualThriversCruise](http://www.facebook.com/2013BreastCancer7thAnnualThriversCruise)



**Breast Cancer  
Wellness  
MAGAZINE**  
[www.BreastCancerWellness.org](http://www.BreastCancerWellness.org)



**Great Southern Travel**



\*Princess reserves the right to re-instate the fuel supplement for all guests up to \$9 per person per day if the NYMEX oil price exceeds \$70 per barrel. Rates are per person, based on double occupancy, include port charges, U.S. taxes and are subject to availability. Restrictions apply. Current rates listed as of BCW print deadline, please call to verify. Princess Ruby™ are Ships of Bermudan Registry.



# YOUNG THRIVERS!™

BY HEATHER JOSE, CHRISTY JAMES, AND MAIMAH KARMO

**Welcome** to this special section and facebook page created just for Young Thrivers!™

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.

Christy James is Heather's long time friend. Together they faced the breast cancer journey that Heather was facing. Even though they lived miles apart, Christy wants to help and support Heather however she can.

Maimah Karmo is a six year survivor of breast cancer. Diagnosed at age 32, she made a promise to God that if she survived, she would create an organization that would educate, empower, and advocate for and support young women affected by breast cancer. After her second round of treatment, Tigerlily Foundation was born.

Heather, Christy and Maimah welcome your questions and your stories.

— Bev Vote

**T**he Lone Ranger and Tonto, Laurel and Hardy, Batman and Robin, there was Snoopy and Charlie. Friends through thick 'n thin, friends through the very end, I think you would agree. That's how it is for you and me.

I tell you it's black, but you say it's white. You say go left when I know it's right. No matter where go, be it thorough the highs and lows I will be by your side, cuz you and I are friends for life. Geoff Moore, Friend Like You (you can hear the whole thing on you tube)

Thrivers, do you have a partner in crime? Not crime in a bad way, but crime in a good sort of jump in with both feet sort of way. Cancer is scary. You have heard that a million times. But having someone to walk the road with you, well that makes it a little better. When you are interviewing people for the position keep a few things in mind. You can't have a 'yes' friend do this job. You need someone who will give you a run for your money sometimes. Someone who will keep you accountable and pull you, if needed, from the dreaded downward cycle. You also need someone who is willing to try new things and (gasp) even fail sometimes. I am only half joking about interviewing your friends and family. This is an important job.

Before you start looking think about what you are trying to accomplish. Set your goals for wellness now and think about what skills you may need in order to help you. I thought about the things that I wasn't so good at. Will you be bouncing off ideas with your partner? If so, do you trust their judgement? Next, consider how close they need to be. Do you need someone to physically be with you or is phone support enough? Finally, keep in mind that you may actually need more than one person to fill the roles of healing. One person may help you meet your physical goals while another may be the perfect encourager and accountability partner. Or you may need different people for different situations. Someone who goes to the doctor, someone who you meet to discuss goals, etc.

At times I have found myself unintentionally sabotaging my efforts to be well. The right path certainly isn't always the easy one. Initially almost all of the literature told me to take it easy. Though I knew that wasn't the best thing for my body, it would have been easy to do less. I knew I needed someone to walk this cancer road with me so they could keep me accountable. They did not have to do the treatment, but everything else was fair game. There were changes to our diet, goals set for working out, trying out meditation, journaling. You name it we did it. Some things were passing fazes, but others stayed for good.

By partnering together making changes was easier. It made me feel like I had someone on my side. We could discuss if something wasn't good. Or maybe something was good but too hard to make work over the long haul. I felt like part of the team rather than being isolated. I had responsibilities though, and no one did them for me. It was my body after all.

Keep in mind that sometimes our friends and family help too much. They mean well, I know. But when it becomes a pattern of constant assistance it is easy to give the control and responsibility to someone else. I like to have things done for me. However, that can be a problem. I need to take care of myself. Together we could fend off those that meant well in order to continue on a journey to wellness.

Along the road some of your partners may come and go. Certainly not all of them will. It is okay to have partners in crime change or fade just as we all ebb and flow through relationships in our lives. When this happens know that is time, don't be overly concerned, but to be thankful for the role they have played thus far. It is a long process too, since having a partner in crime isn't just for when first diagnosed but at any time in our life. Whether we are concerned about improving our wellbeing or fretting about recurrence we need a partner. They can help us take steps to improve our patterns at any stage in life.

I believe in you and your ability to know what is best for your body. It will take a commitment and a willingness to always try again if you falter, but you can do it. You can find someone to help you do it. It will make it so much better. Let the interviews begin...

*Heather Jose*

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





I knew I wanted to help, but didn't know what would be helpful. I knew I could sit in waiting rooms with Heather and probably through most treatments. I could listen to what the Dr.'s said. It's always good to have two people listening. Those were things I could do, but those responsibilities fell mostly to Heather's mom and husband.



So, what else could I do? It felt like everything had changed with her diagnosis, but had it really? We were still the same old friends. We still liked the same things we did the day before her diagnosis. In the beginning Heather was getting chemo every 3 weeks....3 weeks can feel like a very long time when you are ready to get things done. Heather couldn't just wait to be fixed. She needed to be actively involved and doing something toward her goal, every day. We decided to learn about the things that cancer hated. We learned to fight with good nutrition and exercise focusing on wellness.

With the help of some experts, we learned new rules about eating specific to her cancer. So, we shopped...more grocery stores than malls for a while, but it was still shopping. We learned about vegetables we had never heard of let alone tried. We went out and found them in stores we'd never been to before, laughed about all the things we didn't know and started cooking. We cooked together when we could since we lived 2.5 hours apart. If we weren't together we would compare notes about our cooking and dining experiences. We ate some great meals and some pretty awful ones, but we were doing something to fight cancer, every day.

We started exercising too. We decided to exercise because cancer didn't like it, and we found that we did. It gave us something positive to do; it could quiet our anxious minds, give us energy, a sense of accomplishment, bring peacefulness to a hectic day and help us sleep. Never mind the fact that it kept us strong! We talked all of the time. We talked about anything and everything, important things and not so important things. Nothing was off limits. We made plans and goals and we were all about working toward wellness.

And you know what? Everything we did to fight her cancer was good for me too.

*Christy James*

christy@gobeyondtreatment.com

## It's Okay To Be Me

When I first heard the term "survivor's guilt", I didn't understand it- I was happy to be alive and I didn't feel any guilt about that. After treatment, I jumped back into life with gusto, promising to spend every moment in gratitude, giving back, and making up for the times when I didn't live with joy and in service to others. So, I soaked up every moment this way, for most of the six years I have been given post cancer; and I see every moment as a gift.



A few weeks ago I was talking to a friend, and heard myself saying, "I'm sorry to vent". I realized that a part of me felt that it wasn't okay to do something as natural as to say when I wasn't okay. Then I realized that, yes, I had it, "survivor's guilt". As I absorbed the feelings I had refused to acknowledge for years, I knew a part of me felt so thankful to be alive that I felt it was not okay to say when I was having a bad day. After losing close friends the past six years, I held the belief that because I was alive, I had nothing to complain about. I know what it felt like to live with temperatures, nausea and to have every bone ache from treatment, so who was I to complain, when I know what a bad day really feels like? The answer question is this - because I'm human and it's okay to feel that way.

I know now that as a young survivor, I've been seeking, even after six years, to figure out who I am after breast cancer. Much of our lives we are seeking to find out who we are, and just when we've got it figured out, something happens that leaves us again seeking what is real. What was real for me after treatment was that I was so thankful for life, I felt I had to spend every moment of making up for lost time; yet, in my zest to soak up life, at times, I was not allowing myself to fully "be", as I kept certain "unacceptable" feelings inside and I wasn't allowing myself to have feelings that everyone else did.

I promised to honor my feelings when they arose, and to let go of the feeling that I had to earn every moment I was alive - because I have a right to enjoy my life just because. I promised as I went about life and filled up my cup and the cups of others, to do so, fully in the moment - and to never apologize for being anything other than I am - extraordinary and full of life - as you are. I will look forward and let the guilt be a thing of the past. It's a wonderful journey we are on together, and the beauty is that we will continue to heal, learn and grow.

Blessings and love,

*Maimah Karmo*

Founder, Tigerlily Foundation  
Maimah@BreastCancerWellness.org  
www.tigerlilyfoundation.org



### **In Memory of BCW Young Thrive! Contributor ~ AMY TINA RAUCH NEILSON**

November 29, 1968 – May 6, 2012

Age 43, of Belleville, died at home following a valiant battle with breast cancer.

Amy is the beloved wife of 12 years to Donald; devoted mother to Theo; and loving sister of Julie (Jim) Peace and Lisa (David) Sybert. Amy is also survived by many nieces, nephews, additional relatives and friends and many pink sisters who loved her!

Visit Young Thrivers™ on Facebook

<https://www.facebook.com/groups/264032713653598/>

# The Order of my Steps

BY **CHERRIE BRICE**

*Do not ask God to guide your footsteps if you are not willing to move your feet.*

— Jewel Diamond Taylor

**I**n December 2002 I moved to the Atlanta Georgia area. I had a mammogram in August 2003 and the results came back negative. In early September 2003, while doing a self breast examination I felt a very small knot in the middle of my chest cavity that I had never felt before. I visited a local family practitioner to take a look at it. He did not feel or see anything and I asked him to refer me to a specialist who would be able to examine it further, I just wanted a second opinion. I visited the specialist the next week who used an ultrasound and he found a mass and wanted to

perform a biopsy on the mass, so I went back the next week to have the biopsy done.

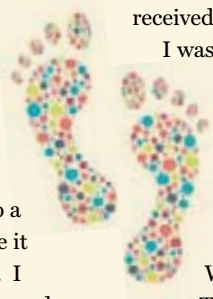
The following week I had been anticipating hearing the results from the doctor's office. I received the call from the breast specialist while

I was at work. He just blurted out "your test came back positive". I was shocked and scared and felt as if I had been punched in the stomach. Immediately I thought about my two girls; Paige was 11 at the time and Eboni was 21.

I asked myself, am I going to die?

Whose going to take care of my baby?

There wasn't any history of breast cancer in my family and I wondered why me? I called











*Cherrie singing with the Metro Atlanta Breast Cancer Survivors Mass Choir.*

each one of my brothers and sisters crying and letting them know what I had just found out. I have two sisters, my two daughters and a few friends here in Atlanta who were my immediate support system.

What carried me through was my faith and belief in God. When I was diagnosed, I didn't know the reason why out of five sisters and three brothers that I was the one chosen. I spoke to my sister Stella who told me you don't know why God chose you, but there is a reason.

After my conversation with my sister, I prayed and asked God to order my steps through this ordeal and to give me the strength to endure whatever I had to go through. I have always followed my heart in most situations, and this was one time I really had to do just that. At the time I knew no one else to talk to who would have understood what I was feeling and what I was about to go through.

I was very scared because I didn't know what to expect, but I kept putting my faith in the higher healing power of God every time my fear tried to take over.

I had a lumpectomy on October 1, 2003, just 30 days prior to my 41st birthday.

I began chemo treatment in November of 2003. I had eight treatments and each

one got harsher than the one before. God allowed me to still get up and go to work even though I was weak and sick. I lost my hair after the second treatment, but that didn't bother me, but the sickness after each treatment is something you can't put in words.

I cried and prayed a lot at night when I was alone asking God "why me"? In addition to the eight treatments of chemo and radiation for five days a week for six weeks, I experienced memory loss, aching bones, and canker sores in my mouth; it was tough, and there was a point when I did ask "God are you calling me home? If you are, I am ready. But God saw a need to keep me here and he brought me through it all.

The Bible tells me that  
*We may endure for a night,  
but joy cometh in the morning light.*

Unbeknownst to me at the time was that I also needed support from others who had been through what I had. The order to my healing was happening.

In November 2003, at the time I was going through chemo treatments, I did not know of any support groups since I was new to the area. A friend saw a flyer that was advertising for members to audition for a

Mass Choir for breast cancer survivors. She knew that I enjoyed singing so I went to the audition. When I arrived there was a large turnout for the call. We started having Saturday morning rehearsals and everyone was excited about what was about to happen.

This group was organized by a young woman who had dreamed of forming a breast cancer survivors choir. The founder of the group was employed by a local hospital where she worked with women going through breast cancer treatment. She was responsible for organizing a outreach programs and this program grew into this amazing choir in which we sang songs of inspiration, hope, faith, belief and trust in God.

They called it "Metro Atlanta Breast Cancer Survivors Mass Choir". There were about 145 of us. We ranged in ages from 25 to 75. Some of the members of the choir had been diagnosed with breast cancer more than forty years ago, and many were like me were just diagnosed and going through the medical treatments. This large group who



## Impressions

The greatest evolution in the history of Breastcare.

The most natural look and feel imaginable

Integrated nipple and areola enhances and restores femininity

Natural contours provide an intimate fit

Honeycomb core ensures optimum breathability



**Natural:** The unique blend of pure silicone used in Impressions provides the softest and smoothest feel imaginable.

**Lightweight:** As the lightest breast form available, Impressions is perfectly balanced to suit every lifestyle.

**Comfort:** The 3D profile of Impressions contours perfectly in the bra and molds beautifully to each individual.

Free  
30-Day  
Trial!\*

\*To find out if you are eligible for a Free 30-Day Trial of Impressions, contact your Breastcare Fitter or call Trulife at 800.492.1088 to find an Impressions Fitter near you.





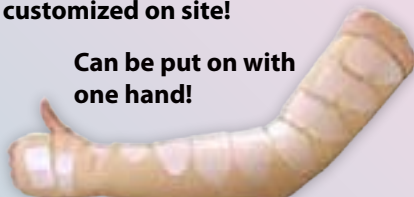
*One-Stop-Shop*

for all

*Upper Extremity  
Compression Needs*

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

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



FarrowWrap Trim-To-Fit™ Arm



FarrowWrap™  
Hand Gauntlet

Simple Velcro®  
fasteners  
**adjust as needed**

**Durable and  
Comfortable**

Use instead of  
finger bandaging



Farrow  
Microfine Glove

*Edema • Lymphedema  
Venous Disease  
Post Surgery*

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

[sales@farrowmedical.com](mailto:sales@farrowmedical.com)

(979) 822-9120 p • (979) 775-5202 f

had battled breast cancer for many years and each with their own healing experiences gave us such inspiration and hope that there is life beyond being diagnosed.

Every Saturday morning we heard several different testimonies about what others had gone through or were going through. We prayed and encouraged each other to just believe. When you start feeling so helpless and alone, there was someone from the choir who would call you and give you kind and encouraging words and those words would make you think "I do believe and I can get through this". This was an amazing feeling and always helped me to get through what was next for my healing.

We were called to perform all across the states spreading the word that there is HOPE during your treatment and LIFE after breast cancer. This group was a sisterhood to all of us. We looked forward to to every Saturday morning for rehearsal, because we knew we would hear some encouraging words. Because each of my treatments seemed to get worse, I needed this support to get me through each week. I knew I was not going to give up because I have two daughters and a granddaughter who need me.

The Metro Atlanta Breast Cancer Survivors Mass Choir sang for many occasions all over the country. We were supported by pharmaceutical companies to help us travel from Atlanta to Texas to New York. It was a great and wonderful experience to sing praises of God and to know that we could give hope and inspiration.

While being involved with the choir is where I heard out about other organiza-



*Cherrie Brice*

tions in my local area such as the Dragon Boat Atlanta, in which we would travel to compete in dragon boat racing. I joined a group called Patient Navigators with a local hospital. Patient Navigators would mentor women who were newly diagnosed with breast cancer. We would go to doctor's appointments/treatment centers or just to be available to talk with them when they need someone to lean on. I also became a member of National Breast Cancer Coalition, Young Survivors Coalition, and Living Beyond Breast Cancer and became an advocate of Breast Cancer Awareness in my local community.

I felt that this whole experience pulled me closer to God and I hold to me closely the scripture when Jesus says:

## *Pure Products from Us to You*

**Real Purity** has strived from the beginning to be as pure and clean a product line that is possible from Mother Nature.

Knowing the struggles both physically and emotionally one has to deal with when faced with a mean illness like cancer, we'd like to offer you 25% off of your order. Choose from body care, hair care, skin care and cosmetics ~ something for everyone.

**We're offering you 25% OFF your order!**

Offer expires December 31, 2012. Please use coupon code {bcw2012}.

Discounts will automatically be deducted at checkout.



1-800-253-1694

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

*If you have faith as a mustard seed,  
you will say to this mountain,  
move from here to there, and it will move;  
and nothing will be impossible for you.*  
Matthew 17:20

I asked that the cancer be moved and it was moved and by his stripes I was healed.

I knew that God was my guiding light through it all. Going through this ordeal helped me to look at life differently. I already had a relationship with God, but this brought me even closer to God. It also made me appreciate life more and who I am and to love those around me even more. I believe that being grateful for my life every day has brought more real value into my life.

I can truly say as a nine year breast cancer survivor, I give praise to God for allowing me to still be here. I was able to work everyday and still be able to perform even though I was very sick through it all.

Today I enjoy being an inspiration to others who are going through the challenges of being diagnosed with breast cancer and letting them know there is life after breast cancer! I believe it is important to surround yourself with positive people. If you are a religious person, pray for yourself and ask others to pray with you and for you. Know that you are not alone. Ask your oncologist if there are support groups in the area. Be active in the groups when you find one. Talking about what you are going through helps you to understand that you are not alone.

I believe that God has a plan for all of us whether we are believers or not. We all know that we are not here to stay forever and when it is our time to leave this earth, God's will, will be done whether we are a believer or not.

My priorities also took on an improved order. Prior to being diagnosed with breast cancer, my family and career were my priorities. By establishing in my heart what my priorities are and the order of them, my decision making becomes easier every day. I don't have to question what matters most to me because it is already etched in my heart.

Today I honor the new order of my priorities in my life:

God: Being a better Christian

Family: Being a better mother and grandmother, including spending more time with my family and having more enjoyable conversations with them

Health: Being healthy is another way to fight cancer and other disease. I exercise at least 4-5 times a week and eat as healthy as possible.

Leader: Being a leader by example

Career: Today my career has a special place in my heart, but is no longer first in my life.

I survived the storm by keeping the faith and hope of survival.

Through it all, I tell everyone you have to know your body and if you feel or see anything different just have it checked out, only you know your body. ■



**See the difference. Feel the difference.  
Make a difference.**

**mediven® 550**, available in corselette, bustier and shirt styles, offers multiple accessories for optimal fit. Ask your fitter or healthcare provider about **medi custom** lymphedema garments.

**mediusa.com • 800.633.6334**

**medi. I feel better.**





# Ruth's Miracle

BY CAROLE ELDEN, PRISCILLA ULENE AND LESLIE JACOBSON

**In 1956, there was no mammography,  
no early detection, and no breast health awareness.**

It was culturally inappropriate to say the word "breast" out loud.

We are three sisters, Carole Elden, Priscilla Ulene, and Leslie Jacobson, and we are proud to share our mom's story with you.

Our mom was born in 1914. She was the second oldest of five daughters. As a child she had terrible eczema. Her father called her "the diseased one." A young mother of three, she was diagnosed with breast cancer when she was 41 years old.

Carole, the oldest, remembers, "It was 1956 and Mom's first breast surgery was scary. The doctor's led Mom to believe the prognosis wasn't going to be good. It turned out to be benign. The second breast surgery was supposed to be easy. Wrong! Our mom was diagnosed with breast cancer. She immediately had a Halsted Radical Mastectomy and surgery on the nodes under the

*Left: Carole's wedding weeks after Mom's mastectomy. Back row: Carole, Mom, Priscilla. Front row: Leslie. Right: Ruth at 26 years old.*

affected arm."

In those days there was no mammography, no early diagnosis, and no breast health awareness. It was culturally inappropriate to say the word "breast" out loud. Cancer was a death sentence. The big "C" was considered contagious and shameful. A diagnosis had the added emotional trauma of this negative stigma. In addition, there was no emotional

*for the*  
**(Girls)<sup>™</sup>**  
*Windchimes*

*Inspired by my own mother's personal experience, I created For The Girls<sup>™</sup> 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!*  
 ~Tutty



*QMT Windchimes<sup>®</sup> will donate 50% of the purchase price of our pink For The Girls<sup>™</sup> Windchimes from our website to breast cancer charities, including The Breast Cancer Research Foundation<sup>®</sup>.*

*Chimes make the perfect gift!  
 Available in two sizes.*

**Purchase For The Girls<sup>™</sup> at**  
[www.qmtwindchimes.com](http://www.qmtwindchimes.com)

*Proudly made in the USA!  
 QMT Windchimes<sup>®</sup>  
 Manassas Park, VA  
 (800) 345-2530*

Imaging and Design By Robert Lund Photography

**Are your patients singing your praises?**

**Remember how it feels to be a patient?**

### **The Experience Matters**

Heather Jose is a professional patient AND a healthcare provider. Her high energy presentations bring both perspectives together in order to help your group create a positive, streamlined process that sends patients away singing your praises.

Receptionist to doctor, paperwork to scheduling... it all evokes an experience. Heather will help you make it a positive one. Perfect keynotes for all healthcare employees and also for patients and their families who want to be actively involved.

Author, speaker and 12 year stage IV breast cancer thriver—  
**Heather is ready to help your group Go Beyond Treatment.**

Contact Heather at [heather@gobeyondtreatment.com](mailto:heather@gobeyondtreatment.com) or 616-920-1580.



Heather Jose  
**gobeyond**  
 TREATMENT



**Need inspiration? Buy the book!**

Look for the updated version of "Every Day I am Killing Cancer" this fall.

**GoBeyondTreatment.com**





*Above: Mom and Dad during the Boutique Allee days. Below: Mom and her girls four years prior to her diagnosis.*



support for a woman or her spouse. There was no clear path for how a couple could manage the surgery, their relationship, or the prognosis. After Mom's mastectomy our parents didn't know how to talk about it.

In 1956 there was only a one-step treatment; there was

no choice given to patients about surgery. You went into the operating room and had a biopsy and treatment in one procedure. Mom had no informed consent regarding her condition. She feared rolling into the operating room that she would come out with

only one breast and that is exactly what happened.

There was little hope. In 1956 breast cancer was detected only when it was obviously palpable. The cancers weren't small and a breast cancer prognosis was dire.

Carole remembers, "The mastectomy took place weeks before my wedding. How difficult it was for Mom at that time, and how she shopped for prosthetics, bras, and how her demeanor changed. She was going through cobalt treatments (the early form of radiation), and she was pale and run down. Doctors had found cancer in her lymph nodes as well. Mom exercised moving her fingers up and down a wall to help the mobility in

her arm after removing so many nodes."

"Mom was not herself at my wedding which you can see when you look at my wedding pictures. I rarely, if ever looked at the photos. I couldn't bear to see Mom looking so unlike herself. It was so sad. It was a very difficult time because I was moving away and felt as though I was deserting her when she really needed me."

The middle daughter Priscilla recalls, "Some time later, doctors said our mom's breast cancer had metastasized. It had spread to her bones. In those days chemotherapy didn't exist. She was given 6-12 months before the cancer really "took over." She was told to put her things in order."

Leslie shares, "My sisters knew what was happening, but my parents decided not to tell me because I was nine years old, and my best friend's mother had died from breast cancer. I could see that mom had only one breast. I could see that her chest looked carved out, and that her armpit was disfigured. I knew she had breast cancer. But I wasn't supposed to know. I couldn't tell anyone about my fears. From that time forward I never knew if my mom would live."

After a period of time, additional cancer was found. Mom had a total hysterectomy including removal of her ovaries as a means to reduce estrogen in her body. It was hoped this would arrest the cancer.

Carole's memories continue, "At some point when the cancer was clearly active, mom was beginning to feel that it was taking over her body. She made arrangements to go from Los Angeles where we lived to see specialists in New York. She was searching for confirmation of the diagnosis and for an additional perspective on what was taking place in her body. She longed for a MD who would give her a different outcome. We met in New York to consult with various doctors. It was a terrible time. Mom was repeatedly told her cancer had metastasized. It was the first time I had actually heard that word and it hit me like a hammer."

"The worst part of that horrific experience was sharing a room with mom. I lay in bed hearing her cry in her sleep. I can't recall whether I woke her up or whether I just lay there listening to her cry. There is something particularly awful listening to someone you





*Celebrating Leslie's wedding. Mom is third from the right next to the groom.*

love, unconsciously and broken-heartedly crying while they sleep. I remember feeling completely helpless and that life was veering out of control. It's difficult to imagine what Mom must have been feeling."

"On a visit to one of the largest hospitals in New York City, a physician there told Mom that doctors didn't know everything. He encouraged her to take one day at a time. She decided to go home. She became one of first women to join Reach for Recovery and she began taking steps to change her life."

"In 1956 there were no "alternative" or "complementary" treatments. But Mom had an adventurous spirit and she looked into all options to help her cope. She was of Jewish descent but she studied Christian Science and even Astrology. She traveled many different paths to help relieve her fear of the future. Mom had no idea how long she'd live and how much more she'd have to contend with going forward."

Leslie remembers that after her mom returned home, her mom's depression became unbearable. "Mom made a decision to run away. In preparation, she decided to cut my long hair to just below my ears. The next day I was so traumatized that I ran home crying from school. I found Mom at

home packing a suitcase. I didn't know what her thinking was at that time, but I now know she felt desperate and was going to leave us. She thought cutting my hair would be easier since Dad would have to handle parenting alone. In her desperation, she had inadvertently wounded me. When we found each other that day, each running from our own pain, she gently talked to me about facing life's difficulties and shortly after she unpacked her bag."

"Mom could no longer stay at home. She had too much time to ruminate about whether she would live. She needed a kind of occupational therapy to refocus her thoughts. She approached a salon on the famous Sunset Strip in LA asking for a counter top to import Italian sweaters."

"Within a year, she opened a store next door to the salon calling it "Boutique Al-lee". Her store became one of the hottest boutiques in LA. Mom had found a passion and a reliable distraction. Over the next

## Naturally Nourish and Soothe with (seed)<sup>®</sup>

(seed) Healthy Hand Cream offers a unique blend of concentrated seed nutrients, nourishing you with antioxidants, Omegas 6 & 9, and more.

- Soy Free, Paraben Free
- Moisturizes and holds up to frequent handwashing
- Fragrance Free or with a burst of Essential Oil aromatherapy



(seed)<sup>®</sup> designated **CHAMPION** by  
The Campaign for Safe Cosmetics

**Limited Time Special Offer:**  
email us for a **FREE** sample  
of our Healthy Hand Cream at  
[healthyhands@seedbodycare.com](mailto:healthyhands@seedbodycare.com).

Available at Whole Foods, Wegmans,  
Duane Reade, Harris Teeter,  
Hannaford, Kinney Drugs, Vons,  
Pavillions, Tom Thumb, Randalls,  
Dominick's and Safeway

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



## Bloom Anew

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

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

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

DIEP ● S-GAP ● I-GAP ● SIEA

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



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



twenty years she opened four more stores from Century City to Malibu. All through those years it seemed she never went a day without fearing for her life.

According to Carole and Priscilla, somewhere along the way a miracle occurred. Mom was told her breast cancer was in remission. They can't remember how they were told, but each one remembers feeling as though a real "miracle" had happened.

Mom continued her annual checkups. All

seemed well and Mom was pretty much back to her old self. She was invigorated with the news of the return to better health. Her doctors believed that the total hysterectomy had eliminated her estrogen and therefore was in complete remission.

During the Boutique Allee period, she traveled to New York for buying trips. She did a lot of walking and began experiencing pain and weakness in her legs. Her symptoms became serious enough that she anxiously consulted doctors. She was diagnosed with Paget's Disease of the bone. She was relieved it wasn't cancer.

Eventually she retired from the retail business and decided to go to college. She pursued a Master's Degree, and a Marriage & Family Therapist license. In her 60's she became one of the oldest women in LA given that degree. Antioch University used a photo of Mom as their model for "returning women."

After our father passed away, Mom dated several men. She handled the mastectomy issue by being candid with some, and avoidant with others. She had three long term relationships and eventually lived with Maury until she died.

Forty years after breast cancer she was diagnosed with lung cancer. The lung cancer was a new primary cancer. She had surgery and was considered cured. Years later the lung cancer recurred and she was treated with radiation. Her lung cancer never came back.

In her late 80's Mom was diagnosed with a rare primary ureter cancer. She had pelvic surgery. Again, she was told she had a surgical cure. Within 18 months the cancer was back and she chose not to have any more surgery.

Mom died at 90 years old from her ureter cancer. She was valiant to the end. Her lifelong friend, comedian and TV personality, Sonny Fox, said "It took three cancers to bring her down."

At her memorial Leslie talked about her Mom's life. Several relatives said they never knew her mom had breast cancer. In those early days, many women kept their breast cancer a painful secret.

As an adult, Leslie became the curator of a regional breast cancer art exhibit. During



*Top to bottom: Mom and Leslie. Mom with her first great-granddaughter, Erin.*



*Red Thread*

**Breast cancer is hard enough. Shopping for clothing that fit shouldn't be.**

**Red Thread creates tops with *Easy Access Pockets*, and Breast Shapers. Designed especially for women with mastectomy or lumpectomy with or without reconstruction.**



**Feel Comfortable,  
Look Great.**

**RedThreadByDrDeb.com**

her exhibition work Leslie was introduced to the Latin American spiritual symbol, the milagro. Fascinated and enchanted by the simple beauty and gentle power of these symbols, she soon discovered breast milagros. To Leslie's family and friends, Ruth Jacobson was a walking miracle. Leslie decided to bring the milagro wish for a breast miracle and breast health to all women. She designed a contemporary Breast Milagro for women to wear as a private symbol or as a public statement. Ruth wore her Breast Milagro everyday.

Our mom's experience was a 49 year marathon waiting for breast cancer to end her life. She lived over half her life with this fear. But she also had a rich and full life. She never stopped exploring and taking on new challenges. Ruth Jacobson didn't waste a moment of those 49 years. [www.thebreast-milagro.com](http://www.thebreast-milagro.com) ■

# Big C and Big D

BY ANDREA BATEMAN

*In short, we cannot grow, we cannot achieve authentic discovery, and our eyes cannot be cleansed to the truly beautiful possibilities of life, if we simply live a neutral existence.*

— Armstrong Williams

My story with the dreaded “C” word began in the year 2003. That is when I had my first mammogram, which came back suspicious. Someone from the breast clinic called me back in for another look, but only repeated the mammogram with no additional testing. What did I know; I was a rookie at all of this. They assured me not to worry, it was all fine. Two years later I had another mammogram, and again, the same spot was suspicious, but again, they just repeated the mammogram and decided once again, it was nothing to worry about. Regretfully, I trusted their professional medical opinion.

Five years later, my new doctor read the result of my mammogram and she decided I needed an ultra sound and a biopsy. From there things progressed very rapidly. Over the course of the year I endured countless tests, procedures, pain, restoration, and finally my medical treatments were completed.

The years to follow were full of experiences that were just as challenging as being diagnosed with breast cancer and in some ways even more emotionally devastating.



I now see and truly believe living an inauthentic life will make you sick, literally! I had become the woman who lived her life totally for her children and husband, and had long ignored the inner most calling of my own well-being.

My marriage was over prior to my diagnosis but at the time I was not ready to admit it. The day I told my husband I had breast cancer, he just stood there and looked at me, I had to actually ask him to give me a hug to console me. Looking back, I should have known right then. I still had blinders over my eyes and my heart.

My first meeting with my radiologist is a day that is forever etched in my memory. The radiologist proceeded to tell me just how serious my stage 3B cancer was, and how I might not live. He suggested I get my affairs in order, and write letters to my children. My husband provided no support at all, just more pain and sadness. I can't help but think of the old saying “what doesn't kill you will only make you stronger”. As I look at my life, I can see that I am living proof of just that!

I spent countless days in therapy, not discussing my cancer, but my empty marriage. Looking back, I am totally convinced the strength I devel-





oped through breast cancer was key to finding my strength to no longer be in unhealthy relationships, and this meant the unhealthy relationship I had with myself at the time.

I finally took stock in the life I was living, and not living. I was in an empty marriage that had been over for many years, a marriage that I was not prepared to let go of.

I now realize that I stayed in the marriage out of fear, it was actually paralyzing. I was afraid I couldn't survive on my own should my cancer return.

I had been a stay at home mother for the most part, while my husband climbed the ladder of success and had secret affairs with women half my age. I didn't believe I could take care of myself or my children. My youngest child Jordan has Down Syndrome and was eleven at the time and my daughter Darby was fourteen. It just wasn't about making decisions about my personal welfare, any decision I made would have a life long impact on each of my children.

But I had let the fears of not being able to financially take care of my children overshadow the larger picture of my well-being and the well-being of my children long enough.

The turning point in my life came when I finally stopped pointing the finger at my husband for all of our issues, and started to take a very honest and deep look at myself.

When I first learned of my husband's years of betrayal, we had just relocated to a new town for another step up the professional ladder for him. I literally felt as if I had been placed in the pro-

*Andrea enjoyed finding shopping bargains in Cozumel.*





*Andrea and Deana Crouch enjoying the ocean on the Breast Cancer Thrivers Cruise.*

verbal desert in the midst of my most severe marriage crises. At first this was disconcerting to me, to be living in a new town with no friends, family, job, or church family to call on. But as the months passed, I learned to

rely on God and continued to discover things about myself. It took the following four years to rebuild and refine my spirit.

When I realized for the first time that I needed more than what my marriage could provide me, the decision for a divorce became

simpler. I talked with my closest friends and family members, I took several Bible studies, and put my path in the hands of God to refine my life and to help me see possibilities for my new life. My conclusion was that as a child of God I was worthy of a happy life and so were my children. I was no longer stuck in neutral about my life, I was beginning to see a way forward.

Breast cancer really forced me to see a more candid overview of my life and how I

was living my life. This deeper evaluation helped me to see that I had an unconscious habit of not speaking up for my needs, such as the time it took three different mammograms to realize there was an issue. At the time, I was so far out of tune with what I needed in my life that I didn't even think it was within my right to question what a medical professional was telling me and to

## CHOOSE INDEPENDENCE

# JUXTA-FIT™ ARMSLEEVE

**Struggling with your elastic armsleeve?**  
The Juxta-Fit™ Armsleeve is the perfect easy-to-use alternative.

The Juxta-Fit™ Armsleeve Features:

- Easy to don with a single hand
- Competitively priced with custom elastic sleeves
- Inelastic, adjustable gradient compression
- Breath-O-Prene® fabric treated with anti-odor/anti-microbial SILVERtec™
- Dual use for day and night
- Six month warranty

For more information call us at (800) CIRCAID (247-2243) or visit us online at [www.circaid.com](http://www.circaid.com)

**CIRCAID®**  
Making Compression Easier.



***Because you  
know a Breast  
Cancer patient  
or survivor...  
be a friend,  
tell a friend.***

Visit  
[SofteeUSA.com](http://SofteeUSA.com)  
or call  
1-866-605-8585



Prosthetic garments  
for comfort during  
recovery & after.

Helpful resources &  
inspirational support  
from a Breast Cancer  
Survivor.



ask for anything more – similar to how I kept blinders on out of fear of what I might see and feel to know that my husband didn't love me.

Four and a half years later, I am so much happier. The years of painful refining are finally paying off. My pattern of being in neutral about my health needs by my medical team is a thing of the past as well as my pattern of being passive about letting my husband or anyone (not even cancer) take advantage of my gentle nature.

I am at a new place in my life - the divorce is almost final, Darby begins college in the fall at Missouri University, and I have more financial responsibilities than before. But through it all, I am healing, I am growing, and I am alive. I was a Thriver all along; I just hadn't recognize it as such quite yet.

Healing for me came as a result of opening my eyes, my mind and my heart, believing in myself, deepening my relationship

with God and taking responsibility for my decisions and actions. I am no longer numb to the idea of having a healthy life – I now embrace happiness and peace in some way every day, which is quite a contrast to my life four and a half years ago.

Today, my soon to be ex-husband and I are now in a peaceful place and we are still great parents.

I am thankful to be back in the travel industry, a career that I had always loved, but gave up for my husband's career and to take care of my special needs son. The opportunity to be involved with the Breast Cancer Thrivers Cruise and Great Southern Travel is extremely rewarding for me. Not only do I get to help as the lead travel agent for the 7th Annual Thrivers Cruise, but I have the pleasure of meeting and getting to know Thrivers from all over the country. Feel free to contact me at [abateman@greatsouthern-travel.com](mailto:abateman@greatsouthern-travel.com). ■



*Andrea and her son Jordan*



# Subscribe today!

## Only \$15 for 1 full year

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_

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

☐ Check/Money Order Enclosed

☐ Bill My Credit Card



CC # \_\_\_\_\_ Exp \_\_\_\_\_

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

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

**Don't wait, subscribe today.**

# JUST FOR FUN

Cartoon printed with permission from Christine Clifford from *Not Now... I'm Having a No Hair Day!* (University of Minnesota Press).

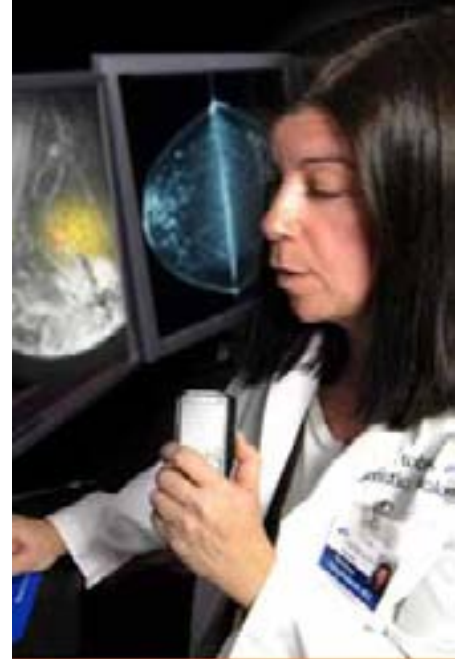


"DARN!... I KNEW I SHOULD HAVE WORN A CHIN STRAP."

Working to  
keep you  
**cancer-free**

CoxHealth brings you sophisticated technology for early detection. It's easy to schedule a convenient appointment. Just call 269-LADY today.

 **COXHEALTH**



Your experts, friends, neighbors.







**For more information,  
visit [www.muscadinehealthresearch.com](http://www.muscadinehealthresearch.com)  
or call (888) 770-1200 and listen  
to our two minute message.**

Bill Truitt, Independent Distributor  
[www.naturespearlproducts.com/naturalcancerdefense](http://www.naturespearlproducts.com/naturalcancerdefense)  
 Visit us on YouTube - [www.youtube.com/naturalcancerdefense](http://www.youtube.com/naturalcancerdefense)  
 Natures Pearl Products are not intended to diagnose, treat, cure or prevent any disease.

Please visit [www.naturespearlproducts.com/naturalcancerdefense](http://www.naturespearlproducts.com/naturalcancerdefense) and get your free trial of this incredible product



Winner of the IPPY Award for Best Health Book of 2005

# WAKING THE WARRIOR GODDESS

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

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

A pioneer who pushed through federal and state legislation ensuring that breast reconstruction after a mastectomy would be paid for by insurance companies, Dr. Horner lost her own mother to breast cancer. She decided then that her mother's death would not be in vain. Something good would come from it. This legislation was her first gift to her mother's memory, and this book is another.

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

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

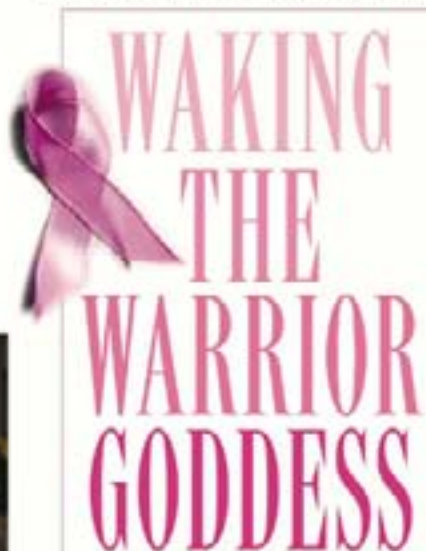
*Harness the power of nature and natural medicines to achieve extraordinary health.*

Only \$24.95 (#155)  
Available at bookstores and health food stores everywhere, or to order directly from the publisher, call 1-800-575-8890 or visit [www.basichhealthpub.com](http://www.basichhealthpub.com)

**Basic  
Health**  
PUBLICATIONS, INC.



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



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



## Apparel



**CANCERAPPARELGIFTS.COM** sells eye-catching cancer shirts, apparel and gifts to promote awareness for your cause. Take a stand against cancer and make an impression with our cancer gear. [www.cancerapparelgifts.com](http://www.cancerapparelgifts.com)



**GIFTSFORAWARENESS.COM** Promote the importance of awareness because it matters from original Breast Cancer shirts, apparel and gifts to other cancer and disease advocacy causes. [GiftsForAwareness.Com](http://GiftsForAwareness.Com)

## Apparel/Moisture Wicking



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

## Books

**STILL HAVE FAITH** by Michael Stalter. The year's most touching look at one family's battle with cancer. It is a heartfelt, sometimes alarming portrayal of a husband's emotions, feelings, and struggles in dealing with his wife's 17½-year battle with breast cancer and the four years since her death. Written from a man's perspective, a behind-the-scenes look into how men think and feel, communicated in a very down-to-Earth style. Order it now from [Stillhavefaith.com](http://Stillhavefaith.com)



## Books



### NOT MY MOTHERS JOURNEY

The author shares her story about all aspects of having breast cancer after losing her mom to the disease. Contact for a signed copy or buy on Amazon. [www.sharingmystory.com](http://www.sharingmystory.com) [heatherstabin@yahoo.com](mailto:heatherstabin@yahoo.com)

## Compressions Garments



**CIRCAID** is a manufacturer of adjustable, inelastic compression garments for the management of lymphatic and venous disease. [www.circaid.com](http://www.circaid.com)



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

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

## Diagnostic Services



*The Science of Individualizing Cancer Therapy*

**PRECISION THERAPEUTICS** Precision's Comprehensive Tumor Profiling provides a total sum of information for each patient's cancer to help guide physicians with difficult clinical decisions throughout the cancer care continuum. [www.chemofx.com](http://www.chemofx.com) [www.precisiontherapeutics.com](http://www.precisiontherapeutics.com) Contact Pam Ranallo [pranallo@ptilab.com](mailto:pranallo@ptilab.com)

## Deodorant



## Gifts



**AMSEE LTD** Each Medallion sold prompts a donation of \$2.50 to Breast Cancer Charity's. The Medallion's are stamped, embossed, individually hand polished to a mirror finish, and packaged in a Collectors Tin. [info@amsee.org](mailto:info@amsee.org) [www.amsee.org](http://www.amsee.org)



**BREAST MILAGRO** Breast Health's new look! The Breast Milagro necklace ("miracle" in Spanish), connects health and healing. This symbol signifies awareness, survivorship, and gratitude. Wear it for the women you love. [www.thebreastmilagro.com](http://www.thebreastmilagro.com) (360) 232-6266

[GIFTSFORAWARENESS.COM](http://GIFTSFORAWARENESS.COM)



## Gifts



**MY HOPE AND HEALING** Prayer Cloths, Scripture Blankets and Snuggle Pals provide physical and spiritual comfort for the healing journey. Wrap those you love in the ultimate luxury of minky and God's word. Contact: cheryl@myhopeandhealing.com www.MyHopeAndHealing.com



**NOT JUST ANY OLD DAY** It's YOUR Special Day®. Celebrate your "Cancerversary" with Calendar Jewelry from Not Just Any Old Day. Give a Keepsake gift to yourself, a family member or friend and help celebrate a milestone date for them. www.yourcancerversary.com (657) 888-GIFT (4438)



**HOW WE BECAME BREAST CANCER THRIVERS BOOK**  
Our hindsight can be your foresight.  
\$12.95 plus S/H.  
Easy order today at  
BreastCancerWellness.org.

## Hair Loss Solutions



**EMBASSY STUDIOS HAIR RESTORATION**  
Chicago's most trusted name in hair replacement for over 40 years. www.embassyhairloss.com 312-642-9800



**JERNIGAN'S** Helping patients privately maintain and restore their hair through all available options, including human hair systems, surgical transplants performed by Dr. Koher, laser therapy for hair regrowth and products. www.jernigans.com 1-800-222-9806, 919-787-2401

## Hats & Headwear



**ANOKHI** The softest cotton scarves you will find! Dozens of beautiful prints for all tastes. Squares and rectangles for many tying variations. Breathable, non-slipping cotton for total comfort and loveliness! 978-341-0753 www.anokhiusa.com



**BEAUBEAU™ SCARVES!**  
"Hair Loss Never Looked So Chic". Fashionable scarves for women and girls with medical hair loss. Unique pre-fitted and sized scarf that requires no tying. Available in an endless selection of beautiful fabrics. Lots of styling options. Visit www.4women.com or call 941-361-2408.

## Healing Cream

WWW.RADXHELPS.COM

## Integrative Care



**RENO INTEGRATIVE MEDICAL CENTER** offers a variety of treatments for Cancer of all types. Our approach is to support the body's natural defenses while strategically targeting the Cancer. www.renointegrative.com or call 775.829.1009

## Life Coach



**GUTSY LADY COACHING** Do you want something better in your life, but not sure how to get it? Do you want to be happy again? Get my FREE gift, "Roadmap to Happiness" at CindyGiles.com or call 630-219-1992. I am a BC Survivor and understand what you're going through.

## Lymphedema Product



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

## Mastectomy Products



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



**CONFIDENT CLOTHING COMPANY** This is the product you need before surgery. Cool Chemo Garments are fashionable and comfortable. Drain pockets are discreet, secure and removable. 831-440-8834 www.confidentclothingcompany.com



**IT'S MY SECRET** As a breast cancer survivor I understand this is an emotional time. It's My Secret, Post Surgical Jacket allows you to comfortably and discreetly hold and hide your surgical drains. www.itsmysecret.org. Call 516-379-2949 or email itsmysecretjacket@gmail.com.



**JILLIANNA MASTECTOMY WEAR** Jillianne is a new post mastectomy non-silicone form. The unique design is soft, supple and cooler than silicone. Visit Jillianne.com to learn about this break through product and rediscover freedom. Call 1-866-637-4442. www.jillianne.com

## Mastectomy Products

### Janac Mastectomy Wear for Fighters & Survivors

*Designed by a breast cancer survivor*



Fits any regular or mastectomy bra

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

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

Call **905-332-7576**

Toll Free **1-866-290-0821**

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

## Mastectomy Services

**NEARLY ME** [www.nearlyme.org](http://www.nearlyme.org)

**TRUEKARE BREAST FORMS** [www.truekare.com](http://www.truekare.com)

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



*We Are Your Solution...*

**Providing...** Post-Mastectomy Products including Breast Forms, Bras, Camisoles, Swimwear, Skin Care, Exercisewear, Leisure Wear, Wicking Sleepwear

EVERY MANUFACTURER AVAILABLE • HELP WITH MEDICARE

**877-463-1343**

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



**WICK'EM BRA LINER** Make wearing a bra bearable during cancer treatments. Our silky soft, cushioned Wick'em Bamboo Bra Liners keep moisture and your bra away from your skin for comfort & healing. [www.wickembraliner.com](http://www.wickembraliner.com)

## Radiation Therapy



**RADX** 2% Lidocaine, Organic Aloe, anti-reddening, anti-inflammatory, unfragranced, OTC. Ask oncology nurses. Order online at [CVS.com](http://CVS.com), neighborhood and mass market pharmacies. Pain Relief, Helps Heal, Skin Regeneration. 866-411-RADX (7239) [www.radxhelps.com](http://www.radxhelps.com)

## Natural Skin & Hair Care



**BOTANICALS FOR HOPE** Natural additive-free and fragrance-free skin care products created by a cancer patient for cancer patients and people with sensitive skin. [www.botanicalsforhope.com](http://www.botanicalsforhope.com) [info@botanicalsforhope.com](mailto:info@botanicalsforhope.com)

## Sleepwear & Bedding



**COOL-JAMS WICKING SLEEPWEAR & BEDDING** Need help for night sweats and nighttime temperature regulation? Visit [Cool-jams.com](http://Cool-jams.com) for the #1 rated wicking sleepwear brand and temperature regulating bedding. You'll stay cool, dry and comfy every night and get the rest that you need. Toll-free orders: 888-849-0013 [www.cool-jams.com](http://www.cool-jams.com)



**YELLOW DAFFODILS POST MASTECTOMY & WIG BOUTIQUE** Most Insurance accepted; breast/lumpectomy forms, mastectomy bras, post surgery garments, mastectomy swimsuits, most items in stock. 961 Downingtown Pike (RT 322) West Chester, PA 19380 610-692-7544 [www.yellowdaffodils.com](http://www.yellowdaffodils.com)



**CLIMB ON!® PRODUCTS** 100% biodegradable, food-grade ingredients packed into a nurturing skin care line. These ingredients work synergistically with our body to maintain a state of balance. [www.climbonproducts.com](http://www.climbonproducts.com) 877-966-2600



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



Advertise in **BCW**

Contact **BONNIE PHELPS** [bonnie@breastcancerwellness.org](mailto:bonnie@breastcancerwellness.org) 417-581-3438

Advertising • Advertorials  
Banner Ads • Pink Pages • Sponsorships  
Catalog Promos • Brand awareness  
Product Launches

## Oncology Nurse Navigators



National Coalition of  
Oncology Nurse Navigators

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

## Support Groups

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



## Travel

**6TH ANNUAL THRIVERS CRUISE** Join other Thrivers on April 21-26, 2012 for the 5-day Western Caribbean cruise—sailing out of New Orleans to Progreso, Yucatan and Cozumel, Mexico on the Carnival Elation Cruise Ship. Contact Laurie Bennett 417-664-5380 or visit [thriverscruise.com](http://thriverscruise.com).

## Treatment Care Products



**FRIENDS' PLACE AT DANA-FARBER CANCER INSTITUTE** You can find a wide variety of items to meet your special needs physically and emotionally. Hats, Scarves, Apparel, Bras, Cancer Awareness Gifts. [www.dana-farberfriendsplace.org](http://www.dana-farberfriendsplace.org). Call 617.632.2211.



Advertise in  
**BCW**

Contact **BONNIE PHELPS**  
[bonnie@breastcancerwellness.org](mailto:bonnie@breastcancerwellness.org)  
417-581-3438

## Wellness Consultants



**GOOD GRIEF COACHING** providing support through change and adversity to the cancer community using life changing tools to create sustainable well-being to build thirvership™. OVER THE PHONE SESSIONS, workshops, speaking. Call 856-270-2308 or [www.goodgriefcoaching.com](http://www.goodgriefcoaching.com)

## Wigs



**MY TRENDY PLACE** We are your ultimate source for Human Hair. Our Stylish, Lightweight Wigs are very Comfortable and Natural looking. We specialize in Lace Wigs, Medical Wigs, and Fabulous Head Wear. "Experience The Transformation" 1-713-723-2900 [www.houstonlacefrontwigs.com](http://www.houstonlacefrontwigs.com)

## Wigs



**GODIVA'S SECRET WIGS** Voted "Best Wigs" for 5 years in CA, you'll love our service & selection. Watch 60+ videos for styles & tips at [www.YouTube.com](http://www.YouTube.com) – search "Godiva's Secret Wigs". Wigs, bangs & more at [www.GodivasSecretWigs.com](http://www.GodivasSecretWigs.com) or 818-591-0883.



**WIGS YOUR WAY** In-home service. Synthetic & human hair wigs, ready to wear or custom. Available in select salons in CT, NY & NJ. Aetna Provider. [Wigsyourway.com](http://Wigsyourway.com) [info@wigsyourway.com](mailto:info@wigsyourway.com), 203-992-9421



**YELLOW DAFFODILS WIG & MASTECTOMY BOUTIQUE** Most Insurance accepted; large selection; hats and accessories; most items in stock private rooms. 961 Downingtown Pike (RT 322) West Chester, PA 19380 610-692-7544 [www.yellowdaffodils.com](http://www.yellowdaffodils.com)

## HOW WE BECAME BREAST CANCER THRIVERS

Our hindsight can be your foresight



## THRIVERS' BOOK— ON SALE NOW!

How We Became  
Breast Cancer Thrivers

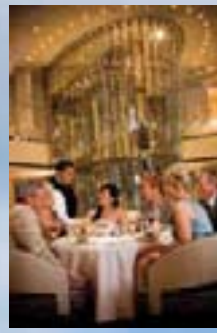
\$12.95 Plus S/H

Easy order at [www.BreastCancerWellness.org](http://www.BreastCancerWellness.org)

*This book is still available in the free online e-book format.*

**Get your copy today!**

**[WWW.BREASTCANCERWELLNESS.ORG](http://WWW.BREASTCANCERWELLNESS.ORG)**



# BCW Alaskan Cruise

July 12-19, 2013

Sailing out of Seattle, Washington to Ketchikan, Juneau, Skagway and Victoria, British Columbia on the Celebrity Solstice



An elegantly designed vessel sure to please the most seasoned traveler with award-winning cuisine, luxurious spa and engaging staff.

Beginning at \$1,329\* Interior P/P

\*Includes port charges and fees. Celebrity reserves the right to impose a fuel supplement on all guests at up to \$10 per person per day if the price of West Texas Intermediate fuel exceeds \$65 per barrel. Rates are per person, based on double occupancy and are subject to availability. Restrictions apply. Ship's registry: Malta

**Call today, limited availability ~ Call Andrea Bateman 1-800-749-7116, [abateman@greatsoutherntravel.com](mailto:abateman@greatsoutherntravel.com)**







In honor of Breast Cancer  
Awareness Month



## Why Inspire? Because It Starts With You.

Trudy (right) is the winner of the 2012 Face of Inspiration Contest. Her inspirational quote was selected by voters from across the country.

“ *There are miracles behind every door.  
Be brave enough to open one.* ”

Thousands of women have found this to be more than just a breast form...for many it's a doorway to live, feel and inspire.



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



## Enter for your chance to become the next Face of Inspiration.

To learn more about the Inspiration  
Series visit [www.americanbreastcare.com](http://www.americanbreastcare.com)

