



# Breast Cancer Wellness

Financial  
Wellness  
After BC

Thriving  
Caregiver®

A Gift in  
Every  
Adversity

The Father in  
the Pink Bra

THIS IS MY CANCER  
STORY. IT'S ABOUT

love

- Luana DeAngelis



NON-PROFIT FIRST CLASS  
PAID  
PERMIT NO. 205  
BOLINGBROOK, IL



# Bloom Anew.

*Women who've had a mastectomy now have the option to regain breast shape and fullness without artificial implants or loss of muscle.*

## ***The Center for Natural Breast Reconstruction***

*is fully dedicated to these breakthrough, life-enhancing procedures.*

Known as "microsurgical breast reconstruction with perforator flaps," this advanced procedure requires a surgical team with expert training and skills. The Center for Natural Breast Reconstruction board certified plastic surgeons, Dr. James Craigie and Dr. Richard Kline have dedicated their careers to providing women with the finest possible breast reconstruction results. Our center also has the distinction of being among the small number of centers in the country who routinely perform bilateral GAP flap breast reconstruction within **one** surgical session and lymph node transfer to ease lymphedema symptoms.

Using state-of-the-art techniques, each patient's breasts are reconstructed and restored to a natural contour. Muscles are not sacrificed or moved. Instead, breast fullness is achieved by transplanting fatty tissue and excess skin from the woman's own abdomen or buttocks, along with microscopic blood vessels that transport life-giving blood to the reconstructed breast. Necessary to the procedure, the removal of fat from the lower body becomes an added benefit. Women who have completed radiation or chemotherapy may be candidates for natural breast reconstruction as soon as three to six months after treatment. Women dissatisfied with the outcome of breast reconstruction with implants can remove implants and convert their reconstruction to natural tissue. The procedure typically involves a hospital stay of about four days. Afterward, most women return to work and normal activity within about four weeks.

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

DIEP ● S-GAP ● I-GAP ● SIEA



THE CENTER FOR  
NATURAL BREAST RECONSTRUCTION

*Helping Women Make Smart, Informed Choices*

Suite 120, 1300 Hospital Drive, The Medical Center at East Cooper, Mount Pleasant, SC 29464

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

Blog with us [www.breastreconstructionnetwork.com](http://www.breastreconstructionnetwork.com)

843-388-0660 or 1-866-374-2627



**COVER THRIVER**  
**Luana DeAngelis**

**FALL 2012**  
Volume 7, Issue 3

**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 Vote  
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)

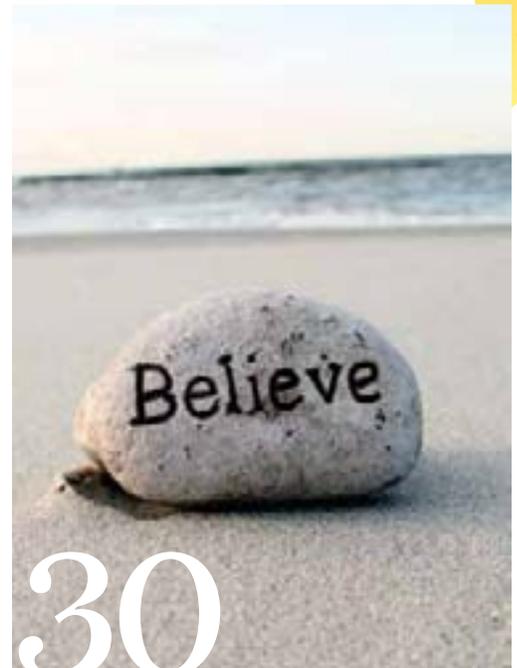
\*\*\*\*\*

**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 advertisements 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 written permission of the publisher.*



# Contents



## Openings }

4 Editor's Letter

## Grow }

6 Financial Wellness  
10 3 Women on a Journey III

## Nourish }

12 Invite the Crociberous Family For Dinner  
15 Healthy Recipe

## Renew }

16 The Thriving Caregiver\*

## Inspire }

20 Young Thrivers  
26 A Gift in Every Adversity  
30 My Journey Through My Camera Lens  
34 This is My Cancer Story. It's About Love.  
38 The Father in the Pink Bra

## Connect }

4:3 Power of Words  
4:4 Pink Pages Directory



### CONNECT WITH US!

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

Join us on

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

—Beverly Vote

## DEAR FRIENDS,

*It is what we do now that matters.* In the past it might not have been appropriate or proper to ask questions or to question authority, yet the more we ask, the more we learn, and the more authoritative leaders are propelled to reach even higher. Our future is influenced by our decisions we make today and by what we except or won't tolerate. Of course this has always been the way life is.

Many of the contributors in this issue of the magazine have realized a new life purpose born out of the experience of breast cancer. The experiences which followed Carol Adrienne's breast cancer diagnosis helped her to see her life purpose differently and today she is a bestselling author on the subject. Christine Horner MD focused her professional life on breast cancer wellness after her mother died from the disease. In 2004, Luana DeAngelis found integrative treatments weren't readily available to her or to other cancer patients in the largest city in the world, thus she made a bold decision to help others. These women are just a few of the influencers in the world who are shaping our future. And you are too, we are all special influencers. Pink sisters rock!

*It is what we do now that matters.* Consciously choose love and faith over doubt and fear.

Choose to accept a life purpose and a vision of your life that works for you. If you don't have a vision for your life, borrow one from someone you admire and respect and observe how they are living their life and integrate the values they display into your life. Or do what Dusty Showers did—he prayed for purpose to be given to him. Or do what Darlene Cunnup did—she chose to see herself differently and what better way



than to stand back and look at her situation through a different perspective so she could see how to improve her situation and that she did!

*It is what we do now that matters.* It's a new day, how will you choose? Mary Carwile chose to receive a gift from her adversity and to share inspiration with others.

Which brings me back to the best advise I ever received in my life which was from Dr Bernie Siegel—he teaches to do what makes you happy. Having a diagnosis of breast cancer is a most applicable time in which to apply this principle. If not now, when? *It is what we do now that matters*—do what makes you happy, and you will be influencing your life and the future in a remarkable way, leaving your legacy in your way—isn't that what we all want is to know that we have lived, loved, and mattered!

*Be a Thriver!*

*Beverly Vote*

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

[facebook](#)

Everyone here has the sense that right now is one of those moments when we are influencing the future.

— Steve Jobs



QUITE SIMPLY...

- THE LIGHTEST
- THE SOFTEST
- THE MOST NATURAL....

...BREAST FORM THE WORLD HAS EVER SEEN

# Impressions

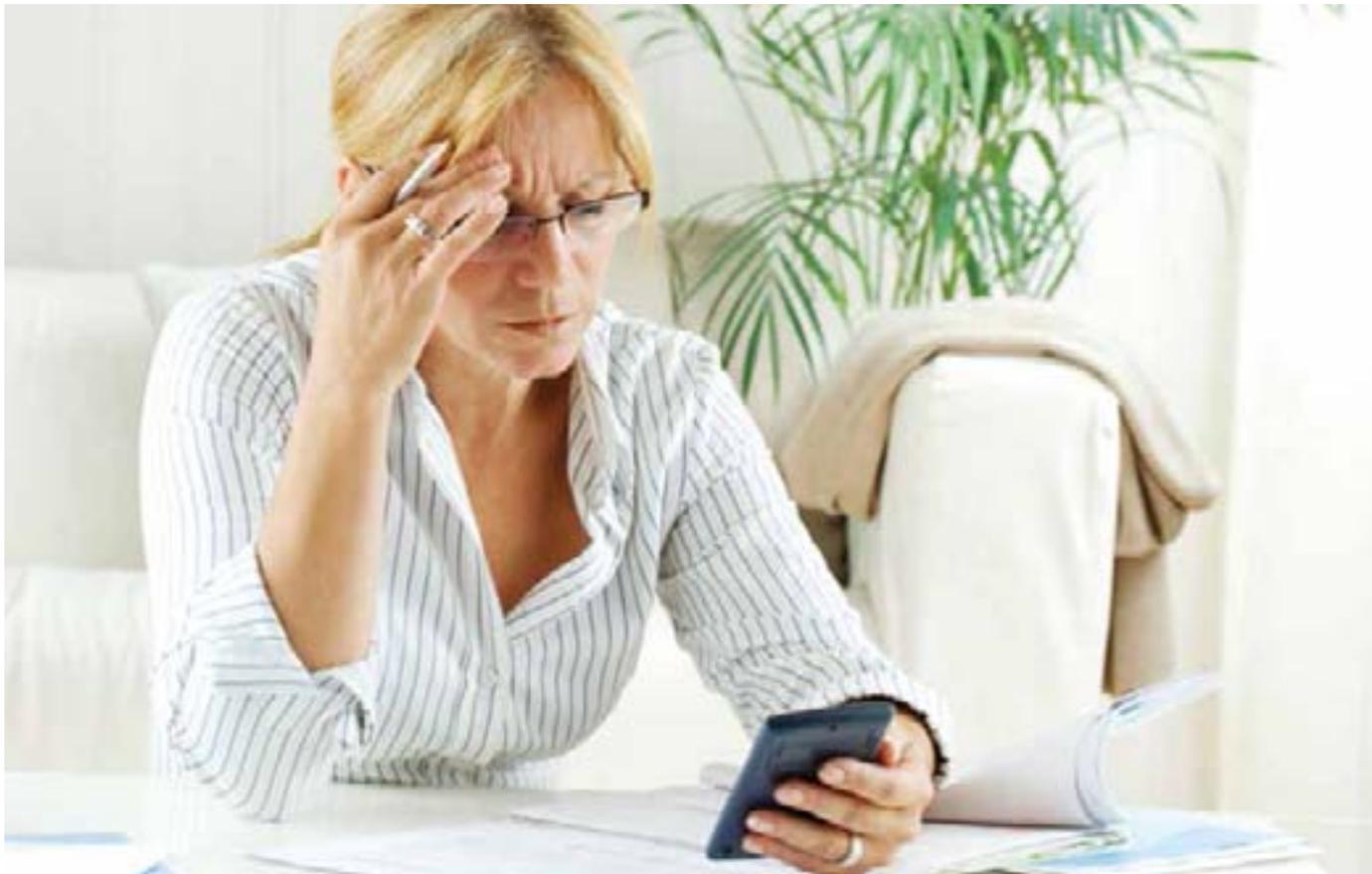
Ask about our  
Free 30-Day  
Trial! \*



\* To find out if you are eligible for a free 30-Day Trial of Impressions, contact your Breastcare Fitter or call Trulife at 1.800.492.1088 to find an Impressions Fitter near you.

We are so sure that you will love it.

Go to [www.trulife.com](http://www.trulife.com) to learn more about Impressions



# FINANCIAL WELLNESS AFTER BREAST CANCER

BY BEVERLY VOTE

**God wants us to prosper financially, to have plenty of money,  
to fulfill the destiny He has laid out for us.**

— Joel Osteen, Joel Osteen Ministries

Being diagnosed with breast cancer can have devastating effect in all areas of our life, physical, personal, emotional – and financial. Many of us never talk about the financial aspects of our diagnosis but have you ever had any of these thoughts?

*If only I didn't have to worry about money.*

*I worry that my health creates a financial burden for my family, so I don't always ask for things that I need.*

*I wish that I had the energy to be more financially responsible.*

*Please, I can't deal with any more problems.*

Our journeys on earth are as individual as we each are. Carol Adrienne heard the shocking words from her husband just days after she had returned home from the hospital after having a mastectomy. “You look old and ugly and I want a divorce,” he said without hesitation.

In what felt like a blink of an eye, Carol was experiencing a personal earthquake of her own as she watched her life being turned upside down. She was forced to accept that she was losing her spouse, her home and possibly losing her life. Carol had mounting debts and she was soon to learn her husband hadn't paid income taxes for several years. Carol had arrived at a place in her life where she had no visible emotional or financial support and no where to live, all happening while she worried about dying.

Fast forward, Carol Adrienne divorced her husband, wrote the bestselling book *The Purpose of Your Life*, appeared on the Oprah show, loves her flourishing career as a numerology expert and is in a new long term loving relationship.

Neither life or creditors wait for us to get our financial house in order. Life doesn't wait until chemo treatments are over, doesn't wait until we get healed from breast cancer, doesn't wait until we have the energy to find a great job, and doesn't wait for us to win the lottery.

Perhaps you didn't suffer significant monetary problems as a result of being diagnosed with breast cancer, but many of our pink sisters face serious financial hardships and many faced financial hardships prior to their diagnosis of breast cancer, and now face compounded situations.

Perhaps you feel uncomfortable discussing money or worry that you are under-paid and under-valued. Perhaps you accept that there isn't anything you can do about your money woes or living your heart's desire and life purpose.

Money touches almost every aspect of our life, and sometimes it is one of the elephants in the room that we don't want to discuss and many times seems to grow more insurmountable every day. For many it may feel very unfair or impossible to have to deal with financial issues at the same time of facing such devastation as breast cancer. There is no avoiding that our financial well-being has to be evaluated because money affects our quality of care and our emotional and mental states of mind, all of which impacts our well-being.

For many women diagnosed with breast cancer, it just isn't a wake-up call to make drastic healing changes. Breast cancer has become their wake-up call to realize their real self worth and how this affects their financial results, their life's calling, and their way forward to help heal from breast cancer in profound and lasting ways. Some women believe what they learned in their journey is what led them to their true destiny.

### HOW DID CAROL GO FROM BEING IN PHYSICAL, EMOTIONAL, AND FINANCIAL DEVASTATION AND OVERWHELM TO HAVING A HEALTHY AND PROSPEROUS LIFE?

Necessity is a powerful driving force that moves one's life in a new direction. Carol Adrienne looked beyond her need to please others and began to listen to her true calling. Through her life's experiences, Carol learned that life purpose is found in what you do easily, and what you can't help doing. She wondered if she might do some writing and she swears that is when God heard her.

Quite easily Carol found a place that worked perfectly for her writing cottage, and the book *The Purpose of Your Life, Finding Your Place In The World Using Synchronicity, Intuition, And Uncommon Sense* was born. "One of the greatest gifts I received as a result of having breast cancer, going through a divorce, and learning how to change my financial conditions was the gift of trust – learning to trust what I needed would be provided for me, and learning to trust myself and that I had something of value to share with the world," said Carol.

It proved valuable for Carol to hone her intuitive skills and to seek expert help from someone who had been in deep financial holes herself. Carol had the opportunity to

work with Karen McCall and learned first hand how to apply financial principles that continue to this day to make a remarkable and long-lasting difference in Carol's financial well-being.

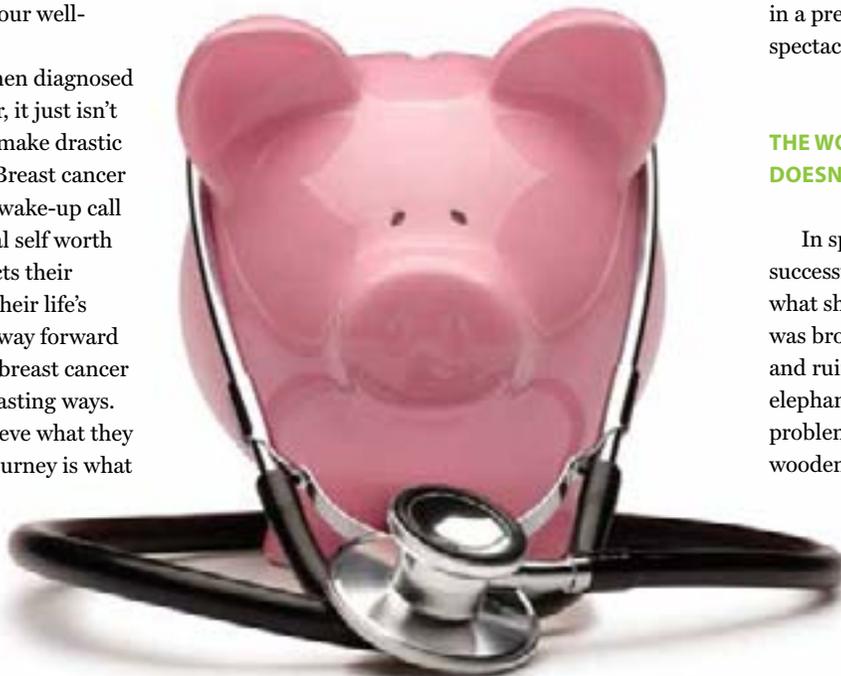
### FINANCIAL RECOVERY BEGINS WITH TAKING SIMPLE, YET POWERFUL STEPS

"Financial recovery begins with taking simple, yet powerful steps in the direction of your desires and passions," said Karen McCall. "True financial recovery isn't about traditional budget-planning or the latest money-making trends or the hottest investment. It is about addressing one's core relationship and attitudes about money. I have learned that everyone, whether they have a lot of money or a little, deserves support and compassion to improve their relationship with money."

Karen McCall, financial counselor, founder of The Financial Recovery Institute, creator of *MoneyMinder*<sup>®</sup> and author of the book, *Financial Recovery, developing a healthy relationship with money*, has personally experienced extreme financial contrasts in her life – experiencing authentic poverty in her childhood to pretentiously living high in an exclusive neighborhood near the Golden Gate Bridge in San Francisco while working in a corner office in a prestigious professional district with a spectacular view of San Francisco Bay.

### THE WOODEN BOWL SYSTEM DOESN'T WORK

In spite of all the perceptions of a successful life and career, Karen McCall kept what she calls a "dirty" secret to herself. She was broke, close to financial devastation and ruin. But Karen continued to ignore her elephant in the room, and hid this growing problem the best she could. She put a big wooden bowl on top of her refrigerator and threw all of her bills that she never opened into the bowl, even purposefully ignoring bills from the IRS. By keeping the looming



bills out of site sight, it was easier to keep these fears out of her mind. The wooden bowl served as a catchall to store her unhealthy secret and she thought she was safe from others knowing how bad off she was financially.

Karen's turning point away from a financial tsunami came in her life when her friend Tom kept showing up at her door with self-help audio cassettes. One of the first programs that touched her deeply that Tom shared with her was *Move Ahead with Possibility* by Robert H. Schuller. What spoke so deeply to Karen was when she read Robert's words "Once you act, more possibilities will open up for you."

For the first time in a long time Karen found the courage to get honest about the state of her financial condition, to explore her history with money, and to explore ideas and possibilities how she could begin to manage her life differently. She also found the courage to take the wooden bowl off the top of the refrigerator.

Karen took an honest assessment of her life and finally faced that she had an unhealthy relationship with money. She acknowledged that her relationship with money had been filled with fear, self-doubt, guilt, pain and embarrassment. Karen worried that the world would not provide what she needed, perhaps a carryover poverty mentality that she had been conditioned to as a child and that she tried to cover up with designer suits and the perfect attache case. Karen wondered if her past childhood poverty experiences were back to haunt her until she finally learned how she could be financially well.

### KAREN MCCALL'S LIFE PURPOSE WAS CALLING HER

As Karen continued to take positive actions, more doors opened up for her and she began the path that would turn into her life's calling – helping others with financial recovery after devastation.

Karen remembers the life changing moment when she found

"When I chased after money, I never had enough. When I got my life on purpose and focused on giving of myself and everything that arrived into my life, then I was prosperous."

— Wayne Dyer

Author of *You'll See It When You Believe it: The Way to Your Personal Transformation*

herself standing on a rocky shore looking out across the Golden Gate Bridge and realizing that no matter what her financial circumstances were, she would find inspiration and renewal. She had been in despair for so long that it felt like it would take a miracle to lift her spirits. Karen remembers, "I felt a powerful surge of energy, inspiration and courage. Yet nothing about my circumstances had changed, but I felt somehow that everything had changed because I knew deep down I would find the way. I felt the power from a source much greater than myself and realized this power had always been there for me, even in my darkest moments, and that I knew I could make it across to where I wanted to be, and that I would

cross that bridge, the bridge of Financial Recovery, one step at a time."

Today, Karen loves to help others cross their bridge from despair to positive action. She knows what it feels like to be broke, embarrassed and devastated. "Unless you know what to do about your finances, the feelings of devastation don't go away by throwing them in a wooden bowl on top of a refrigerator," said Karen.

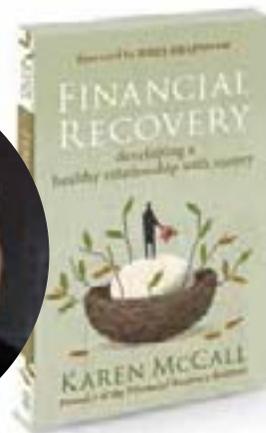
### WHAT IS FINANCIAL RECOVERY AND WHAT DOES IT MEAN FOR YOU?

The Financial Recovery is a process that helps the participant to develop a healthier relationship with money that is life-changing. It enables you to understand where you are, how you got there, how to change your financial circumstances in the present, and how to maintain a healthy financial way of life long into your future. Financial Recovery simultaneously addresses your internal needs and your external behaviors, because there must be harmony with each other.\*

Karen McCall founded the Financial Recovery Institute® to bring her innovative, transformational approach to as many people as possible. Her website offers free downloadable articles and resources to support a financial recovery including a free subscription to her blog which offers inspiration for keeping on track. Her book, *Financial Recovery and The MoneyMinder®* products including money management software and the MoneyMinder® Personal Autobiography workbook are available for sale on her website.

Karen spreads her passion for her work by training counselors and money coaches to build their own successful practices. A popular speaker and workshop leader, Karen lives in Sonoma County, CA. [www.financialrecovery.com](http://www.financialrecovery.com). ■

\*Excerpted with permission from *Financial Recovery, developing a healthy relationship with money*



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

**Audrey Allen**  
Breast Cancer Survivor



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

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

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

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

Read more about Audrey's treatment and life after breast cancer at [cancercenter.com/audrey](http://cancercenter.com/audrey).

**If you or a loved one has been diagnosed with advanced-stage or complex cancer, call 1-888-841-9323 or visit us at [cancercenter.com](http://cancercenter.com). Appointments available now.**



Winning the fight against cancer, every day.®

Atlanta • Chicago • Philadelphia • Phoenix • Tulsa

*Care that never quits®*

No case is typical. You should not expect to experience these results.

©2012 Rising Tide

# 3 Women on a Journey II

BY CINDY GILES, ACC, CLP

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

— Lao-Tzu

This is the continuation of the article **"3 Women on a Journey"** from the **Breast Cancer Wellness Magazine Summer Issue.**  
(<http://www.breastcancerwellness.org/mags/summer2012/index.html>)

This journey started on the 6th Annual Breast Cancer Thrivers Cruise 2012, where I met three women who were interested in the coaching process. The invitation offered was to commit to 12 weeks of coaching and follow through with the action plan that is set each week to reach the desired goals.

We are over half way through, and I would like to add, that it is my personal pleasure to be a small part of these three courageous and inspiring women who have opened up their lives to share with all of you. Here is their journey, their goals and progress, and their personal thoughts of what they have experienced.

## Michelle

39 • Caretaker • Cayman Islands



Michelle is a divorced mother of three that shares joint custody with her husband. She was her mother's caretaker three years ago when she was diagnosed with breast cancer and currently is helping her mother recover from thyroid cancer surgery and treatment.

Michelle's challenges were many, including being invisible in her life and being a self-proclaimed "control-freak." She was unhappy and had several energy drainers that took away most of her joy by feelings of guilt and regret. She also was constantly scolding herself for all the things she felt she didn't finish or wasn't good enough. Her inner critic, the voice in her head, was playing the same tape over and over... you're not good enough, you're not capable, you're not deserving, etc.

Our coaching focused on identifying the inner critic and being aware of its negative voice and to set up tools to "cancel" out the critic. We focused on what she wanted in her life, not what she didn't want. Michelle fearlessly took tiny action steps, which applied a steady pressure on pushing her comfort zone to overcome her obstacles and reach for success.

Michelle's life is, in many ways, unrecognizable from the woman I talked to back in the middle of June. She tells me her critic is non-existent and she is registered to go back to school in the fall to finish her college degree. Her energy shift has not only resulted in increasing her happiness, but also the people around her—including her energy drainers! John F. Kennedy said, "When the tide comes in, it's not one boat that rises, all boats rise with the tide," and this certainly applies to Michelle.

Here is Michelle's journey in her own words:

*Through coaching I have become more aware of how my thoughts and words manifest into different outcomes in my life. Prior to coaching, I viewed myself as a victim, someone who was always wronged, lived in a negative space and didn't really have much hope that I could be happy and fulfilled.*

*The shifts that I've seen are that I'm using more positive language and that transcends to producing positive energy around me and the people that I love. By getting in tune with my true self and living through the eyes of love and compassion I've become more of a doing person and empowered by having a can do attitude. That attitude has allowed me to take baby steps to achieve short-term goals with long-term rewards.*

*My confidence has improved and I no longer allow fear and doubt to control my life. The one thing that has surprised me most about coaching is that I'm able to take the focus off of blaming others for my shortcomings and accepting responsibility for my actions and being able to recognize that I'm perfect just the way that I am.*

## Denise

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



Denise lives with husband of 24 years and they have two sons. Her first diagnosis of breast cancer was in 2002 and then a recurrence in 2009. She receives chemo every three weeks.

Denise's challenges were with boundaries. She felt her life was about giving and surrendering her time over to everybody but herself. She was angry with her time vampires but then felt guilty about feeling angry.

It was a vicious cycle that kept her stuck and miserable.

Our coaching focused on one question, "Is this in my best interest?" This question was the foundation of how she started going about her daily life. For example, if her husband asked her for some assistance that required a great deal of time, she would ask herself, "Is this in my best interest?" or if one of her many volunteer organizations called for assistance, she would think, "Is this in my best interest?" and follow through with her true feelings. This was an important shift for Denise!

She became an empowered woman with super-power strengths! Denise is truly the master of her life and I am constantly in awe of her get up and go. She packed more in the month of July than some

people live in a whole year! Denise also is in the process of getting rid of anything that doesn't serve her—including the unhealthy food in her freezer. She is de-cluttering her head as well as her environment and filling it with joy and happiness.

Denise is currently developing a savings account—which she calls her “Freedom Fund”—to allow her to travel spontaneously anywhere she chooses to visit. She has clarity on what she wants and she is going after it!

Here is Denise's journey in her own words:

*While on the BCW Cruise in April, I took advantage of the one hour coaching session offered and was surprised at how enlightened I felt upon leaving. When I was offered the opportunity to participate in the 12-week coaching session, I immediately said “Yes”!*

*I am 2/3 through the process and feel empowered in a way that I have never felt before. The coaching experience has been an exceptional one for me. It has served as a confidence builder, helping me recognize and act on strengths that I had forgotten I had.*

*Each week I am assisted by my individual cheerleader, who helps me set personal goals that I am eager to initiate working towards and achieving. The coaching process has encouraged and motivated me in ways that make me feel better about my choices. It has ignited a spirit in me that had lay dormant for many years and has revitalized a soul that is screaming, “I am here” and will be for a long time to come!*

## Wilma

62 • Stage 4 Metastatic Breast Cancer • Puerto Rico



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

Wilma's challenges are about helping everybody—but Wilma. She never thinks of herself as a priority, never asks, “What do I want?” Instead, she gives all her energy and time to people that she cares about—and that is just about everybody on the planet AND especially women that need a special bra due to breast cancer surgeries. This results in a life where Wilma has no control over any outcomes—her life reminds me of a three-ring circus and Wilma, the ringmaster, has lost control!

Our coaching focused on being aware when Wilma gives her power away. We started sorting through the obstacles that get in the way of success and put her energy into “honoring Wilma.” This is a new concept for Wilma and requires daily practice through awareness and believing in her.

Wilma desires a legacy and we are waiting for clarity. To get clear, we must get rid of the clutter and other obstacles that sabotage her success, because currently there is too much “compost” in her way. Wilma and I have worked together only five times—not a lot, but I believe her thoughts have shifted to what is possible rather than to what is not.

Here is Wilma's journey in her own words:

*A few months ago I had no idea what a Life Coach was or that there was such a thing. Now that I have had the wonderful opportunity to have a coach, I am absolutely thrilled at the idea. Here is a person who is training me to see myself in another light.*

*I feel I have stepped outside of myself and have looked straight at me and at the age of 62 have seen who I am, and what has made me tick all my life. I have what I call homework every week, which helps me get to my next level in life in a short period of time.*

*My coach is always on my side and guides me to what to do for my best interest and helps me protect myself from whatever is not. My coach is a confidante, a teacher, a counselor, a guide and my conscience all wrapped up in one.*

Thank you Michelle, Denise and Wilma for having the courage to allow me to coach and show others that you can have that life where you really are fabulous, happy and important. You are not invisible—you have purpose and you can reach for anything you want!

You can reach for your dreams too by “self-coaching” yourself with 6 easy action steps:

1. **What do you want?** (Use the Wheel of Life from the last issue to determine where you want to shift.) For example: I want to lose 20 pounds.
2. **Write down the reasons this is important to you to change.** For example, because my clothes are too tight and I don't want to buy new ones.
3. **Write down how you benefit from NOT changing.** For example: I can eat whatever I want, I love chocolate, I don't have to go out with people, etc.
4. **What obstacles are in your way to reaching your goal?** For example: I need to buy tennis shoes, I don't belong to a gym, etc.
5. **What are the benefits if I change?** For example: I look good, I feel good, I am happy.
6. **What is an action step I can take today?** For example: I will buy new tennis shoes, I will research gym memberships.

If you find that you are not accountable for your actions steps, reach out for support through journaling, call a friend, or hire a coach. If you want to hire a coach, I would encourage you to reach out to the International Coaching Federation (ICF.com) to ensure a certified professional coach.



Cindy Giles

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



# INVITE THE CRUCIFEROUS FAMILY FOR DINNER

BY CHRISTINE HORNER, MD

Hippocrates, the founding father of modern medicine once said, “Let food be your medicine and medicine be your food.” In our fast-paced culture, we’ve largely forgotten this concept. With little time to eat, we often grab fast and processed foods notorious for their poor nutritional content.

If we are really interested in achieving and maintaining good health, we should be reaching primarily for plants instead. Plants, especially organically grown fruits, vegetables and whole grains are packed full of so many health-promoting and protecting nutrients that those who consume 7 or more servings of them every day generally enjoy the best health.

Certain plants have been found to powerfully protect our breast health and ward off breast cancer. One family of vegetables called the Cruciferous family, which includes broccoli, stands out. (Don’t despair if you don’t like broccoli—you have 14 other vegetables to choose from! See the table below.) There are several specialized chemicals that all of these vegetables contain—each with

unique abilities to deter the growth of breast cancer. One of those chemicals is called sulforaphane.

- Bitter cress
- Radishes
- Collard
- Broccoli
- Savoy cabbage
- Kale
- Cabbage
- Watercress
- Cauliflower
- Bok choy
- Rutabaga
- Horseradish
- Brussels sprouts
- Turnip
- Mustard seeds

*\*Note: Broccoli and cauliflower sprouts contain 10-100 times more sulforaphane than the mature plants do!*

**Healthy Juicer**

**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

# 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 50 years and are valuable tools in maintenance therapy of post-mastectomy lymphedema."*  
- Andrew Sachs 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

"It'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 • Mason, Ohio*

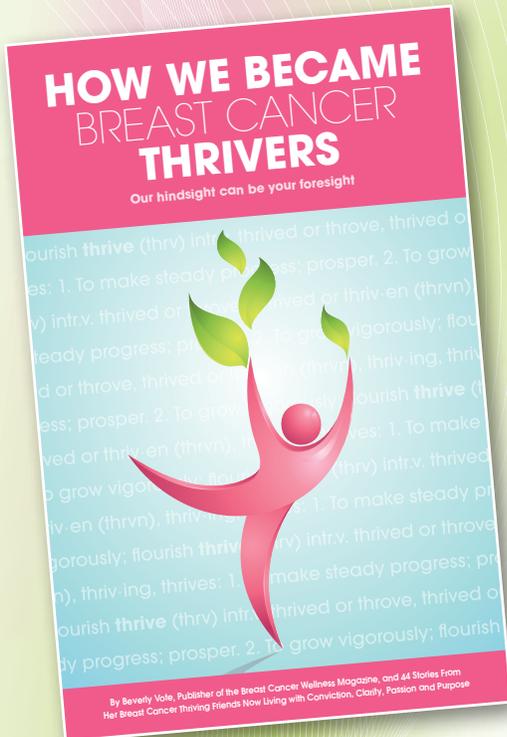


Covered by most insurance plans. Please call to see if you are covered for compression therapy.

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



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



## 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)

# 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



1110 Whole Flax Seed Basic Starter Kit with 828 FS Flax Seed Grinder  
now only **\$49.95**

Includes **FREE SHIPPING!**



North American Nutrition  
PO Box 456  
Warroad, MN 56763

**800.387.5516**



According to a 2004 study published in the journal *Drug Discovery Today*, sulforaphane "can halt human breast cancer cells in their tracks." There are three major ways that this plant chemical has been found to thwart breast cancer: It increases the activity of liver enzymes responsible for deactivating and destroying cancer-causing toxins and chemicals and getting them out of your body, directly kills breast cancer cells, and suppresses the ability of breast cancer cells to invade into surrounding tissues.

Cruciferous vegetables, as well as certain fruits (such as oranges, apples, and grapefruit) also have a high concentration of another phytochemical that's effective in protecting against cancer, especially breast cancer—D-glucaric acid. The liver manufactures a substance called glucuronic acid, which binds to toxins (including the "bad" estrogen) in the liver and deactivates them. But the enzyme beta-glucuronidase can interfere with this effort. It splits the toxins off glucuronic acid and reactivates them. Researchers have found that people with a high amount of beta-glucuronidase in the blood have an increased risk of various cancers, particularly the hormone-dependent ones, such as breast, prostate, and colon cancers.

Here is where the phytochemical D-glucaric acid comes to the rescue: It stops the activity of beta-glucuronidase, keeping the harmful estrogens and other toxins bound to glucuronic acid and deactivated. Simply put, D-glucaric acid strengthens the body's natural defenses against toxins. The liver makes

a small amount of D-glucaric acid, but not enough for you to reap the greatest benefits. You can significantly increase the level of this protective substance in your body by eating plenty of cruciferous vegetables and certain fruits or by taking a supplement that comes in the form of a calcium salt called calcium D-gluterate. Research shows that this supplement is just as effective as natural D-glucaric acid. Taking supplemental calcium D-gluterate may give some added protection against breast cancer, but long-term studies still need to be done.

The ability of cruciferous vegetables to fight cancer is so outstanding that you'll want to make sure you invite one of them to your dinner table every day! ■



**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).

# HEALTHY RECIPE



## Lymph Node Detoxifying Soup\*

Here's a soup recipe that helps to cleanse lymph nodes. It is easy to make and great to share with others.

- 1 onion
- 1 head of cabbage
- 2 cloves garlic
- 2 carrots
- 2 celery stalks
- 1 bunch parsley
- 5 kale leaves
- 2 sheets of Nori Sea vegetables
- 4 pieces of okra
- 1 cup brown rice
- Bragg's Amino Acids to taste
- 2 quarts of water

Combine all ingredients, simmer for 1 ½ hours

For three days, eat as much of the Detoxifying Soup as you like. Drink as much water and herb tea as you want. Any two fruits can be included as snacks, but are optional. You can continue past the three days for up to seven days if you prefer.

*\*Lymph Node Detoxifying Soup used with permission: Arthritis, The Alternative Medicine Definitive Guide by Ellen Kamhi PhD RN and Eugene Zampieron ND Features an entire LYMPH CLEANSING protocol, including herbs, homeopathic, exercises and energy medicine techniques for the Lymphatic System. [www.naturalnurse.com](http://www.naturalnurse.com)*

# 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



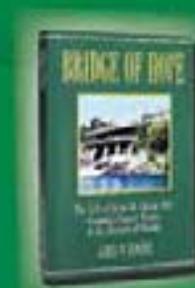
ESSIAC  
Powder Formula  
NPN 80012920



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)



# THE THRIVING CAREGIVER<sup>®</sup>

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

**Spouse, significant other, child, relative or friend, when someone you love hears the words, “you have breast cancer,” you are unexpectedly thrust into a role you didn’t ask for, requiring knowledge, skills, and resources you never expected to need.** You are vital in the overall wellbeing and quality of life of your loved one. Your value as the caregiver is indispensable and is a key natural resource in this challenging time.

Though it may feel like it, you’re not alone. According to the American Cancer Society, three out of four families have at least one member who is a cancer survivor. They also estimate that each survivor is supported by up to four inner circle caregivers.

Because of the ever-increasing numbers of survivors living longer, more people are caring for a loved one for extended periods of time. Not only does your loved one need support, you need support as well.

As a caregiver you face huge challenges, however there are many rewards. This includes gaining new inner strength, deepened feelings of love and connection, more appreciation for what you have, learning to ask for help; and a greater sense of purpose.

Ironically it is the many challenges that come with this role mixed with your natural

desire to do whatever it takes that often leads to the well documented extensive impact on you and your family, including the number one hurdle... STRESS! More specifically, HIDDEN STRESSORS. Left unchecked they keep you from providing the support and care your loved needs and reek havoc with your over all well being.

Creating awareness and exposing hidden stressors can help you maintain, strengthen and value yourself. In return it brings you much needed strength, health, confidence and helping you to be a better caregiver.

## **What Are The Hidden Stressors, and Why Does it Matter?**

**Caring for your loved one is stressful. That’s normal.** Obvious fears like losing your

loved one, concerns about your ability to manage what’s happening, and all the new practical considerations can easily cause sleep problems, lack of exercise and the dreaded burnout affect. These obvious stresses leave you feeling like you have no one and nowhere to turn to for support, and no choice but to do what needs to be done.

You do have choices.

**It’s the perceived lack of support, hidden under the obvious concerns, that is the number one contributor to caregiver stress.** This **perception** is actually self-generated. Your strong desire to care for your loved one can easily isolate you, creating the feeling of being alone, unappreciated, or overwhelmed. This hidden belief is part of the stress equation and feeds the feeling that you and only you are the team. This does not serve you or your loved one.

It’s time to challenge this belief by choosing to change your viewpoint. There is REAL support all around you. There are people and resources to help. Just recognizing help is available lowers stress<sup>2</sup>. Reaching out for support is a choice that provides the added benefit of building your confidence, creating

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

*Look beautiful and  
feel confident with*

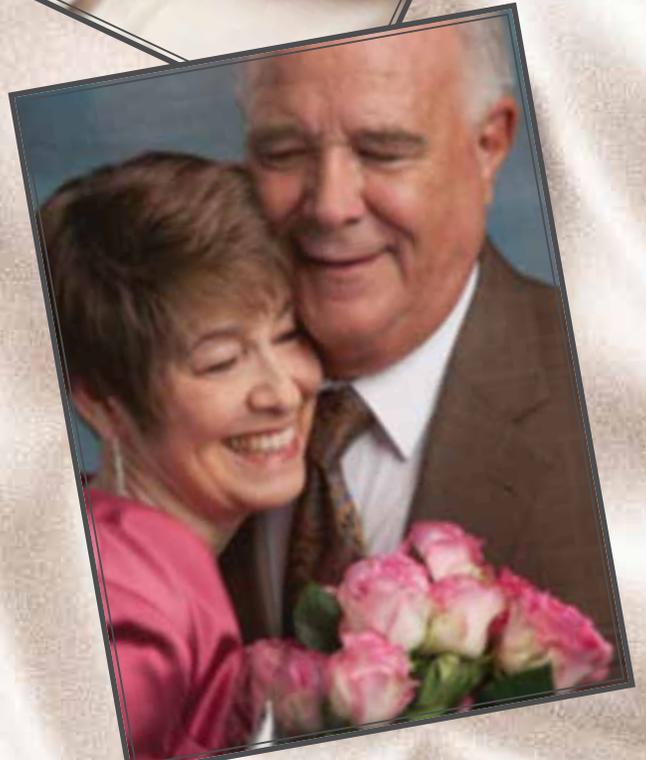
*NEARLY*

*ME<sup>®</sup> Mastectomy Products*

*For over 35 years, NEARLY ME<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> 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<sup>®</sup> products.*



#680 Lace  
Accent Bra



Style #375 Triangle  
Flowback Forms



NEARLY ME CASUAL<sup>®</sup>  
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

more patience and giving you more staying power to support your loved one.

**Not knowing what to expect and what to do is another hidden stressor for caregivers.**

There are so many obvious new, unfamiliar things to grasp and figure out, coming at you like rapid fire such as, the effects of chemo/radiation, scheduling appointments, understanding test results and doctor language. The challenges of caregiving do not end with treatment. Long term survivorship brings its own unique set of stressors. Another common

hidden stressor is feeling like you are not doing a good enough job. This can easily lead to losing the feeling of being valued. It's natural to forget your loved ones' medical team, other caregivers, and community resources are also a resource for you to learn.

There is no rulebook on the right way to be a cancer caregiver. However, you can reduce hidden stressors by choosing to be involved in the care plan and tapping into resources, such as nurse navigators, support organizations, life coaches etc. Using these support systems can provide recognition, emotional release, and practical support to keep you at your best.

**Our last hidden stressor is your loved ones' emotional distress.** When they are diagnosed you vow to do anything and everything in your power to help them. **You experience a normal, natural urge to put on your Superman Cape to shield them, showing no fear yourself to keep theirs at bay.** The hidden paradox is **you must take off the cape occasionally** to be your best for them.

Wearing the Cape constantly can lead to unhealthy, stress inducing choices. Your loved one may insist only you can care for them. You may feel guilty for letting someone else help or taking any time for yourself. Guilt is a perceived wrongdoing. It is not wrong or bad to have support because as Terry Tempest Williams notes, "An individual doesn't get cancer, a family does."

It may be hard to believe but caregivers around the world report that taking off their Superman Cape lessens their mental and emotional strain. It gives them the ability to better deal with the emotional distress of their loved one and they feel more appreciated and valued.

Exploring hidden stressors is not only essential it benefits your well-being and has a favorable impact on the care you give your loved one. **As coaches specializing in cancer caregiver support, we know that providing you with tools, tips and techniques gives you the opportunity to maintain or generate positivity and well being.** This is why we have created the Inner Circle Toolbox below,

Nobody cares how much you know,  
until they know how much you care.

— Theodore Roosevelt

a recurring feature that will appear in all upcoming issues of BCW Magazine.

The first tool we are providing to you is the CSCC Stress Thermometer.

**INNER CIRCLE TOOLBOX**

It takes awareness to uncover stress. The CSCC Stress Thermometer is a quick and simple to use to help you measure your stress level in 60 seconds or less. Measuring your stress daily will give you a clear picture of your overall levels. To access your Stress Thermometer Tool please go to [www.cancer-survivorshipcoachingcoalition.com](http://www.cancer-survivorshipcoachingcoalition.com).

Choosing this tool is the first step in taking control of your stress and strengthening your well-being. When you value yourself, you can be that valuable resource for your loved one.

Look for the CSCC complimentary Tele-call in October 2012 for caregivers, which will reveal two more tools for you to use to lessen your stress, value yourself, raise your well-being and help your loved one. **How To Dial Down The Stress and Uncover Your True Value as A Caregiver.** ■

*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 Leighn 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).*

<sup>1</sup> <http://www.cancer.org/Research/ResearchProgramsFunding/BehavioralResearchCenter/WhattheBehavioralResearchCenterDoes/family-caregivers>  
<sup>2</sup> [http://www.ucsur.pitt.edu/files/schulz\\_PsychosomMedKimSchulzCarver07.pdf](http://www.ucsur.pitt.edu/files/schulz_PsychosomMedKimSchulzCarver07.pdf)





# The Annie Appleseed Project

*Presents*

## **Annual Educational Conference**

February 28 – March 2, 2013

**WEST PALM BEACH, FLORIDA**

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*





# YOUNG THRIVERS!™

BY HEATHER JOSE, CHRISTY JAMES, AND MAIMAH KARMO

**C**hange is in the air. Even as I am writing this I can feel fall upon us. My husband is a football coach and even though he has been doing it for many years now it always surprises me to realize that summer is over and football is here. As I shift to fall I find myself preparing myself and my family for the very busy months ahead. Most days we will leave our house before eight in the morning and return after eight that night.

It doesn't matter how busy we are, it is still important that we eat well and that I find time to exercise. (The rest of my family is getting plenty of exercise with all of their sports!) We are lucky enough to enjoy a summer schedule that is more relaxed with plenty of time to work out and also to slowly grill my farmer's market bounties, but all too quickly it ends.

One way that I prepare is by making meals to put in my freezer. By spending some time cooking I can get us through without resorting to fast food and I can control the quality of the ingredients. I make different serving sizes so that we can pull out a single serving or have enough to feed the four of us. Healthy versions of lasagna, pot pies, pasties, burritos and fried rice are all things I put away. I vary these so that I can have veggie versions as well. The other thing that helps is to plan my meals for a couple of weeks at a time. Using my family calendar I will add the dinner plan based on time that I have available. My crock pot also gets a workout. As crazy as this may sound I also stock my car with healthy snacks and quick breakfast options. I can't tell you how many times the trail mix in my vehicle has saved me from the drive thru lane or the oatmeal has allowed me to start the day off right.

Exercise is a bit more a challenge. I have little pockets of time each day, but they vary greatly. So I am trying a morning workout. It isn't my preference, but then again, I am not a morning person. I do love that I can get a good workout in and get on with my day. The other benefit is that nothing (other than sleeping in) interferes. We'll see how it goes.

It takes some mental preparation to run busy schedules so before anything I try to make sure that my focus is on all of the good things. I am so fortunate that I am healthy enough to lead a crazy life. I am also blessed with children that are active as well. Rather than think about the time that I won't have, I think about the time that I will spend with my family. Sure, lots of it will be spent driving them around, but that is great time to talk, right? I know I will be able to steal a few minutes here and there for myself too. It's all good.

Change can come in big ways and in small ways. The inevitable thing is that it will come. I like to do my best to be changing toward wellness.

Bev and I had a conversation about balance recently. Is that really what we need? We aren't so sure. There will be no equal distribution of time this fall, but that is fine. I know this period of my life is going by so quickly as my children grow. I don't want to miss it. I want to drink it all in. I hope your fall finds you in the midst of the change you are seeking. Maybe not towards balance, but always toward health.

*Heather Jose*

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





ANNUAL CONFERENCE FOR  
**young women**  
AFFECTED BY **breast cancer**

**C4YW.org**

**February 22-24, 2013**

*Join us at the Hyatt Regency  
in Bellevue, Washington  
(on Seattle's Eastside)*

**Registration opens in November**

## **Find support and powerful information**

The largest international conference for young women affected by breast cancer, their families, friends, supporters and caregivers

At **C4YW** you will:

- Connect with women who understand – women who are newly diagnosed, in treatment, recovery, living with metastatic breast cancer and/or years beyond diagnosis
- Learn about the latest treatments and research findings
- Attend workshops that address: intimacy, dating, nutrition and exercise, long-term treatment side-effects, family planning, employment concerns, topics for caregivers and more

For more information visit **C4YW.org**



Change can happen slowly as in the case of the river that carved out the Grand Canyon or it can happen in an instant like the phone call that changes your life forever. So, the initial shock of Heather's stage 4 diagnosis was over and the realization that we weren't going to wake up from this bad dream was also clear, so what do we do now? Our minds could have raced with scattered nervous energy while we waited for the next treatment, test result or doctor's appointment or we could have tried to go on living as if nothing had happened. But instead Heather decided we needed a new plan.



We went back to the basics. We needed some structure. We needed to wake up knowing we had things to do and finish the day with a sense of accomplishment. I can't remember which came first or if we took on food and exercise together. But they were both things that almost anyone would agree could be done better. There is always room for improvement.

Exercise was easier for us, we had both been athletic growing up and we didn't try anything too radical. We walked. We tried to walk or do something for exercise most days of the week. We walked outside as much as possible. But we walked plenty of laps in hospitals too. We asked how many laps around the floor equaled a mile. There were definitely days, though when she could not walk. She asked to have an exercise bike in her hospital room and if all else failed ... we had our trusty Tae Bo video. Exercise gave us a physical and mental sense of accomplishment.

Now food was a little bit more of a challenge. It took a bigger shift in thinking and more brain power for us. But heck, learning

something new was a perfectly good project too! We both cooked and liked food that tasted good. But, I'm going to guess neither one of us thought all that much about what we ate... and it showed, we both had a few pounds to spare at the time. We met with dietitians and learned about food and what it had to offer us and some of the unintended consequences of the foods we thought we loved. Turns out there weren't any foods out there more important than our health. Food was fuel for our body nothing more and nothing less. Things were intense and we were intense (too intense for lots of people around us), but we were focused and on

a mission. We were creating our new normal. We were determined to let cancer know we were going to be the relentless stream that carved out the Grand Canyon, reminding cancer all day every day that it was not welcome.

So, make a positive plan and get started. The project and the outcomes could all be good for you. As for us, the intensity and urgency are mostly gone now but our goals continue to evolve. We've had a million different workout plans and philosophies on food since her diagnosis. We keep what works and ditch what doesn't. We don't live nearly as scared anymore, but there are definite similarities in our lifestyles and conversations. Eating well and exercise are still part of our everyday lives.

Christy James

christy@gobeyondtreatment.com

I got an email from a close friend the other day. She was just finishing up her treatment for breast cancer and her fiancé had called off their engagement and wedding plans because she probably wouldn't be able to have children and that was a deal breaker for him. I felt my anger flare, as I wondered what he had meant when he asked her to spend the rest of her life with him and to be her best friend forever.



It took me back to when the same thing happened to me after my fiancé left, just three days after my surgery. I fell apart and it made me wonder who would want me.

After my treatment, early on, I wondered how I would date again, what I would tell, and when I would tell. I was so focused on not being rejected by someone again.

As I've matured and come to terms with all the 'repercussions' of breast cancer, I don't mind telling a guy early on that I had breast cancer. If he doesn't like it, too bad for him and good for me. That saves me time and opens up me up for someone who deserves the wonderfulness that is me.

I knew that my friend was hurting, but I also knew that as sure as

she had dodged a bullet by being diagnosed early, she had dodged another one, by finding out early that this guy wasn't the one for her. Imagine living with THAT cancer for the rest of your life. Yes, this is something we would rather not deal with, but the silver lining is that life after breast cancer offers us the opportunity to surround our lives with only people that love us and want to be there, and that's a blessing in itself.

In love and healing,

Maimah Karmo

Founder, Tigerlily Foundation  
Author of soon to be

released memoir, *Fearless: Awakening to My Life's Purpose Through Breast Cancer*.  
Brown Books, October 2012  
maimah@breastcancerwellness.org  
www.tigerlilyfoundation.org



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



**SAVE THE DATE!**

**Saturday  
April 13, 2013  
Houston, TX**

**Sisters Network® Inc.**

4th Annual National African American  
Breast Cancer 5K Walk/Run  
We hope to see you again,  
**NEXT YEAR!**



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

[stopthesilencewalk@sistersnetworkinc.org](mailto:stopthesilencewalk@sistersnetworkinc.org)

**2012 Sponsors**

**NATIONAL SPONSORS**



**LOCAL SPONSORS**



**NATIONAL MEDIA SPONSORS**



**LOCAL MEDIA SPONSORS**



JOIN US FOR THE 7<sup>th</sup> ANNUAL APRIL 21-28, 2013

BCW

# Thrivivers Cruise

ThriviversCruise.com

## DESTINATION: *The New You*

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

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

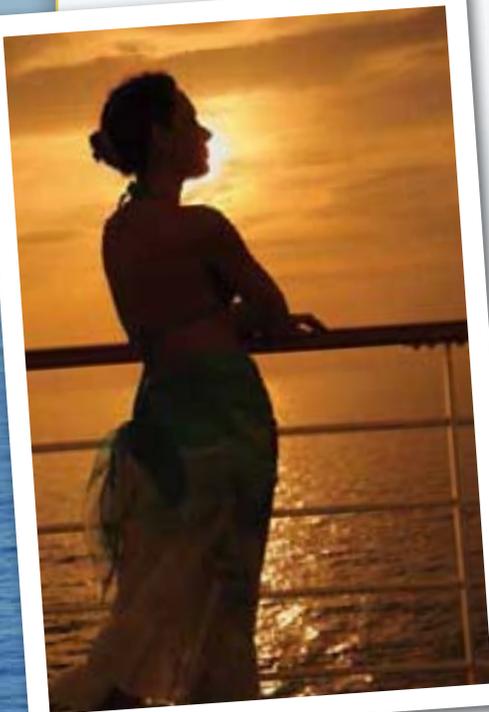
\*Rate based on category J

"Although I've been blessed to go on other cruises, the Breast Cancer Thrivers Cruise gave me a sense of rejuvenation I've not experienced before. I gained peace in my heart over my own survivor guilt as I floated in the air over Half Moon Cay on a parasail ride. It doesn't matter where you are in your breast cancer journey. Being with other women who've heard those words, "I'm so sorry, it is cancer" means you're not experiencing sympathy or pity. It's a unique bond of love, humor, and acceptance."

— Robin Mosher, Marion, MI

"Not only are you whisked away to exotic places, but you will meet some of the bravest people on earth! You will laugh, you will cry, you will learn to thrive and you will forge new friendships. I wish I could go on each and every cruise that was offered!"

— Gail Duscha, Tamarac, FL



"I had such an amazing time with a wonderful group of women who I know I will stay in touch with forever. We laughed, we sang, we danced, we listened, we learned... Breast cancer is a club no one wants to join, but once you're in it, you meet the best people. And the Breast Cancer Wellness Cruise is a great way to bond with your sisters! Thank you Beverly, Laurie and Breast Cancer Wellness Magazine for the amazing experience! Can't wait to meet up with everyone again!"

—Bethany Kandel, New York City

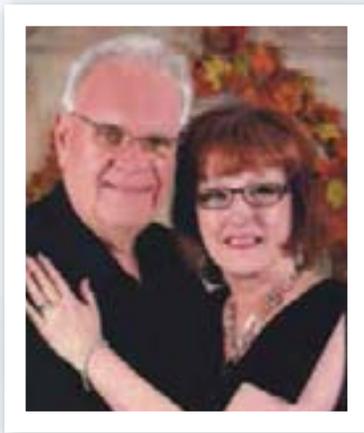


## Join us April 21-28, 2013



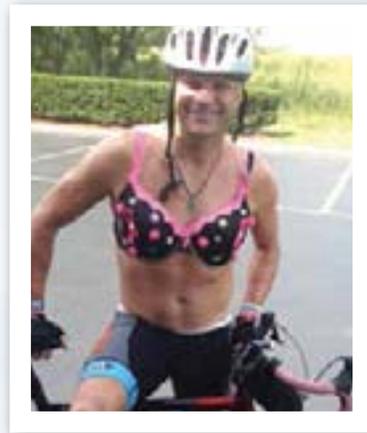
**Beverly Vote**

Publisher of the Breast Cancer Wellness Magazine



**Larry and Carole Sanek**

Carole Sanek is the Director of the BCW Ambassador Program



**Dusty Showers**

Co-Founder of 2nd Basemen

### Call Great Southern Travel today and ask about the Early Booking Special!

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)



**HEAL-THY® CIRCLE**



\*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. Rate based on category J. Princess Ruby™ are Ships of Bermudan Registry.

# A Gift IN EVERY ADVERSITY

BY MARY CARWILE

Adversity isn't usually a word associated with gifting. Who wouldn't, if given the choice, bypass all the tough times in our lives? How sweet to think of unending days running through a field of daisies, or for me, nothing but days on end swinging slowly in a hammock, hung between two huge palm trees, the ocean breezes cooling my face, a great book in hand... ahhhh. But, let's rethink that idea.

If only we could change the past. Think about it... we could be so much happier today, couldn't we? *If only I hadn't had breast cancer; I would have been spared all the fear, the pain, the worry...*

I've thought about that idea—being able to change the life I've lived. Would I do that if I could? I've come to believe that I would not. Here's why:

I believe with all my heart and soul that we've been given the life we have for a higher purpose. It's foolish then, to expect only happy, peaceful times. How could we ever know peace without war; love without hate; happy without sad; triumph with tragedy? What if... what if... we have it all turned around?

The Chinese have a written character for the word "Crisis," which is made up of two equal symbols. One stands for DANGER. The other? It stands for OPPORTUNITY. Are we missing the boat here? First of all, it is what it is, right? How much time do we spend worrying? And just where does that get us? Winston Churchill once said, "Worry is like a rocking chair—it gives you some-

One of the greatest secrets in all the world is that every adversity brings with it a gift.

— Albert Einstein



thing to do, but it doesn't get you anywhere."

I have often wished that I could write a letter to myself, my much younger self. I have so much to tell her, to share with her. Well, there's no time like the present to do

just that. I was dubbed "Little Mary Sunshine" as a child. I think she—Little Mary Sunshine—needs to hear some things.

*My dearest Little Mary Sunshine,*

*You/I share the very same body. Funny, isn't it? I certainly don't look like the curly haired toddler anymore. The curly hair is still mine, but the body? Well, let's not concentrate on that. I've lived in so many bodies. Every few months—years, for sure—our body took on a different look. I wonder why we weren't happy with any of them. I wonder, too, why we didn't get some of life's lessons more quickly. I guess the good news is that we can get them now. Oh, I've learned so much in these sixty some years we've been here.*

*Looking back I can see, so clearly, where it was that I really learned and grew and changed. That first heartbreak was something, wasn't it? I cried and cried while Mom and Dad held me and reminded me that they were young once, too. There's a thought I'd never had before. I learned of my parents love for me; their comforting words and how to love again.*

*Whether big or small, lessons were all around us. Falls off our bike; the death of Grandma—each had a gift. We learned that cuts heal and we get back on the bike; Grandma may be gone but her memory lingers forever.*

*Our breast cancer journey... here's where initially it was a bit clouded for me. I had, somewhere in the dark places in my mind, feared breast cancer. I didn't know anyone*

who'd had "it" in my younger days. But as I got older, the names and faces seemed to be everywhere and I did know some of them.

When Donna was diagnosed at just thirty seven, I felt so bad for her. She was my dear niece and she was so young. She'd just gotten her Master's degree. She'd done that to make her daddy proud. That daddy of hers was my big brother and he'd just died of cancer himself. Fear and dread followed the family around wondering the big "what if" question. Then came Donna's diagnosis. She fought hard. Her life ended just after Christmas and just before the brand new millennium... way before any of us was ready.

It was in October that I heard the words, "Mary, you have breast cancer." Donna was one of the first I told. I talked with her as she was just months away from death. I remember saying to her, "Well Donna, I guess it's my turn now." Oddly, I wasn't that scared.

Here's where my story takes a turn, I think. My breast cancer was diagnosed in the early stages. I had fear. I had the "what if" questions going on inside my mind but the strongest message was that this was a bump in the road, that I was going to be fine.

I believed from the start that I'd gotten breast cancer because of my marriage. From all outward signs, my husband and I were just fine but behind closed doors? That was a different story. I'd finally filed for divorce and had been separated just a few months when breast cancer knocked on my door. I'd been trying to figure out what I wanted to



do with my life... and then... breast cancer? Seriously? Me?

My doctors affirmed that my cancer had been found early and that it was not life threatening. Sure, there'd be surgeries and a time for healing but I was going to be fine. I spent time alone, something I hadn't been doing much of. I read inspirational books and listened to tapes while I drove to and from doctors appointments. Friends and family encouraged me and gave me comfort. The fear diminished greatly and I moved on with a resolve that I hadn't had before. I found strength, a deep sense of knowing. It didn't happen all at once but quickly I began to trust; trust the doctors, the diagnosis and most importantly, my own inner self. I moved ahead with confidence that I would get through this breast cancer stronger than before.

Several things helped me keep moving. I remember driving home from a doctor's appointment late one evening. I was listening to a tape by Dr. Bernie Siegel telling about his E-Cap patients... Exceptional Cancer Patients, if I recall correctly. One he talked about was a 50 something woman (I was 50 something!) who was going through breast cancer (I was going through breast cancer!) and that she was also going through a divorce (I was going through a divorce!) Holy cow, I thought. This is me! What he said next I carried in my mind as I was wheeled into surgery. It's one mantra I hold dear to my heart even today. Dr. Siegel said that his patient kept repeating this sentence... "I'm getting rid of a boob and an ass all at the same time." I loved that! I think it was the last thing I thought as I fell into a deep sleep before my mastectomy. I knew the doctor was



Clockwise from top: In addition to hanging out in the mountains, lounging in a hammock, Mary loves to relax by the ocean. Mary has been an airline steward for years. She believes our altitude is in direct relation to one's attitude. Mary and her husband Ernie appreciate their second time around. Mary and her friend Beba love to go to the mountains.

taking away my breast tissue... and all of the junk from my marriage.

There were moments, Little Mary Sunshine, that I wished I'd had Mom or Dad there to hold me again. I even wished I hadn't divorced so quickly. Nights are long and cold when you've just had surgery and are scared to death of your future. Maybe you were with me. Maybe it was you who spoke in a voice I couldn't even hear. "You'll be alright. I promise." If that was you—thanks!

I had several ups and downs during that first year. Never did I fear death but I did fear lots of other things. My body was now,





*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**



Mary's favorite quiet cottage for some R & R.

*well, let's just say, different than before surgery. I'd had a great reconstruction job done and was looking pretty darn good, but, still. Who would want me now?*

*I learned to be still and listen to the silence inside myself. I found that it was there that I could hear that small voice. Was that me talking to me? I was assured every time I took a moment to just be still and listen.*

*To celebrate my first year cancer free I decided to do a walk for breast cancer. Here's where my doubts came in. I was seeing pink everywhere—from shoes and T-shirts to ball caps and boas. I was surrounded with breast cancer survivors, friends and family. Many were bald; lots were being pushed in wheelchairs. Here I was, happy, healthy, and moving on up! Who was I to be counted among the breast cancer "survivors?" What had I survived, after all? I wasn't bald or in a wheelchair. I wasn't facing death. Had I "earned" my place in this walk?*

*Right then and there, I had an attitude adjustment. We are all different; each of us has our own journey. I know now that I can't walk any walk but my own. Each must find*

*their own voice and walk their own walk. There are so many paths to choose and the greatest gift is that we get to make our own decisions. We get to decide how we are going to face this thing called breast cancer.*

*As much as I wish I could go back, I know that I am exactly where I was meant to be. I have had each and every "adversity" in my life because... well, because I did. That's all. The key to remember is that each moment we get on this planet is a gift—that's why it's called "The Present."*

*You, Little Mary Sunshine, know me best of all. I feel your presence and the present that you were and are to me.*

*I love you.*

*Me*

*I know I'm not finished yet. I know that adversity looms ahead in my life. I also know I can get through it. What a great feeling to be standing tall and firm in confidence that I'm right where I belong... and so are you. Now, let's find that hammock, okay? ■*



**real purity**  
SKIN THERAPY

1-800-253-1694    www.realpurity.com

## *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.



# BREAST RECONSTRUCTION



AMERICAN SOCIETY OF PLASTIC SURGEONS



THE PLASTIC SURGERY FOUNDATION

*by the numbers*

Women concerned about breast cancer are often unaware of their breast reconstruction options.



When making one of the most personal choices of their lives, breast cancer patients should know they have options.

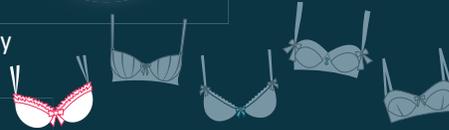


7 OUT OF 10

women are not aware of their breast reconstruction options following mastectomy.

LESS THAN 1/5

of American women who undergo mastectomy go on to have breast reconstruction.



96,277

breast reconstruction procedures performed in the U.S. in 2011



One national spokesperson dedicated to raising awareness of this cause: singer/songwriter Jewel.

1

89%

of women would want to see what breast reconstruction results look like before making a treatment decision.



The Women's Health and Cancer Rights Act of 1998 requires health insurers to cover the cost of breast reconstruction following mastectomy in all 50 states.

50



The finishing touch to breast reconstruction, nipple areola tattooing, can take as little as 15 minutes to complete.

15



*October 17, 2012*

Inaugural Breast Reconstruction Awareness (BRA) Day USA [BRAdayUSA.org](http://BRAdayUSA.org)





# My Journey Through My Camera Lens

BY DARLENE CUNNUP

Passion is energy. Feel the power that comes from focusing on what excites you.

— Oprah Winfrey

I am a photographer who never thought I would be a part of the Pink Sisterhood but in May 2011 diagnosed with Stage 3A triple negative breast cancer, I joined the club.

A sore left breast and a swollen lymph node led to two needle biopsies, a lumpectomy, eight wicked chemo treatments, five days a week for seven weeks of radiation and a lot of photos. I have always had incredible coping skills and a positive attitude and I wasn't going to let the scariest time of my life get me down. I had my camera with me for every appointment and treatment. The first photo I took on my journey was the day after surgery of the drainage tube that was coming out of my left side after surgery. I felt like Frankenstein with that thing in.

Life happens in between medical appointments, not during them. I was determined that my life would NOT consist solely

of treatments, doctors, side effects, and medication schedules. In the midst of finding out I had breast cancer and the fact that I had to have surgery, I was preparing for seven photo exhibits. My surgeon was now working around my photo exhibit schedule which included traveling to Fort Mill, SC, my hometown, where I would be hanging an exhibit in the Town Hall.

Before my surgery in June 2011, I flew back and forth from my home outside of New York City to Fort Mill, SC for my photo exhibits. I did not let cancer stop me from having a life or hanging my exhibits. Everyone was amazed at what I was doing; even the surgeon's assistant who called me the day after surgery to see how I was doing. I told her I was outside photographing flowers in the yard, she told me I needed to be inside resting. Back inside I started photographing

my cats, and other items that caught my eye.

Growing up I loved watching my dad take photos of us as a family and seeing his photos he took while in the Army. Looking through Dad's photos and magazines like National Geographic are just two reasons why I fell in love with photography. I was so excited when I got my first Kodak 126 camera and took photos of my sister and my stuffed animals. My passion for photography is a powerful motivator that has kept me strong and positive during some of my darkest days over the years.

As a photographer I decided to document my healing journey. Photography acts as a meditation for me. It grounds, centers and challenges me. It reminds me, everyday, that there is a world that is filled with beauty. All I need do is look and see it. It's all about perspective and we all have a different one!! That is what I love about photography. It is a reflection of the inner ME! I capture what I see the way I see it and I love how we all view the same thing differently!

I sought to make the best of what I was going through because I always find the



Left to right: Darlene went to Long Beach with this rock to take a photo for her 2011 exhibit. Self portrait of Darlene taken in Dec of 2011, 10 days after finishing chemo. Photo of the pink flower the day after her lumpectomy. Darlene as Charlie Brown on Halloween 2011.

# CHOOSE INDEPENDENCE™

# JUXTA-FIT™

**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)



## For the Girls™ WINDCHIMES

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

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

*Patty*



*Patty with Mom and Daughter*



for the Girls™

[WWW.SUPPORTINGTHECAUSE.ORG](http://WWW.SUPPORTINGTHECAUSE.ORG)



Sea-Band. Because you deserve to feel better – naturally

It's time to feel good again with Sea-Band's unique line of nausea relief products - all with no drugs or side effects.



**The Original Sea-Band**

The ideal cure for nausea caused by chemotherapy.

The Sea-Band acupressure wristband is a leading drug free remedy for nausea due to chemotherapy, post surgery and other causes. It's fast, and provides effective relief without drugs or side-effects.



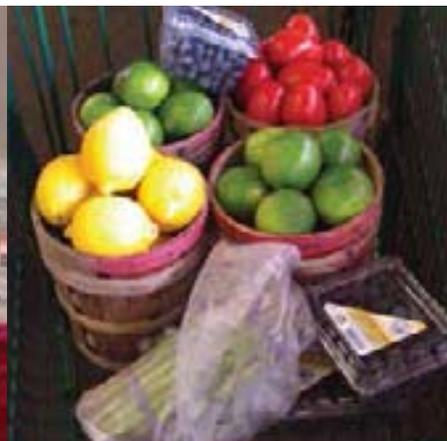
**Anti-Nausea Ginger Gum**

Fast, gentle relief that tastes great.

Sea-Band offers the soothing anti-nausea qualities of ginger in a convenient, great tasting chewing gum. Take it with you anywhere.

All Sea-Band products are available at your local drug store or supermarket, or visit [www.sea-band.com](http://www.sea-band.com)

**SEA-BAND**  
THE NATURAL CHOICE FOR NAUSEA RELIEF



positive. No matter how I felt on chemo days I always had a joke to tell or a laugh to share with the other chemo patients and nurses. I had my bald head painted three times and proudly sported the artwork. I had my camera with me at every doctors appointment, chemo treatment, every visit to hospital for tests and at every radiation appointment. With my daily blog post and post on Facebook, I was able to give my family and friends who could not be in NY with me a glimpse into what I went through. As I posted my photos and thoughts I noticed that people were saying how inspiring I was. All I was doing was trying to do was live my life as normally as I could with everything I was dealing with.

My photos of my journey included my first chemo injection (the red devil), the chemo nurses, my view from the chemo chair, the machines, people I have met, hospital visits, needles, and the phases of my hair as it fell out.

Losing my hair was empowering and freeing. I had wanted to cut my long blonde hair short and now was the chance. My oncologist had told me I would lose my hair after the third chemo treatment so I dyed my hair bright pink but no one got to see it except the chemo nurses and other patients in the office that day, because it fell out that quickly. I decided to take a walk on the beach the next day and release my hair into the air as it fell out and on the way home I stopped and got it shaved off completely. A little girl came up to me in a store shortly after I was bald and asked why I had no hair; I told her I shaved my head so I could be Charlie Brown for Halloween, her mom looked so relieved because she wouldn't have to explain to her the real reason I was bald. I also won the best overall costume at work

for my Charlie Brown Costume on Halloween 2011 and a cash prize.

Like many other cancer patients, I know that destiny is largely in my own hands. So I have chosen to focus on living a healthy lifestyle – through nutrition, exercise, positive thinking and relying on my passion for photography to pull me through.

I chose to eat a plant-based diet when I felt like eating. Chemotherapy has a lot of side effects and one of those is losing your taste buds, foods just had no taste but I found that I could still have my morning smoothies - apples, bananas, pickles, and lemon in water to help with the metallic taste from chemo. No more soda, candy, red meat, fast food or sugar for me. I ate five to seven servings of raw, mostly organic fruits and vegetables a day, usually in the form of a smoothie. In my morning smoothie I added wheat grass because I knew it would help clean toxins out of my body and drank lots of water with lemon. Wheat grass is one of the best sources for living chlorophyll. It increases red blood cell count and helps to detox the liver, blood and heart. I also added a regiment of herbal and vitamin supplements to my plant based diet.

I enjoy exercising and did whatever I could to keep my muscles toned and my heart pumping and to work up a sweat. Toxins are released from our body when we sweat so get out and exercise. Go for a run, jump rope, do yoga, climb or walk, whatever you can do to keep moving. I walk two miles every morning at 5:30 am; it clears my head, refreshes me for the day and gets my blood flowing. Exercise is very important even through treatments. I walked to my chemo treatments. I usually didn't walk on the days that the side effects from chemo kicked in, usually on the third day, but was back to my



Left to right: Darlene and sister Elizabeth at a party honoring Darlene. Fruits and veggies are the main part of Darlene's diet every day. Black and white self portrait at a South Carolina waterfall. Darlene with pink hair after 3rd chemo treatment. A blur of people in tunnel—representing how she felt while on chemo. To celebrate Darlene's last chemo treatment she had her head painted.

daily routine as soon as I felt better.

I have been told I am not your typical breast cancer patient because I always had a smile on my face and a positive thought to share. I continued to work full time, take photographs for clients, and pet sit. I needed the extra money for those insurance co-pays and I love photography.

My advice to breast cancer patients is to keep a journal, write in it every morning whatever you feel like saying, share what's going on, take lots of photos, cry when you need to, eat your fruits and vegetables, drink water with lemon instead of soda and do something that you are passionate about. Remember some people just don't know what to say to you but they still care. Live your life and don't hide from it just because you are sick and find something to do that excites you.

This year I will be traveling to Palm Springs, CA to hang out at the Shutter Sisters Oasis Camp, where over 100 women photographers with the same passion for photography will gather. I gave myself this trip as part of my recovery. I will be learning, relaxing, taking photos, and recharging.

Peace Love Photography that's my motto.  
*Darlene Cunnup*  
*Rockville Centre, NY*  
<http://photosbydarlene.blogspot.com> ■

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

Visit  
 SofteeUSA.com  
 or call  
 1-866-605-8585




Prosthetic garments for comfort during recovery & after.  
 Helpful resources & inspirational support from a Breast Cancer Survivor.



**Protect yourself with the POWER of PINK**

**Schedule your mammogram.**

**Call 417/269-LADY**



**coxhealth.com**

# This is My Cancer Story. It's About Love...

BY LUANA DEANGELIS

In 2004 at age thirty-five, I was newly married and thought the biggest change in my young life had already come until I found out I had breast cancer. I had no idea my life was about to be transformed for the better.

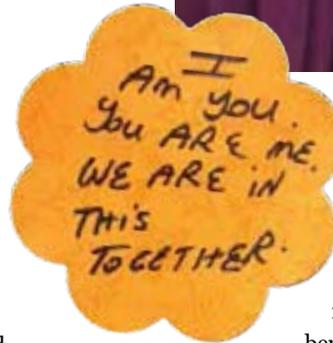
While visiting my mother in the Pacific Northwest, I had a profound dream. In the dream, I was standing waist deep in murky water, and on my left was a beautiful, silken haired woman emanating a golden light. On the shore was a dark woman veiled in mist. In the water between us was an alligator. I said to the woman on the shore, "Be careful, the alligator will bite you." She began running around in fast motion, frightened and being chased by the beast. She yelled, "Look, you don't have to let it get you. You can run from it!" The alligator slipped back into the swamp and swam towards the woman and me. I warned her, "Watch out, the alligator will bite you." She smiled calmly, and looked at me her eyes filled with love, then, at the alligator with his nose floating just above the surface of the water. She gently cupped the chin of the reptile, lifting his snout to her mouth and kissed him softly. As she released him, he chomped through her right thigh. Opening her arms wide she put her head back, and looked up, as if towards heaven, all the while smiling peacefully through the awful experience and projecting white light.



A few days later my mother and I were in church witnessing a moving sermon on pain and spiritual growth. "When confronting pain, your first response is to curl up into a ball and tense against it," he said. "But this makes it so much more difficult. If, at that time, you can remember to open your heart and let the pain wash over you, it makes it so much easier to bear. In other words, as an old Buddhist parable goes, may you have the strength to kiss the dragon and let it bite you." My mother and I looked at each other with shock, for she was there when I woke from the dream.

Within weeks from having the dream, I found a large lump in my left breast. After a long awaited "routine" sonar appointment, the doctor diagnosed me with invasive breast cancer. At the very moment when I was about to be overcome by panic, the face of that goddess came to me and calm encased my spirit. The memory led me to stretch my arms and heart wide open and say a prayer. "I know that if my feet are on this path, they are there for a reason. I know you will send me the wisdom I need to get through this with grace." Perhaps the great mother came to me to share a secret. It is not what happens to you-- but how you respond to it that makes all the difference. As that wise man in church had stated: "Pain is inevitable, but suffering is optional".

Thinking back on that dream, I realize what the lesson was. The great leaders of history have acted just as that goddess did. "Ev-



everyone loves a man who smiles on a sunny day, but the true worth of a man is a man who can smile when nothing is going his way." Facing the toughest moments with calmness and benevolence, even when facing one's own mortality and pain, is the true test of a human.

Although there were certainly times when the world felt sideways and blurry, cancer taught me a different form of acceptance and gratitude. To struggle against unfolding events, to me, seemed a truly worthless cause. Remaining balanced in the face of adversity was its own reward--its own opportunity. This is a lesson that has truly freed me.

My experience with cancer transformed my vision of the world and my place in it. When seeking out resources to help me, I was rather shocked at the complete lack of access

to anything outside of medical diagnostics for people with breast cancer. In the best city in the world, New York, there wasn't one breast cancer resource where I had access to services that were proven to improve quality of life for people with cancer.

I come from a long line of women who practice natural health. I had always followed that path through working with others, and did the same in my own recovery. As a vocation I was working as an artist, a project manager and musician. But cancer and my gratitude for my own outcome offered a drive to fully realize my ability to heal myself and to help others. I now wanted to work for a cause, not for applause. So I set about dedicating myself to just that.

So this is how I healed and regained my composure as a survivor. I had a lumpectomy in June 2004. I then used things that had the most scientific evidence behind them, and that I had experience with. I researched for weeks. When making treatment decisions I put love for my body above my fear of cancer. I visited three oncologists and was urged to take aggressive chemotherapy, but was also told that my cancer wasn't that aggressive for a woman my age and for the size of the tumor.

I listened to my intuition, which told me that since I did not have node positive cancer I could take a more gentle route and use mistletoe extract accessed through a complimentary medicine friendly doctor. I felt this helped me to reduce my risk of recurrence. I also worked with a renowned Chinese herbalist and after approximately eighteen months on mistletoe, I followed up with Chinese herbs to quell the estrogen in my body for the next few years. I used essential oils topically for local recurrence since I had seen good preliminary data to support inhibitory qualities of certain therapeutic oils. I went to an acupuncturist, etc. I did a lot, it wasn't easy and it wasn't cheap, but it was effective and eight years later I am still cancer free.

I do not tell others to take this path because it was a full time very rigorous job and the women that I have seen without the natural health background do not follow through, as they would if they had mainstream medical doctors' appointments for treatments. I had the diligence to focus on healing every single day. Most do not have

Subscribe to BCW today! **Only \$15** for 1 full year

Name \_\_\_\_\_

Address \_\_\_\_\_

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

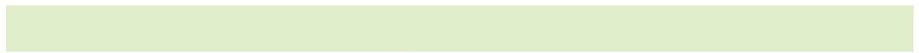
Email \_\_\_\_\_

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

Check/Money Order  Credit Card # \_\_\_\_\_ Exp \_\_\_\_\_

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

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



- Dr. Lewenberg's Formula treats all forms of hair loss, including genetic, auto-immune, hormonal and cancer related
- Use before breast cancer treatment to reduce hair loss
- Use after breast cancer treatment to regrow healthy hair faster
- Regrow normal hair even if you are taking a medication that can cause hair loss like Tamoxifen®, Arimidex® or Femara®



FEATURED ON



*For more information and to tailor the treatment to your specific needs, please contact us at:*

**ADAM LEWENBERG, MD**

184 E. 70th Street, New York, NY 10021 • (212) 249-8800

[info@BaldSpot.com](mailto:info@BaldSpot.com)

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

the money to do this, or the diagnosis I had. From my experience in working with women, I think it is wise for a person diagnosed to consider integrative therapies and use them in combination for the best possible outcome.

In 2004 I found it frustrating when I sought answers about integrative medicine from my doctors. There was mostly stonewalling and little consensus on what was acceptable practice in this area. I was met with a lot of resistance and ambiguity. It was

my observation that it would be beneficial to patients to have a non-biased source of integrative services and consistent information, to create unity in what we are telling people with cancer is good for them. I felt it was important to develop a path to help others obtain relief and education so they could

focus on healing and transformation, because it was my belief that every challenge in life can be turned into a transformative experience with the right tools.

*“Each story has power, each one of us can make a change I believe that wholeheartedly. Sometimes the catastrophe is really a blessing in disguise, I know it offered me the courage and vision to use my life in a way that otherwise may not have transpired.”*

A huge part of my recovery was community service. We know that healing goes far deeper than surgery and treatments; healing is something that happens in an environment where you feel safe and embraced. Healing is addressing the physical and psychological causes and effects of dis-ease. It is impossible to talk about my healing journey without talking about the community service aspect of healing for me. I felt so strongly after my diagnosis that I would be a better and stronger person because of this diagnosis if I could get outside the suffering and into the gratitude and pleasure of being of service to others and to give more meaning in my life. For me this was a big step to a higher state of healing.

I founded You Can Thrive, a non-profit in 2005, one year after my own diagnosis and began with patient peer support and navigation. I attended scientific conferences and advocacy training, created a website and a presence with other survivors. By 2007 I had building space donated for a center that would offer acupuncture services on Sundays. I mobilized practitioners in the community who feel kindred to the idea of easing the journey for people with breast cancer, and asked them to give of themselves and their

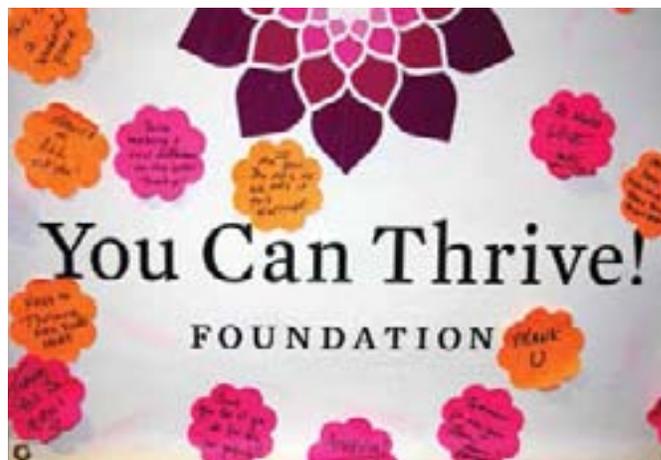
skills. Quite swiftly we were poised to make a real difference in after care and breast cancer support services. Since that first small center we have grown through three centers and now operate in a 10,000 square ft space in the most bustling part of New York City. We provide integrative therapies, navigation and education to people who have been diagnosed with breast cancer in order to reduce symptoms, relieve stress, obtain balance and implement healthy lifestyle practices. The ultimate goal is to empower other survivors to live healthy and transformed lives after being diagnosed with breast cancer by providing combined wisdom and real tangible support to get through it and not just survive, but thrive!

Everything needed to live healthier and create a survivorship plan was placed under one roof, both for the ease and convenience for the patients but also so the integrative practitioners could work together. For those who cannot afford services, donations from another thriver supports their treatments, a truly utopian vision was born.

It is my belief that access to care should not determine suffering from a diagnosis, so I worked to have available all the services people need to address the whole person regardless of income. A replicable program was born - a new movement in after care and survivorship, by the people and for the people.

This is my cancer story. It's about love... “lifting love beyond a mere personal relationship and turning it into a large scale social force for good.” - Martin Luther King

In health,  
Luana DeAngelis  
luana@youcanthrive.org  
<http://youcanthrive.org> ■



## 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

Simple Velcro®  
fasteners  
**adjust as needed**



FarrowWrap™  
Hand Gauntlet

**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)

(877) 417-5187 p • (979) 775-5202 f



# Live

for today, hope for tomorrow.

The endurance of shells, the calming effects of the sea: Nature strengthens breast cancer survivors around the world with hope and peace.

## Introducing *Hope Eternal* from Amoena.

Celebrate life today and every day with this special edition Contact *Comfort+* attachable breast form with original watercolor artwork integrated into the back layer.

The **Hope Eternal** breast cancer awareness pin is included with the purchase of the breast form (*pin also sold separately*).

Discover a whole new sense of freedom with Contact.

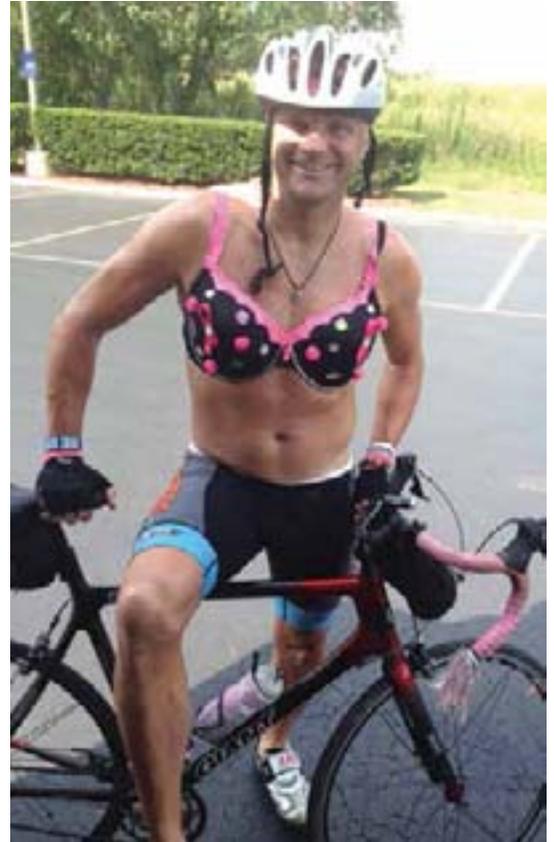
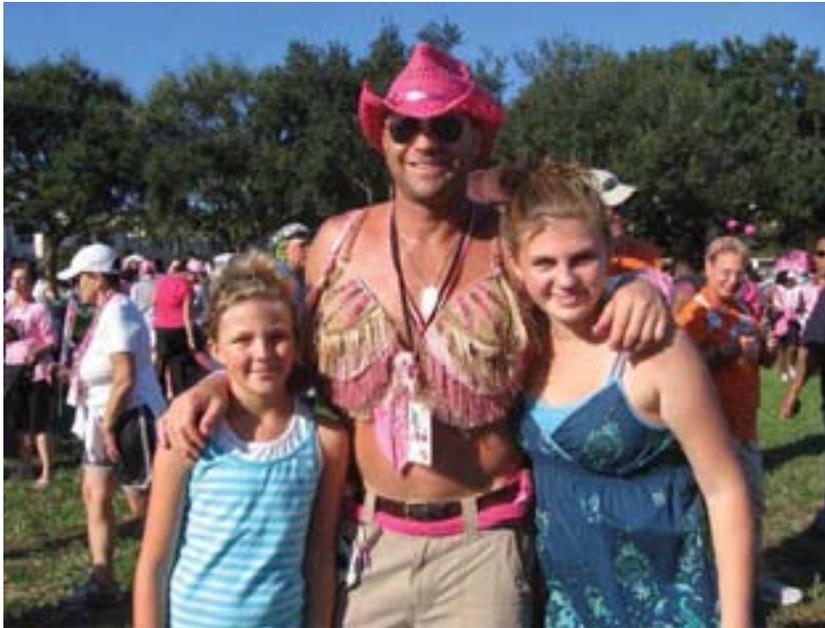


Annette Girke (*shown*), two-time breast cancer survivor and artist of the Amoena *Hope Eternal* Contact breast form and 2012 awareness pin.  
Visit [Amoena.us](http://Amoena.us) to read Annette's story.

Amoena will donate 100% of the net proceeds from the pin to breast cancer support organizations around the world.

Visit our store locator at [Amoena.us](http://Amoena.us) or call 1-800-741-0078 to find an Amoena retailer near you.

©2012. All rights reserved. Amoena USA Corporation, CA 94544-4582, Kennebec, USA. Amoena is a registered trademark of Amoena Medizin Orthopädie Technik GmbH.



## DUSTY SHOWERS

# The Father in the Pink Bra

BY BEVERLY VOTE

**Everything in the universe has a purpose. Indeed, the invisible intelligence that flows through everything in a purposeful fashion is also flowing through you.** — Wayne Dyer

Dusty Showers has been recognized as “the guy in the pink bra” on Oprah, Daytime, Malcolm Out Loud, and on hundreds of radio shows and other media outlets across the country. His new identity with the pink bra as his “purposeful fashion” statement came about as an answer to a prayer – yes, something he had asked for in a prayer.

Both the maternal grandmother and the mother of Dusty’s two daughters were diagnosed with breast cancer within five years of each other.

Dusty went from having limited knowledge that maybe breast cancer was no big

deal, wave a few pink ribbons, and then everything would eventually be fine... to a new understanding that breast cancer does happen surprisingly close to home. Now, Dusty was concerned about not only the breast health of his former mother-in-law and wife, but also the future breast health of his daughters, Kinsey and Tegan.

Dusty learned quite quickly that women diagnosed with breast cancer frequently experience physical, emotional, and sometimes financial devastation. He also learned that breast cancer impacts not only the patient, but also spouses, loved ones, and children.

Dusty admits that he was coerced into putting on a pink bra at his first breast cancer event. He said that he felt ridiculous even considering it, but then he immediately realized the positive response it had on women, providing an uplifting effect and more importantly, making them laugh.

Dusty continues to wear pink bras at breast cancer events across the country; this father of two teenage daughters has several reasons to do this – to remind women to become familiar with their breasts and to remind them to perform monthly breast self-exams. The added laughter that wearing a pink bra brings along the way makes a significant difference, both for them and him, he admits.

“When I was in real estate, I prayed for a mission. I needed something important

in my life and I needed to have a mission. I prayed every day for God to give me a mission. I am not deeply religious but when you are totally lost, you grasp for things. I prayed, please God put something in my life that is important.”

“One day I looked down and realized that I was in the midst of wearing the pink bra, the pink hat, doing the walks, the breast cancer events, and I was surrounded by wonderful people and I recognized that my prayer had been answered. As much as I thought I was helping others, it was they who were helping me. It was what I prayed for and what I had asked for and it was what I truly needed,” said Dusty.

Dusty admits that he felt like his life was coming apart, with the real estate crash, and with his divorce after 13 years of marriage, he felt utterly lost. Dusty remembers that there were many days that he just wanted to cry, and then he found himself in the breast cancer community, and those in this community really rallied his spirits. But to get the support that he needed from them, he had to give something of himself. It was an awakening lesson for Dusty that healing and support is a two way street.

“My concern for women facing breast cancer led me to ask myself, how does a woman prepare herself mentally to face this life threatening disease? What I have learned is that you find your center and you put your energy into something greater than yourself” said Dusty.

In 2010 Dusty traveled from his home in Tampa, Florida to attend a breast cancer event in Boston Massachusetts. It was at this event that Dusty met Mara Gorden. Mara had just been diagnosed with breast cancer. Dusty put his energy into supporting Mara during this period.

“Dusty and I recognized a need to financially help women diagnosed with breast cancer. Dusty and I share a passion to make a difference for others facing breast cancer. That is how The 2nd Basemen was jointly founded,” Mara said. ■

*The 2nd Basemen, Inc., a non-profit foundation, enriches the lives of women and men diagnosed with breast cancer by helping them to thrive despite the difficulties that they are facing. It raises funds through donations to help cover the costs of medical bills, family expenses, and to provide personal enrichment. [www.the2ndbasemen.org](http://www.the2ndbasemen.org)*

Join 2013 Cruise Co-Hosts Dusty Showers and Carole and Larry Sanek on our 7th Annual Breast Cancer Thrivers Cruise, sailing out of Ft Lauderdale, Florida on the Princess Ruby. Among other events, we will have a contest for the best decorated bra. Perhaps, we can even convince Dusty into wearing the winning bra. P.S. Dusty wears a 44D. [www.thriverscruise.com](http://www.thriverscruise.com)



Fighting cancer  
can take everything out of you.

Except your hair.

Breakthrough technology called  
“Cold Cap Therapy” offers chemotherapy  
patients a way to save their hair.

Visit [rapunzelproject.org](http://rapunzelproject.org)  
for more information.



The Rapunzel Project®



# BCW Cruise Giveaway

## REGISTER TO WIN A FREE CRUISE! *Thriver Cruise Contest—or—Caregiver Cruise Contest*

Yes, it's true, the Breast Cancer Wellness Magazine is offering TWO SEPARATE CRUISE CONTESTS for our **7th Annual Breast Cancer Thrivers Cruise 2013** sailing on the Princess Ruby Cruise Ship out of Fort Lauderdale, Florida. Each contest includes inside cabin for two.

**This annual event is packed with laughter, celebration, fun, food, fellowship, workshops, adventure, and memories.** Seeing past cruisers again is always a highlight and meeting new cruisers and friends are cherished times on the cruise.

**Thriver Cruise Contest** Our annual Thriver giveaway is underway! Sign up to win a trip for two.

**Caregiver Cruise Contest** Our caregivers are special people in our lives. Register up five personal and professional caregivers. *\*Please note these are two separate contests.*

Registration is SIMPLE

Visit [www.BreastCancerWellness.org](http://www.BreastCancerWellness.org)

*Sign up today!*

\*Contest rules and regulations are posted on the website. We only accept online registrations. Only one cabin for two will be awarded per person. If you do not have access to a computer, have a friend register for you. Winners will be randomly drawn on January 15, 2013 and will be notified promptly.



# TIGERLILY FOUNDATION

is proud to offer programs that support young women – before, during, and after breast cancer. Created by a young breast cancer survivor for other young survivors, we offer the following programs to meet the specific needs of young women through their journey:

**Peer Education Through Awareness and Leadership, "PETALS" (education) Buddy Program (peer support) Buddy Bag Program (empowerment bags) Meals at Home (healthy meals delivered to your door) Funds for Families (financial assistance) Stage 4 (supporting the needs of metastatic patients) Fearless Females (empowerment after treatment)**

You can also join us for empowering events through the year.

Visit our Events page to learn more:

September 15, 2012 **Pink Boa 5K Run/Walk**

September 25, 2012 **On Par for Pink**

October 20, 2012 **EmPOWER Ball**

November 10, 2012 **Pink Pajama Party**



Visit us at [www.tigerlilyfoundation.org](http://www.tigerlilyfoundation.org), email us at [info@tigerlilyfoundation.org](mailto:info@tigerlilyfoundation.org), or call 888-580-6253 to learn more about our programs and events, join our newsletter, social networks (Facebook and Twitter) and to learn how to help!



## 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**

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.

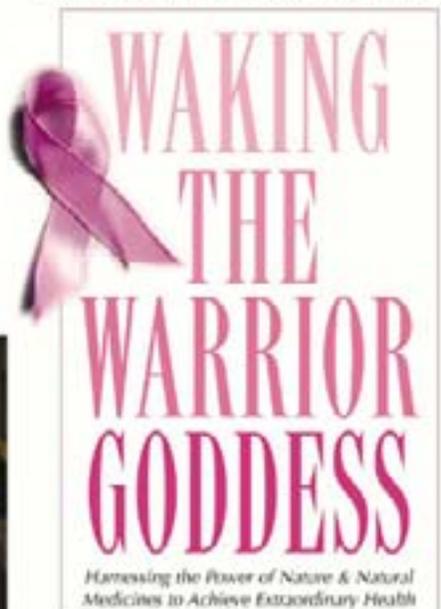
*Harness the power of nature and natural medicines to achieve extraordinary health.*

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.

# The Power of Words

I find television very educating. Every time somebody turns on the TV, I go into the other room and read a book.

— Groucho Marx

## Karen McCall's FINANCIAL RECOVERY

A breakthrough process for replacing financial anxiety with a foundation of fulfillment and security.



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

## SHARE IN THE JOURNEY OF ONE YOUNG WOMAN'S BATTLE WITH BREAST CANCER



*Me and the ugly C*  
by becky dennington

THE HEARTBREAK, THE JOY, AND EVERYTHING IN BETWEEN.

Available in eBook and print on Amazon.com

**CANCER KICKIN' WARRIOR**  
by INEZ WHITEHEAD DICKENS

Hear from the actual cancer-kickin' warriors who have survived all stages and types of cancer.

**THEY ARE LIVING THE LIFE!**

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

## HOW WE BECAME BREAST CANCER THRIVERS



## HOW WE BECAME BREAST CANCER THRIVERS BOOK

Our hindsight can be your foresight. \$16.95 plus S/H. Easy order at [www.BreastCancerWellness.org](http://www.BreastCancerWellness.org) and receive a \$4.00 discount.

"A must read"  
"Healing"  
"Funny"  
"Touching"  
"Transparent"  
"Inspirational"

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

eBook available at [www.amazon.com](http://www.amazon.com)

Facebook @CarolAGoad

**CAROL A. GOAD**

## Sexy After Cancer



Meeting Your Inner Aphrodite on the Breast Cancer Journey.

Only \$24.95

[SexyAfterCancer.com/Book](http://SexyAfterCancer.com/Book)

"Essential reading for anyone touched by breast cancer."\*

## The Breast Reconstruction Guidebook

Issues and Answers from Research to Recovery

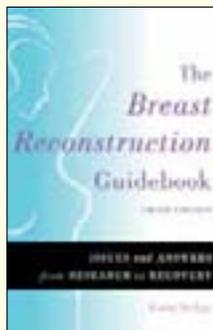
THIRD EDITION

Kathy Steligo

"Thank you, Kathy, for creating a resource where all

of the vital information needed to make critical decisions is compiled in a concise, straightforward, and completely understandable guidebook."

—Joshua L. Levine, M.D., The New York Center for the Advancement of Breast Reconstruction\*



**THE JOHNS HOPKINS UNIVERSITY PRESS**  
1-800-537-5487 • [press.jhu.edu](http://press.jhu.edu)

Providing hope and comfort to not only breast cancer survivors but to their family and friends.



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



## SUZIE HUMPHREYS If all else fails... Laugh!



The author's irresistible wit and her passion for learning not only to be the vest, but to view life differently, takes you on an unforgettable read.

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

The Wealthy Spirit offers an fun and happy approach to achieving both spiritual and financial wealth. Through a series of daily affirmations and uplifting stories, this book will set them on a path toward wealth in body, mind, and spirit.

**The Wealthy Spirit**  
Daily Affirmations for Personal and Financial Success

Chellie Campbell

**Chellie Campbell, Author**

The Wealthy Spirit  
Zero to Zillionaire  
Financial Stress Reduction Workshops

"Read a page a day to multiply your money, decrease your stress, and vastly improve your life and lifestyle!" — Mark Victor Hansen, co-author, Chicken Soup for the Soul

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



# Pink Pages DIRECTORY

BreastCancerWellness.org

## 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 for original Breast Cancer shirts, apparel and gifts to other cancer and disease advocacy causes. [GiftsForAwareness.Com](http://GiftsForAwareness.Com)

**RADIANT WRAP** Feel beautiful during Radiation Treatments! Radiant Wrap is an alternative designer gown made exclusively for women to wear during Breast Cancer Radiation Therapy.



Makes the perfect gift for you or for someone you love! [www.theradiantwrap.com](http://www.theradiantwrap.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



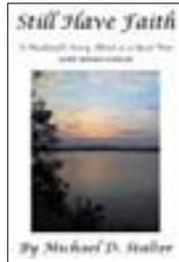
### NOT MY MOTHER'S JOURNEY

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) [heatherstaubin@yahoo.com](mailto:heatherstaubin@yahoo.com)

## 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)

## Breast Cancer Non-profit

### TIGERLILY FOUNDATION

is a 501c3 non-profit organization that provides education, advocacy, and support services to young women 15 - 40, before, during and after breast cancer. Our programs offer peer support, buddy bags, meals, financial assistance, stage 4 support and services after treatment. [www.tigerlilyfoundation.org](http://www.tigerlilyfoundation.org), 888-580-6253 [info@tigerlilyfoundation.org](mailto:info@tigerlilyfoundation.org)



## Compression Garments



**ACADEMY BANDAGES** is the leading supplier of lymphedema treatment supplies and training courses. We have a comprehensive list of supplies and excellent customer service. Visit [www.acols.com](http://www.acols.com) or Call Today 800-863-5935!



**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)

## Compressions Garments



*Making Compression Easier.*

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

## Gifts



**AMSEE LTD** Charitable Medallions – 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. Lanyards and a Pink Attachment clip are available to display your medallion on a purse or key chain. \$10.00ea. Made in USA. [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



**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](mailto:cheryl@myhopeandhealing.com) [www.MyHopeAndHealing.com](http://www.MyHopeAndHealing.com)

**Gifts**



**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](http://www.yourcancerversary.com) (657) 888-GIFT (4438)

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

**Hair Loss Solutions**



**EMBASSY STUDIOS HAIR RESTORATION**  
Chicago's most trusted name in hair replacement for over 40 years. [www.embassyhairloss.com](http://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 hair therapy for hair regrowth and products. [www.jernigans.com](http://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](http://www.anokhiusa.com)



**HATS, SCARVES AND MORE.** Beauty that nurtures and delights your spirit. Over 100 different styles of hats, scarves and beanies that feel like jammies and look like a million bucks. Fast, low-cost shipping. Free shipping over \$100. 1-877-838-6151 [www.HatsScarvesandmore.com](http://www.HatsScarvesandmore.com)

**Healing Cream**

[WWW.RADXHELPS.COM](http://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](http://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](http://CindyGiles.com) or call 630-219-1992. I am a BC Survivor and understand what you're going through.

**Lymphedema Product**



**ACADEMY BANDAGES** is the leading supplier of lymphedema treatment supplies and training courses. We have a comprehensive list of supplies and excellent customer service. Visit [www.acols.com](http://www.acols.com) or Call Today 800-863-5935!



**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**

**Janac Mastectomy Wear for Fighters & Survivors**

*Designed by a breast cancer survivor*



**NEW adjustable non-silicone breast form for use during reconstruction, weight loss and in-between sizes**



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.



**JILLIANNA MASTECTOMY WEAR** Jillianna is a new post mastectomy non-silicone form. The unique design is soft, supple and cooler than silicone. Visit [Jillianna.com](http://Jillianna.com) to learn about this break through product and rediscover freedom. Call 1-866-637-4442. [www.jillianna.com](http://www.jillianna.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)

**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](http://www.americanbreastcare.com/retailers.html).



## Mastectomy Services

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

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



THE WOMAN'S  
PERSONAL HEALTH RESOURCE, INC.<sup>SM</sup>

*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)

## Natural Products



**IMNATURAL** features Natural Products for your Mind, Body and Spirit. We feature Naked Minerals Makeup, Natural Image Care certified organic skin care products and NanaCea whole food supplements. 800-901-7894 [www.IMNatural.com/PINK.html](http://www.IMNatural.com/PINK.html)

## 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)



### 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

## 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)

## Radiation Therapy



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



**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

## 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@carelinced.com](mailto:rmosher@carelinced.com) No one should go this alone!

## 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.

## Wigs



**MY TRENDY PLACE** We specialize in wigs for women and children and have been featured with the American Cancer Society for providing durable, comfortable wigs. Call us TODAY to Experience the Transformation. 1-713-723-2900 [www.houstonlacefrontwigs.com](http://www.houstonlacefrontwigs.com)



**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)

TO ADVERTISE, CONTACT **BONNIE PHELPS** [bonnie@breastcancerwellness.org](mailto:bonnie@breastcancerwellness.org) • 417-581-3438



At CTCA, we fight breast cancer with advanced medical treatments that help patients experience a better quality of life. Learn more about our breast cancer treatment program.

# 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 Great Southern Travel today**

Andrea Bateman 1-800-749-7116, [abateman@greatsoutherntravel.com](mailto:abateman@greatsoutherntravel.com)





Join us as we celebrate **Breast Cancer Awareness** month with ABC's Inspiration Series. It's time to **LIVE, FEEL, and INSPIRE.**

## Why Inspire? Because It Starts With You.

Trudy 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. Available now at your local mastectomy boutique for a limited time only.



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

### Inspiration Series Entry Form

All contest participants must be breast cancer survivors. All fields required.

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

How many years have you been a breast cancer survivor? \_\_\_\_\_

Email Address \_\_\_\_\_

Check here to receive emails from ABC

Best Daytime Phone Number (\_\_\_\_\_) \_\_\_\_\_

How did you hear about the contest?

Store name \_\_\_\_\_

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

What's your inspirational quote?  
\_\_\_\_\_  
\_\_\_\_\_

How has this quote inspired you?  
\_\_\_\_\_  
\_\_\_\_\_

Who is the author of the quote? \_\_\_\_\_

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

It's simple. All you have to do is tell us about your favorite quote and how it inspired you through your breast cancer journey. Now it's your time to inspire thousands of women with your quote.

Contest entries must be received by 12/31/12. To submit your entry online, visit: [www.americanbreastcare.com](http://www.americanbreastcare.com) or scan this QR code on your mobile device.



Mail your entry form to:  
American Breast Care  
2150 Newmarket Parkway, 112  
Marietta, GA 30067  
Attn: Erika Anderson