This beautiful quilt called "All About the Girls" was designed and created by Nedra Fillmer from Marshfield, Missouri. "In designing the "All About the Girls" quilt several emotions were running through me. I wanted to create a quilt that would scream it was for a woman, so it had to be pink but with the darker shades being brought out in the browns to depict the battles that we face to create an even balance. There are many struggles through breast cancer but one of the biggest accomplishments along the journey is to feel that you are beautifully whole again. It is an amazing journey and well worth the struggle when you reach the point where you can look at the darker shades of your life and know that you would not be as beautiful without them." –Nedra Fillmer

This beautiful quilt was custom quilted by Pat Capps of "Quilts and Things" of Lebanon, Missouri. Pat does custom quilting and purchased her first quilting machine in 1999. Her personal motto is "Quilts are our links to the past and the treasures of our future." It is important to Pat that the quilting enhances the piecing. She wants every lady to know that her quilt is as important as the next and she puts the same effort into every one. As Pat stitched together this quilt she thought of the family and friends who have survived breast cancer and those who did not, Pat has donated her talent and time to Quilt Raffle that you would not be as beautiful without them. "  –Nedra Fillmer

The road to self-empowerment resides in knowing where your limits are at this point in time, and graciously asking for and receiving the help that you deserve.

The raffle winner will have their photo and article will appear in the BCW 2011 Winter Issue.

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THE ROAD TO SELF-EMPOWERMENT 5-9

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BE FEATURED IN BCW MAGAZINE!

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THE POWER OF WORDS 12

Doctors need to listen to their patients' words and treat their experiences. Helen Keller said it very well when she stated, "Deafness is darker by far than blindness."

THE HEALING AGREEMENT 13

Over 10 years ago, Heather Jose, 26, was told to get her affairs in order. Today, Heather is an empowered patient who teaches that our words and actions impacts our healing choices. Use The Healing Agreement to have a better commitment from your health care providers as well as to keep the healing promises you make to yourself.

WHAT IS ZAMU™? 24

Doctors need to listen to their patients' words and treat their experiences. Helen Keller said it very well when she stated, "Deafness is darker by far than blindness."

WHAT'S LOVE GOT TO DO WITH IT? 22

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Dear Readers,

You see her in the pages of Breast Cancer Wellness, or arm-in-arm with friends at the Avon Breast Cancer Walk, or on your computer screen as you scan breast cancer websites. She is smiling and looks to be in vibrant health. Self-assured, calm, and rested, she is living her life on purpose; in short, she is empowered. Though you, too, may aspire to these qualities, you may not feel so strong, let alone radiant. You may even berate yourself for your inability to be like that woman, that confident, beaming survivor. Rest assured, you are in good company! Please do not despair or feel inadequate. There are steps you can take - even baby steps, if millimeters are all your energy permits – to help restore a healthy and positive mindset in the face of your circumstances, whatever they may be.

With blessings and best wishes,

Amy

Jane

The Road to Self-Empowerment

As women, or perhaps just as human beings, we tend to do a lot of comparing. We evaluate our appearances, our clothing, our professional achievements largely depending on how we measure up to those of the women around us, often our peers, or to the images we see in the media. Women’s magazines in particular barrage us with a plethora of visual messages about how we should look and feel. Even as a breast cancer patient and survivor, you may find yourself confronted by images of the “successful” breast cancer survivor when scanning scanning education materials in your clinic or perusing a cancer center brochure.

At times, this woman may seem to live on a different planet than you. How does she do it? What makes her path so different? She may wear a pink dress, but may she be doing well. What is it that sustains her? Though you, too, may aspire to these qualities, you may not feel so strong, let alone radiant. You may even berate yourself for your inability to be like that woman, that confident, beaming survivor. Rest assured, you are in good company! Please do not despair or feel inadequate. There are steps you can take - even baby steps, if millimeters are all your energy permits – to help restore a healthy and positive mindset in the face of your circumstances, whatever they may be.

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how we can bolster our inner resources and build a sustaining sense of self-empowerment.

**Patient activation**  
The term “patient activation” was coined in 2004 to describe the sort of patient stance that would be necessary in order for individuals to successfully participate in consumer-driven health-care (for example, health insurance plans which offer financial incentives to patients who make informed decisions to contain costs) and in their own chronic illness management. After exhaustive study of relevant research literature, the authors of the principal exhaustive study of relevant research literature, the authors of the principal assessment tool for measuring patient activation arrived at the following definition: “Those who are activated believe their role in their own care is important, (2) They take action. (4) They become capable of acting even under stress.1

**ACTIVATION GIVES US THE CAPACITY TO SAY…**  
> I know what to do, and I can act on my knowledge.

**Self-efficacy**  
In medical research, self-efficacy has been defined as “a sense of one’s personal ability to affect the consequences of disease,” that is, to manage the various aspects of one’s illness.2 Developed from the psychology literature, where perceived self-efficacy is conceptualized as a confidence in one’s own ability to perform a task or behavior in the future,3 this capacity has been studied in clinical trials in various diseases, and repeatedly has proven to be related to better health outcomes such as less pain or better quality of life.

**SELF-EFFICACY GIVES US THE CAPACITY TO SAY…**  
> I can manage my condition and circumstances, and navigate the change in either.

**Coping**  
One way in which people manage stress, including that associated with cancer, is the process we call “coping.” Early models of coping hypothesized that it was driven primarily by individual characteristics or by the situation. In the 1980’s, a transactional model supplanted this largely psychological or circumstantial view; in this view, an individual: (1) appraises the situation in the light of her values, beliefs, and intentions; (2) considers possible solutions and available resources (either consciously or unaware); and, (3) formulates a response. Coping strategies have since been classified as either problem-focused, i.e., ways in which the individual seeks to manage the details of the situation at hand, or emotion-focused, i.e., ways in which the person attempts to change feelings and reduce emotional distress.4 Subsequent development of coping measures sought to differentiate helpful coping from dysfunctional coping.

**POSITIVE COPING GIVES US THE CAPACITY TO SAY…**  
> I possess specific strategies that I can employ to deal with my situation.

**Post-traumatic growth**  
Aligned with the positive psychology movement, the concept of post-traumatic growth epitomizes the “turning lemons into lemonade” approach to misfortune. In the 1990’s, a team of researchers posited that individuals can come through trauma in three possible ways – survival, recovery, or thriving.5 While those who survive get through but without regaining their previous level of psychosocial function, and those who recover return to their previous functional level, those who thrive actually move beyond their original level of functioning, flourish, and grow as a result of their experience. The trauma, whatever it may be, thus catalyzes personal growth and development. A sizable body of evidence now shows that positive growth can follow traumatic events; one of these studies was conducted among breast cancer patients and their husbands.6,7 Across studies, 40-70% of people who experience a traumatic event can move beyond their original level of functioning, those who thrive actually move beyond their original level of functioning, flourish, and grow as a result of their experience. The trauma, whatever it may be, thus catalyzes personal growth and development. A sizable body of evidence now shows that positive growth can follow traumatic events; one of these studies was conducted among breast cancer patients and their husbands.6,7 Across studies, 40-70% of people who experience a traumatic event can move beyond their original level of functioning, those who thrive actually move beyond their original level of functioning, flourish, and grow as a result of their experience. The trauma, whatever it may be, thus catalyzes personal growth and development. 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event later report some form of benefit from their experience. The three main areas of growth which people identify are changes in self-perception, relationship, and philosophy of life.

POST-TRAUMATIC GROWTH GIVES US THE CAPACITY TO SAY…

I am learning and growing through this experience, and will emerge from it as a better person.

How can we translate these intellectual concepts into meaningful tools for daily life? On page 6, we offer a mind/body/spirit framework for approaching empowerment, and suggest ways in which these four concepts from the research realm can inform your progress.

As we begin, let’s dispel two common misconceptions. First, being self-empowered does not necessarily mean taking charge of your health care; in fact, you would in most cases be wise to participate in medical decisions but primarily to trust and empower the trained health professionals who are caring for you. Being self-empowered does, however, mean being an active participant in decision-making, it means “showing up” for your care at all stages, being fully present, and investing your self in your own healing. Second, self-empowered does not necessarily mean being fiercely independent, able to rise and go forth on your own. In fact, some of the wisdom of self-empowerment resides in knowing where your limits are at this point in time, and graciously asking for and receiving the help that you deserve. The struggle to receive is difficult for many of us, but increases with practice; it represents an important capacity that reinforces your connections with others, which in turn supports healing.

In embarking on a path to self-empowerment, affirmations are a wonderful place to start. Simply put, an affirmation is a positive statement that you make about your self or your situation. It is generally put in the present tense, and affirms your desired state of being or feeling. The figure below provides a few simple affirmations to get you started. We encourage you to create your own, so that the words reflect your truth and your vision, and to repeat your affirmations regularly (out loud if possible). You can also find many wonderful affirmations available on CDs or in books. We recommend cancer healing affirmations by Belleruth Naparstek, which are widely available from various internet sources.

Try saying “I am” on your inhalation, and on the exhalation, repeating an affirmation such as “I am lovable, loved, and loving.” Make your affirmations honest. If you don’t feel like you can truthfully say, for example, “I feel full of energy and enthusiasm,” then begin something that does ring true, perhaps “I feel my energy building as I allow positive things to happen around me.” This way, you can give yourself credit for progress, however incremental. Even a small, but heartfelt, degree of self-validation will encourage you to take the next step.

WHAT OTHER STEPS CAN YOU TAKE TO BECOME MORE EMPOWERED?

Let’s continue in a mind/body/spirit framework:

Mind: Learn about your condition, educate yourself, think about your role in your health care and healing, make a conscious decision to communicate with your doctor and work with her/him. And make a decision to trust in your own inner strength, your resilience and inherent wellness. This orientation will help you build a sense of self belief in your own power and capability to prevail over your circumstances.

Tool: Read books on personal development and motivational content. Cancer.net contains a wealth of information on breast cancer, all information is developed and approved by oncologists through the American Society of Clinical Oncology.

Body: Affirm that you are informed and educated. Take action by reaching out through your sense of self-efficacy, for example: Ask your doctor questions about your treatment options. Invite your neighbors to help you with household chores. Decide what your priorities are and make time in your schedule to act on them. Identify your positive coping strategies and active statement that them. These sorts of decisions will help you become activated.

Tool: Many psychotherapists are well prepared to teach coping skills and can help you monitor your reactions, so that you will be able to consciously choose positive strategies, plan an active role in your healing, and follow through on those plans.

Spirit: Adopt a Big Picture perspective. What does your situation, and the way you are handling it, look like from 3,000 feet up? Can you view your cancer experience in the context of your whole life? Give yourself credit, on a daily basis, for what you have learned and how you have grown. Affirm the value of these lessons; recognize the gifts that you are now able to give to those you love, and the world more generally, as a result.

Tool: Reread your favorite spiritual books or teachings. Take a walk in nature and appreciate the beauty all around you. Spend meaningful time with friends. Think about what gives you a deep sense of connection with life and the Source of life—and do it.

The possibility of self-empowerment, nascent even within the grimmest circumstance, offers impressive testimony to the resilience of the human spirit. Though we each have our natural set points when faced with challenges, we can choose to respond in constructive ways that help us live full and meaningful lives.

THE CAPACITY TO SAY…

I am learning and growing through this experience, and will emerge from it as a better person.


Amy Abernethy, MD
Dr. Amy Abernethy obtained her medical degree and post graduate training in Internal Medicine, Hematology, and Medical Oncology at Duke University and trained in Palliative Medicine and Cancer Pain Clinical Trials at Fudens University in Australia. She is Director of the Duke Program on Shared Decision Making, faculty member of Duke Clinical Research Institute and Duke Comprehensive Cancer Care Control Program and Senior Fellow of the Duke Center for Clinical Health Policy Research. Her research focuses on evidence-based solutions for improving the cancer patients’ experiences. http://www.cancer.duke.edu/asp/...
Seaweed with Iodine: Breast Medicine from the Sea

by Christine Horner, MD

Japanese women have a significantly lower risk of breast cancer than American women and research shows that diet has a lot to do with it. The typical Japanese cuisine includes abundant amounts of soy, green tea, fresh vegetables, medicinal mushrooms, and fish. All of these foods have strong anti-breast cancer properties. There is another type of vegetable commonly eaten in Japan but rarely consumed in this country that researchers have found powerfully protects against and fights breast cancer: seaweed. Both Wakame and Mekabu seaweed suppress breast cancer growth by causing cell death. In other words, these seaweeds kill breast cancer cells – and with might. A study published in 2001 (Funahashi 2001) found that Mekabu seaweed killed breast cancer cells and stopped the growth of tumors more effectively than a common chemotherapy drug used for breast cancer. Better yet, this seaweed did not cause normal cells to die like chemotherapy drugs often do.

The reason these seaweeds are so potent against breast cancer is because they are high in iodine. Iodine is toxic to breast cancer cells. It is also involved in the production of antioxidants that protect cells from oxidative damage that can lead to cancer. Not surprisingly, low amounts of iodine in the diet are thought to contribute to the risk of breast cancer. Women with thyroid disease including hyperthyroidism (overactive thyroid), hypothyroidism (underactive thyroid), thyroiditis (inflammatory conditions of the thyroid), and nontoxic goiter have a higher incidence of breast cancer. Many of these thyroid conditions are associated with low dietary iodine, but low iodine doesn’t fully explain the association between thyroid disease and breast cancer. At this point, we don’t have a clear understanding of why women with thyroid cancer or other thyroid conditions have a higher incidence of breast cancer.

Iodine is a trace element that is normally only taken up by the thyroid gland to make thyroid hormones. Embryologically, the breast and thyroid are derived from similar cells. Breast cells have only a temporary ability to uptake and concentrate iodine during pregnancy and lactation – the purpose being to supply the baby with this important substance through the breast milk. Researchers have found that iodine is also taken up by breast cancer cells, but not normal breast cells or any other cells in the body. This fact creates an exciting future possibility for treating breast cancer. Radioactive iodine, a substance used to treat thyroid cancers, might also prove to be highly effective against breast cancer. What is even more exciting is that because iodine is not taken up by any other tissues in the body except the thyroid, radioactive iodine – unlike standard chemotherapy – is harmless to the rest of the body. The damage caused to the thyroid by radioactive iodine is easily treatable with thyroid hormones.

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 go to www.drchristinehorner.com.

Salted Wakame

Soy

Salted Wakame

Christine Horner, MD
The Power of Words

by Bernie Siegel, MD

Most doctors are not trained to communicate and understand the power of their words as they relate to a patient’s ability and desire to survive. Doctors are not the only authority figures who impact patients’ lives and their ability to survive a diagnosis of a disease. Parents, teachers, clergy, and physicians also have the ability to change lives with their words. It can be hypnotic for a child or patient to hear an authority figure’s words. As I am fond of saying, “wordswordswords” can become “swordswordswords,” and doctors have the ability to cure with either “words” or kill with “words.”

Up to the age of six, a child’s brain wave pattern is similar to that of a hypnotized individual. To quote a woman I know, whose mother gave her only failure messages and dressed her in dark colors, and who as an adult has more trouble with her mother’s words than she does with cancer, “My mother’s words were eating away at me, and maybe gave me cancer.” We know from recent studies that loneliness affects the genes which control the immune system. So it is incumbent upon doctors to ask the right questions and know what patients have experienced and are experiencing in their lives.

I recently met a child, one from a woman who had a recurrence of her cancer and had decided to not undergo chemotherapy again. Her doctor told her, “Then you might as well go home and fall asleep as we wheeled him into the operating room. One boy turned onto his stomach to get to his appendix.” The other email came from a woman who asked her doctor if they could become a “so-called” good patient. When she stated, “Deafness is darker than you can imagine,” her doctor told her no and that he was a “survivor and not a submissive, suffering victim.”

One last story. Erickson would write in a patient’s chart and then excuse himself and leave the room. Of course he expected the patient would get up and go look at what he had written, so he would write, “Do not do this.” He would write, “Do not do that.” He was amazed at how many responded to their feelings and kept an open mind about the future. And don’t be afraid to remind your doctor that his or her words have the ability to hurt, but also more importantly, to heal.

Beverly Vote
www.breastcancerwellness.org

Dear Readers,

It was over 10 years ago that Heather Jose was told to get her affairs in order because she was dying of breast cancer. Heather was only 26. Today, Heather is an empowered patient who teaches that our words and actions impact our healing choices. Feel free to use The Healing Agreement to have a better commitment from your health care providers as well as to keep the healing promises you make to yourself. The Healing Agreement is available on line at www.BreastCancerWellness.org or as a printable download or tear out this page from the magazine. To book Heather Jose for your next group setting and to help prepare you to go beyond treatment and to learn other ways to use The Healing Agreement, contact Heather at 516-269-2475 or at heather@heatherjose.com

Heather and I hope you will use The Healing Agreement and share it with others to remind all of us that our words and our commitments can help to produce deeper healing experiences. AND to remind us that it is our right as an empowered patient to have health care providers that will partner with us in the best interests of our patients.

-Beverly Vote

The Healing Agreement

Recognizing that I can make a difference in healing my body, and that ultimately I am responsible for my own care, I, ____________________________ , agree to the following:

1. I will be actively involved in my own care on a daily basis, making choices that will be good for my body physically, mentally and spiritually.
2. I will regard my treatment in a positive manner.
3. I will seek to have an open relationship with my healthcare providers, sharing information as to the choices I am making.

Date ________________________
Signed ________________________

Recognizing that I can make a difference in the healing process of each patient, I, ____________________________ , agree to the following:

1. I recognize that my words have great influence and therefore will make every effort to be positive.
2. I will encourage you, my patient, to play an active role in your treatment recognizing that your efforts on a daily basis make a difference.
3. I will empower you to heal by acting as a partner with you in order to make informed decisions about your care.

Date ________________________
Signed ________________________

Bernie Siegel, MD

Dr. Siegel is the originator of Exceptional Cancer Patients, a specific form of therapy utilizing patient drawings, dreams, images and feelings. SCP is based on a safe, loving therapeutic confrontation, which facilitates personal coping, changes, personal empowerment and healing of the individual’s life. In 1978 he began talking about patient empowerment and the choice to live fully and to die as a person. As a physician, who has cared for and counseled innumerable people who have been branded as “terminally ill,” he continues to affirm the sanctity of life and to extend hope to patients whose disease has been diagnosed and placed in the terminal category. His book, Love, Medicine and Miracles, is the most widely read self-help book in the world. It has been translated into 35 languages and has sold over 13 million copies. His latest book, 101 Exercises For The Soul, was published in 2005.

www.gobeyondtreatment.com

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www.gobeyondtreatment.com

Dear Readers,

It was over 10 years ago that Heather Jose was told to get her affairs in order because she was dying of breast cancer. Heather was only 26. Today, Heather is an empowered patient who teaches that our words and actions impact our healing choices. Feel free to use The Healing Agreement to have a better commitment from your health care providers as well as to keep the healing promises you make to yourself. The Healing Agreement is available on line at www.BreastCancerWellness.org or as a printable download or tear out this page from the magazine. To book Heather Jose for your next group setting and to help prepare you to go beyond treatment and to learn other ways to use The Healing Agreement, contact Heather at 516-269-2475 or at heather@heatherjose.com

Heather and I hope you will use The Healing Agreement and share it with others to remind all of us that our words and our commitments can help to produce deeper healing experiences. AND to remind us that it is our right as an empowered patient to have health care providers that will partner with us in the best interests of our patients.

-Beverly Vote
Breast Cancer Wellness Magazine

Most women would agree the key ingredient for a satisfying daily life is finding the right balance. Naturally one thinks of work-life balance as vital – but did you know your physical sense of balance and symmetry is also important? When you’re well-balanced physically, you maintain better posture and breathe more easily, giving you more energy and contributing significantly to your overall sense of wellness.

Being unbalanced can have the opposite effect. In fact, when your breasts are noticeably uneven, it may affect how you hold your shoulders and even the curve of your spine. Some possible causes of asymmetry include:

- Naturally uneven breasts
- Surgery/radiation (radiated breasts typically change shape with time)
- Breast reconstruction process (expander phase)
- Weight gain or loss after reconstruction and/or treatments
- The natural aging process.

Gaining a smooth, balanced look can help you square those shoulders, and ultimately make you feel more confident and feminine.

Symmetry shapers like Amoena’s Balance line are perfect for all of these situations, to create an even silhouette, improve your balance, and maximize your curves. There are a variety of shapes and options – your certified fit specialist can help you find the one that works best for you.

The illustration here shows how one woman, who’d had reconstruction on her left side, used Varia. In this instance, Varia provided the best balance. In fact, Varia is one of the most versatile shapes Amoena offers. It can be placed wherever there is missing tissue: on the top, rotated to either side or underneath the breast. When placed underneath, Varia lifts the remaining breast tissue, filling the bra cup completely and even providing a bit of cleavage. Like all our symmetry shapers, Varia’s thickness is in the middle of the shape and tapers to thin edges so that it is virtually invisible when worn, even in a seamless bra.

Amoena also offers comfortable attachable shapers, and just this year, introduced the first partial shapers with Comfort+ technology, which equalizes the temperature between the chest wall and the form to prevent overheating and perspiration. Health insurance will sometimes cover partial forms for those with medical conditions resulting in uneven breasts.

All of our partials look naturally soft and feel like cashmere. Try one and experience the balancing effects of perfect symmetry, better posture and self-confidence – to look and feel your best, every day.

To Look and Feel Your Best, Get Balanced

by Lee Thrash

Lee Thrash

E-business & PR Coordinator, Amoena USA

Lee Thrash manages Amoena’s online community, the BreastCareSite.com, Amoena Life magazine, and other online and print publications which help breast cancer survivors and their families. A graduate of Emory University, her writing experience includes reporting for and editing health care journals such as Hospital Care Management, Case Management Advisor and Hospital Home Health (AHC Media), as well as 10+ years editing educational websites, brochures and publications.

Find out how Comfort+ technology works and what women are saying about the freedom of Contact with Comfort+. You can also request a free sample patch of the Contact adhesive by visiting www.offer.amoenalife.com

Amoena Contact attachable breast forms with the temperature-equalizing benefit of Comfort+ will keep you so comfortable, you’ll hardly know you’re wearing one.

Visit our store locator at www.amoena.us or call 1-800-741-0078 to find an Amoena retailer near you.
Food Combining
A Nutritionist’s Gut Reaction

by Kim Dalzell, PhD, RD, LD

I’m always skeptical of diets that encourage severe restrictions of any kind, so when the question about the value of food combining comes up, I have to resist getting on my soap box. For those of you who don’t know, food combining is based on a theory that different foods require different enzymes for digesting, and eating the wrong combinations of foods will cause digestive disturbances. Now I know what you are thinking: “If I eat green peppers and grapes together, I get gas…so maybe there is something to this theory.”

Let me continue to explain. Most food combining diet plans stipulate that protein and carbohydrate should be consumed at separate times because the acids in protein neutralize the alkaline medium required for digesting the starch in carbohydrates, resulting in fermentation and indigestion. The diet plan also suggests that fat and protein be eaten at separate meals, and that certain foods like nuts (which are 50% fat and can be very difficult to digest) and melons should be consumed at separate times resulting in fermentation and indigestion. The diet plan also suggests that fat and protein be eaten at separate meals, and that certain foods like nuts (which are 50% fat and can be very difficult to digest) and melons should be consumed at separate times because they don’t combine well with almost any food. Tell that to my fruit salad!

Although a number of food combining diets exist, many begin with a fast of some sort; dieters are instructed to eat only fruit for several days. Thereafter, a small amount of bread and butter is permitted with a few vegetables, and later some meat and shellfish is allowed. So what’s the bottom line? Food combining diets just don’t make sense from a physiological point of view. Your stomach creates a number of digestive enzymes that perform their work on food in the small intestine, with different aspects of digestion occurring along the way. Pancreatic juice is secreted into the small intestine and contains enzymes that digest proteins, carbohydrates, and fats. Our bodies are designed to handle all kinds of foods whenever we choose to eat them.

For someone with a history of cancer, food combining can actually be a good thing. You see, when you eat carbohydrates with protein (something like whole grain bread with a slice of turkey or low fat cheese), you are slowing the release of digested sugars into the bloodstream—something we know helps to support the immune system! While food combining diets will help you lose a little weight (because of the very low calorie nature of the early stages of the diet), weight loss doesn’t last because it’s difficult to follow this kind of diet for too long.

I suggest that if you have a problem digesting food, you try adding digestive enzymes to your nutritional regimen. Also, remember that whenever you increase your fiber or soy foods intake, you will probably experience more gas and bloating. This is normal and can be alleviated by drinking lots of water and taking digestive enzymes. All in all, the food combining diet appears to be safe, but is unscientific and very regimented. My advice is to avoid the food combining diet and stick with a varied diet—eating whenever we choose to eat them.

Dr. Kim Dalzell
Ph.D., R.D., L.D.

Dr. Kim Dalzell is a doctor of holistic nutrition and registered dietitian who has helped thousands of cancer patients with her “inside-out” natural-healing approach to cancer control. She is a sought after speaker, author of Challenge Cancer and Win!

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✓ Valuable Information: Get cutting edge answers to your personal questions
✓ Recipes: Eat smart with cancer friendly recipes

Join Cancer Busters and take charge of your health today!
The Importance of Mammograms!

by Ambassador Nancy G. Brinker

The U.S. Preventive Services Task Force (USPSTF) recently released new recommendations against annual mammograms for women 45-49 and over 75. This was a significant departure from what we, as a cancer and public health community, have been telling women for three decades; that is, to begin annual mammograms at age 40. We have good reasons for this: even the USPSTF acknowledges that mammograms save lives in this age group. The panel cited the potential for false positive readings, overtreatment for tumors that might not be cancerous (or might not have progressed), and “anxiety” over follow-up biopsies and even anxiety over follow-up procedures (in the case of cancer). It also noted recently that “we don’t have a lot of precision here.”

In a recent article in the Wall Street Journal, H. Gilbert Welch, professor of medicine at the Dartmouth Institute for Health Policy and Clinical Practice said, “Researchers aren’t going to calculate [their] way out of this problem. This is still a close call.” Heidi Nelson, a research professor of medical informatics and clinical epidemiology and medicine at the Oregon Health & Science University who helped review the literature for the task force agrees, noting recently that “we don’t have a lot of precision here.”

Yes, the data are conflicting and there is much more to learn, but when confronted with nebulous numbers concerning lives saved, our position at Susan G. Komen for the Cure® is it’s better to be safe than sorry. While reasonable minds will continue to debate inconclusive statistics and studies, we believe it’s most prudent to protect as many lives as possible, rather than put even one in peril. This is why Komen is not changing its recommendations for annual mammograms starting at 40. And why we will be watching insurers and government funders to be sure that funding for these procedures continues.

There is little debate that mammography saves lives, including women ages 40-49. According to the American College of Radiology, at least 40 percent of patient years of life saved by mammography are in women aged 40-49. In addition, since the onset of regular mammography screening in 1990, mortality from breast cancer dropped by 30 percent. It had remained unchanged for the previous 50 years.

Mammography can be less effective in women in their 40s because, as a group, their breasts are often denser than women 50 and older. Science tells us women with dense breasts have up to six-fold higher breast cancer incidence. Additionally, a recent study showed these women may be more at risk for their cancer to return after lumpectomy (radiation may eliminate the disease). We must close the technology gap means we need to find something better to do, reflecting a wider range of women as well as the new technology available today.

In recent years, Susan G. Komen for the Cure® has invested more than $50 million for everything from new imaging technologies to novel biologic and genetic strategies, with another $20 million earmarked in 2010 for risk reduction and preventive studies. Yet we can’t do it alone, we still need your help and with all of us working together – government, private industry, the public health community and patient advocates. We can further develop and deliver technology that is more accurate, available and more personal, but less expensive and less aggressive.
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American Breast Care

“*It’s as if I have my own breast back!”*  
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**Florida**  
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To learn more about the benefits of The Massage Form visit: www.americanbreastcare.com
What’s love got to do with it?

by Ann Leach

Here’s a question for you: do you think there is a reason all of our holidays are so close together? I’m talking about Christmas and Hanukkah and Kwanza and New Year’s as they relate to Valentine’s Day.

There just may be. We have a season of rebirth in December, a new beginning in January and a reminder of love in February. What if they were tied together and we could use the energy of those months to help sustain us as caregivers in this wonderful new decade we’ve just launched?

Doing so requires us to ask some questions.

As a caregiver, what needs to be reborn in you today? It may be that patience needs to be reborn or acceptance could sure rear its head to help you through the caregiver maze. Be honest with yourself: it isn’t easy coping with caring, no matter how much you love someone.

What needs to happen in order to let you “sleep in heavenly peace”? I know it is easy to think “for mom to get over cancer” or “for the doctors to find a cure”, but this question is for you and what you can control in your own life. Whatever comes to your mind first, write it down, no matter how confusing or impossible it may seem.

Will you open the gifts of cancer? Some gifts that I have heard others mention or that I experienced myself were a stronger connection to family, a greater appreciation of life and how to live it and an increased awareness of what’s truly important for a great day.

Can you look forward with anticipation? Welcoming a New Year is full of hope and excitement about what a fresh start can bring. We fuel ourselves into thinking this can only happen on January 1, but the truth is, we can begin again in any moment.

What are you ready to refresh and commiserate about? What could help you feel better about the experiences that demand your attention and your time?

Do you love yourself enough? Valentine’s Day is mostly focused on the expression of romantic love, but I use it to express love for all kinds of things and people. Then I prepare the best Valentine of all: mine! What can you do to show love to yourself?

When under the stress of caregiving, it is way too easy to let other’s needs take priority, but how can you be of best service to others when you aren’t allowing yourself to be in tip-top shape?

This New Year can still be a successful one, despite the worry and concern you may have for a loved one coping with breast cancer. Answering the questions I have asked you will show you where you can shift your actions and your attitude so that 2010 can be a year of true living for you and yours.

Looking for Inspiration on your Cancer Journey?

Buy the book today!

“Letters to Sydney is a compelling and riveting approach to give hope to those experiencing cancer. It is a must read for every woman diagnosed with cancer.”

-Greg Anderson, Author of The Cancer Conqueror

Are you ready to go Beyond Treatment?

Heather Jose is a ten year survivor of stage IV breast cancer. Diagnosed at 26, Heather chose to go beyond treatment to kill cancer. Heather is a dynamic speaker and writer, inspiring action in survivors and the healthcare providers that they encounter. She will empower your group to make positive actions and words count.

It’s time to go beyond treatment!

Contact Heather today.

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Background Information

Ann Leach

Ann Leach is the founder and president of Life Preservers: a global grief support community. She served as the primary caregiver for her mother, who died of cancer twenty-one years ago. Ann produces an award-winning free online newsletter called In the Flow for caregivers coping with loss.


Helping caregivers chart their course through the waves of change

Visit www.life-preservers.org to purchase your copy of 101 Tips for Caregiver Coping & 101 Tips for Caregiver Grieving

BY ANN LEACH, THE CAREGIVER COACH

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Breast Cancer Wellness Reader – Take $1 off the purchase price!
What is ZAMU™?

The people behind the amazing health drink called Zamu™ are Olivia Newton-John and her husband ‘Amazon John’ Easterling. Amazon John is the founder of the Amazon Herb Company and Olivia is well known as an international superstar, recipient of four Grammys, an Emmy, and acclaimed actress from the movies Grease and Xanadu. She is also a humanitarian and a breast cancer thriver.

John created the Amazon Herb Company after having a life changing experience from a health crisis where he was introduced to the traditional use of medicinal plants from the Amazon. This experience showed John a simple truth - that we must share this knowledge about the benefits of the Rainforest plants with others.

Today, John and Olivia travel together to educate and empower the world to take positive actions for their health and well-being.

Camu camu - Harness the Energy of the Amazon Rainforest Botanicals

Camu camu, along with other foods grown in the rich soils of the Rainforest flood plains, are today’s new superfoods – the ones the world is turning to for the wealth of nutrients and health benefits they offer.

Camu camu, the featured ingredient in ZAMU™, is a true superfood. It is the highest source of naturally occurring vitamin C in the world.

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Organic Cacao, the primary ingredient in chocolate, was originally used by the Mayans and Aztecs in medicinal beverages. Cacao possesses strong antioxidant properties that benefit cardiovascular health. Researchers have also discovered that flavanol-rich cacao increases blood flow to the brain and improves mood.

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Sangre de Drago, used by Indigenous people for centuries, is loaded with genusheuxalana (GHE) – nature’s most potent antioxidant – which possess exceptional healing and anti-aging properties. Alternative health care practitioners recommend it for use as an anti viral and anti-inflammatory.

Organic Pineapple, a fruit often associated with the state of Hawaii, is actually native to southern Brazil and Paraguay. Research documents that bromelain extracted from the pineapple plant has shown anti-inflammatory activity and may help with common joint discomfort.

Organic Mangos are unique, in that every part of the mango is beneficial – skin, pit, pulp ... even the leaves have nutritional value. Mangos have been used in a number of folk remedies throughout history and are a natural source of beta carotene. Studies show that long-term beta carotene supplementation has a significant result on memory.

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To order your healthy supply of ZAMU™ and to get started on your Amazon Herb program and join Olivia Newton-John and Amazon John in their quest to empower and encourage women to thrive, contact Janett Pittrich, Amazon Herb Co. Independent Associate.

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*I am committed and excited about educating and encouraging women to take a positive role in their breast health.* – Olivia Newton-John

The Pieces of Our Lives

by Nedra Fillmer and Mary Kay Rodgers

**Nedra:** I consider myself to be a piecer. My love for quilts started early in my life, influenced by my mother, grandmother and great aunt. However, I really didn’t make the connection between the pieces of a quilt and the pieces of our lives until recently. Patterns! Don’t we always have a plan or pattern for our lives, and how many of our lives have actually followed that pattern? Quilts are like our lives, they vary in style, uniformity, size, color, etc., and they usually start with a pattern block as we might compare to a section of our lives. This particular block in my life started twelve years ago with a call from my doctor stating, “I can’t believe I’m telling you this, but you have breast cancer.” Three days prior to this call I had a golf ball sized lump removed from my left breast. This was a lump that by all tests available was not cancer and the only reason it had been removed was because of its size. FEAR set in – fear of the unknown. Life became a learning process in the fast lane, but so entered my life a new friend named Page. Page was introduced to me by one of my younger sisters, of which I happens to be fortunate enough to have three younger than me. Page worked with my sister and was about six months ahead of me in her battle with breast cancer. She was such a comfort to me. Every time I had a question about the different changes my body was going through, she was there to reassure me. We had experienced the same mastectomy, with a tram reconstruction and chemotherapy seems we have a block in our life at every turn contributing yet another piece to the pattern. Just as the fog was clearing and my chemo was coming to an end, so was my lifeline to Page. Cancer had taken her life, but her influence on mine would last forever in the shaping of a “Memory Chain” quilt. Even after surviving breast cancer, the health problems did not end. For the next ten years I would have nine different additional surgeries.

**Mary Kay:** My grandma used to tell me, “God won’t allow you to cope with more than you can handle.” Wow! I used to think, “Lord, you must think I’m made of steel,” but I soon came to learn just how strong I really am. Thursday, September 20th, 2002, I was on my way to a surgeon’s office with my ultrasound films in hand. This was a day that turned my life completely upside down and one that started a whole new chapter in our lives.
new block in my life. The week before, I had discovered a lump in my left breast. Having lived with fibrocystic breast tissue pretty much since I developed breasts, I knew the routine... watch it for a week for changes, call my doctor. I wasn’t really concerned, because I just had a clear mammogram in May and my annual gynecological exam the week before, but I followed through and called my doctor. He sent me straight for an ultrasound.

When I was told I needed a biopsy right away, I called my husband Jerry and asked him to meet me at the surgeon’s office. Still not worried, my surgeon was due to leave the next day for several days and asked if I minded if he turned me over to one of his colleagues.

Since I had gone through a biopsy ten years earlier and everything turned out to be benign, I still wasn’t worried. Both surgeons felt differently. They felt there was reason to be worried and I was scheduled for my first surgery on Monday, just four days later. My “quick” but not easy quilt had begun.

Here I am having to make all these decisions over night, I was numb, angry, and afraid for my life. The only person I knew who experienced breast cancer was my aunt and she lost her battle. I under went three surgeries in four weeks and with my grim prognosis, I couldn’t seem to keep my mind off of my aunt’s passing. I wanted desperetely to talk to someone who had survived and who had the same type of treatments I was facing. I asked my plastic surgeon if he could connect me with someone and he kindly had one of his patients give me a call. I spoke with her only once and really found no comfort from that one call.

Nedra: My husband and I have been fortunate enough to have pieced together our lives for 35 years. Nedra has been an officer for the Missouri National Guard for 38 years and works full time for the Federal Aviation Association, so it is a standing joke among my family that we can only count half the time we have been married because Roger has only been here with me half the time. The last nineteen years I have worked as an administrative assistant in the Central Office at Marshfield Schools. This is where I found myself sitting in front of my computer when I received a call from the Major’s wife of my husband’s unit and started yet another block. She was telling me that a fellow soldier’s wife had been diagnosed with breast cancer and was having a very difficult time, “Would I call and talk to her?” Reminded of what help Page had been to me, I immediately made a post-it note and placed it on my computer as a reminder to check on Mary Kay. This block in my life would blossom into a beautiful “Friendship” quilt.

Mary Kay: The call to Nedra from the Major’s wife turned out to be the thread that began to sew my blocks together with Nedra’s blocks to form a quilt we would build together. I have been truly blessed with a very loving husband, son, daughter, mom and dad, and four younger sisters who provided constant love, support and comfort through my journey. But when Nedra called me week after week, it brought me a different kind of comfort. My treatments consisted of a bilateral mastectomy, latissimus dorsi flap reconstruction with implants, and chemo. Even though this was different from Nedra’s, she had already walked in my shoes and was surviving! She knew all my concerns, pain, and fears and still does today. I’m so grateful God created her as a piece of the pattern for my quilt.

Nedra: If you are fortunate enough to find your soul mate, life long friend or your ‘sister’ in life, count your blessings. Mine came in Mary Kay. We communicated by phone not only sharing our experiences in dealing with cancer and its treatments, being National Guard wives, but also having in common being the mother of two children, the oldest daughter in families of all girls, we are the same age and our birthdays are just 14 days apart, and the list grows longer. The more we became familiar with each other the more we could find in common. We can now sense other’s needs, complete each other’s sentences and know when to just listen in the other’s time of need. We can thank God for cell phones! Since Mary Kay and I live an hour apart from each other, personal contact doesn’t happen easily. Between my work schedule and Mary Kay’s busy appointment schedule, along with being the only transportation for her daughter and granddaughter’s schedules, the times we spend face to face are limited. We communicated approximately six months before we met earlier and first face to face meeting we knew that our friendship was something special. As I mentioned earlier, our styles were very similar. After the graduation of my two boys I was struggling with the ‘empty nest’ syndrome going through my “Crazy” quilt years, so I had begun a home based business selling jewelry for a Christian-based company doing home shows. Prior to 9-11, I was on a roll and the money was good. I was piecing parts to make my “Jewel Box” quilt. Our first face to face meeting was at one of my shows. I was not interested in doing this in a business opportunity. I had been married because Roger has only been there half the time. The last nine years I was being managed but instead of doing it alone, I had a friend, a person to bounce off ideas and share problems. Our “Golden Glow” quilt.

Mary Kay: Nedra helped me start another block when I left my office job of nearly 20 years and started my new business opportunity with jewelry and...
Mary Kay and Nedra enjoy working and playing together. Nedra has a special sewing and quilting room in her new home that is filled with bright light and special tables.

Jerry and Mary Kay Rodgers and Nedra and Roger Fillmer are more than friends, they are a military family. In this picture, they are enjoying the Holidays together at Nedra’s and Roger’s new home that is located in the beauty and solitude of the Ozarks.

Nedra: On one of the most memorable of our bonding experiences was a visit to a convention in Dallas. As any connoisseur, phone cells are to be turned off. However, knowing that we may be getting an important call, ours were left on. However, we were not the first time but it never gets easier, at least not for me. Mary Kay was away on a mini vacation with her husband which I hated to interrupt, but I called anyway and left a message on her cell phone. I knew if I didn’t commit right then, we knew if we didn’t commit right then, we would never worry that it may compromise our friendship. I appreciate her putting me in her place and keeping me grounded. Nedra, your knowing that I don’t enjoy cooking, I’d just rather be sewing or scrapbooking. We share our love of creativity to create blocks. I like the peace for me while I sew pillow covers for her, so you can see how we get our red riding hood on stage standing at attention, Nedra and Roger and the sacrifices they make and the piecing will continue to go on.

Mary Kay: Although we have many things in common, we also have our differences, and even an occasional disagreement. But how great it is to respect each other enough that we’re not afraid to tell each other exactly what we feel and never worry that it may compromise our friendship. I appreciate her putting me in my place and keeping me grounded. Nedra, you’re the one who told me to “relax.” “Slow down” and just enjoy things around me. Her words of encouragement, cards of remembrances and constant concern bring me constant peace.

Mary Kay: As if it wasn’t bad enough having just completed my treatments, but then to find out Jerry would be deployed to the Middle East. It was a complete roller coaster of juggling, taking care of loose ends, the emotional ups and downs of preparing, and the constant “hurry up and wait.” How comforting for me to know that Nedra was walking in these shoes with me. This would become a new block of courage we would share. Although I worried and feared for his life, he has served 34 years in different branches of the service. Wow! That’s more than half his life. He is currently active duty Army National Guard, which means he’s on duty 24/7). Being a soldier is what makes him who he is and I’ve always admired him for his devotion to our country.

The American flag, a parade marched down the auditorium aisle as beautiful patriotic music rang out into the audience of thousands of people, the majority of them women, as we received the call informing us our husbands would soon be leaving to serve in the Middle East. As a uniformed soldier representing each branch of the United States military came up on stage standing to attention, Nedra and I squared hands gathering strength from each other as tears ran down our cheeks and we held each other tightly. As we watched our jewelry family’s soldiers names scroll down the uglier than life PowerPoint screen, we knew we would be watching our husband’s names appear on that same screen the next year. How proud and honored we are of Jerry and Roger and the sacrifices they make for our freedom, and we worry and miss them terribly.

Roger and I are to retire from the military in just a matter of months and has served his last deployment. Jerry is already preparing where he hopes to be his last deployment, before he can retire in a few more months, as well as three for each other in 2003 and 2004, I know I can count on Ned to be there for me when I will once again be holding down the home front while he is away.

Nedra: If I had to construct a pattern for a best friend it would come out being Mary Kay. Are we ever alike? No. In many cases we are opposite, but that is part of what makes our friendship work. I am so grateful Jerry has sent me to “relax.”

Nedra: I recently I received a letter stating that my mammogram had a suspicious area and could I please call to make an appointment for further testing. Many of you know how I felt. A ton of bricks had just fallen on me. This was not the first time but it never gets easier, at least not for me. Mary Kay was away on a mini vacation with her husband which I hated to interrupt, but I called anyway and left a message on her cell phone. I knew if I didn’t commit right then, my husband was also leaving her a message to call me right away. I needed her, and again she was there for me. Thank God again for cell phones. Thankfully the biopsy came back cancer free.

Mary Kay: Just weeks after Nedra’s scare, I had further testing done which was requested by my oncologist after a routine visit. The results of two of the tests came back rather quickly, but it seemed like years waiting on the last results. The anxiety of waiting on scan results never does get any easier. While Nedra was waiting for her biopsies and results, I too was as anxious as I to hear the results and continued to send me text messages checking on my news. This went on for days. Another crisis! I finally got the call telling me the doctor wanted to see me at the hospital. I knew there was a spot found on your liver in the PICT scan and he’s ordering an MRI to determine. “After the shock began to dissipate, I just wanted to talk to Ned. I knew my loved ones would be there for me, but I just had a need to talk to Ned first. It’s like I was struck by lightning, you know how much rage and fear that was suddenly reeling inside me.

I called to tell her how scared I was and her response was, “I’m scared too. I’ll be there in 35 minutes.” Little did I know that Nedra had left a family gathering at the drop of a hat to comfort me, once again. We just held each other and cried together. How wonderful it is to have a “sister” soul mate that not only laughs with you, but also fears your pain and can cry with you too. It’s probably somewhat difficult for others to understand such a bonding, but oh what a blessing it is! And fortunately, our meltdowns usually don’t occur at the same time. After further tests and a second opinion, my results were also good. Ned called me the morning just minutes before my last test just to let me know she was with me all the way. How grateful and relieved we both were to get the good news. We will continue to build more blocks, and the piecing will continue to go on. It

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• Susceptibility to illness and infections
• Fatigue
• Irritability

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Family’s Love Leads to World Renown Therapy

Dance movement has been used as therapy throughout the world for centuries. Dance helps us to release and express our deeper emotions, increases our sense of well-being, gives us a break from our troubles, helps shake off our lingering fears, and creates a sense that we belong. Dance continues to be used for therapy, celebration and in sacred rituals around the world.

It is intriguing to see how dance in the life of Sherry Lebed Davis brought her to a place that makes a huge impact for those facing breast cancer, and how it all began with Sherry’s heart-felt desire to help her mother when her mother was diagnosed with breast cancer. But the story doesn’t end there, nor did it begin there: When Sherry was diagnosed with breast cancer she experienced the benefit of the very program she designed for her mother, and once again, from someplace deep in her heart, Sherry knew she wanted to help people all around the world with the program that turned out to be the therapy her mom needed. Yet, the love of movement and music was first cultivated by Sherry’s mom and today Sherry cultivates the love of movement in dance in others.

Sherry Lebed Davis’ journey with breast cancer began with a family history of the disease. Her grandmother and two aunts had breast cancer and in 1980 her mother was diagnosed. Although her mother was treated successfully, her recovery had many challenges, both physically and emotionally. Sherry’s desire to bring a smile back to her mother’s face spawned a program and a business that now aids recovery for thousands of participants worldwide.

Both of Sherry’s parents were professional ballet dancers and their home was filled with music and dance. In Sherry’s adult life, she too became a professional dancer. Her two brothers chose to be surgeons. Because Sherry and her brothers grew up in an environment that believed music and dance were beneficial components for healing body and mind, it felt natural for the Lebed siblings to design something special for their mother based on movement, music and medical methodology.

Their goal was to improve their mother’s physical range of motion, increase flexibility, improve balance, strength, and endurance, and bolster her emotional well-being and self-image and have fun doing it. Their mother was soon smiling again and her physical recovery improved after employing the program that was designed specifically for her by her children. In 1996, Sherry was diagnosed and treated for breast cancer. Sherry used the same program she helped develop for her mother. While in the midst of her own treatment and recovery she was determined to help as many survivors as possible by teaching the program, ‘Lebed Method’, at local hospitals in the Seattle area. Along the way, Sherry wrote a book Thrievering after Breast Cancer: Essential Healing Exercises for Body and Mind, and filmed two DVD’s for home use.

The head of a breast cancer center at a major hospital in Philadelphia saw the need for the Lebed family program and soon adopted it into therapy for their patients. From that program evolved the first of four medical studies on the Lebed Method, quantifying its effect on recovery and quality of life. Today, the program is currently in over 800 hospitals, community centers, and fitness centers in 14 countries. “It is fulfilling and gratifying to see the wonderfull results of our recovery program, known as Healthy-Steps: moving you to better health with the Lebed Method, helping so many across the country and internationally,” said Sherry.

Healthy-Steps is a fun program where the movement and music are the mediums through which one experiences therapeutic exercise. Playful props, such as boas, bubbles, and scarves are used to make the exercises enjoyable and fun. No certain level of physical or dance ability is required. Chairs are provided for anyone who may wish to participate seated. Healthy-Steps is not an aerobic type program, so the people who attend the classes vary in ages and physical conditions. It is strongly advised that if a participant experiences any pain during an exercise, they are encouraged to stop or cut their efforts back. Healthy-Steps teaches “No pain means more gain.” The exercises are designed to be gentle resistance so everyone can do them according to their ability. There is no competition. As with any exercise program, all participants are encouraged to consult their physician before beginning.

With Healthy-Steps,
• There is no need to know how to dance to receive benefit from this program.
• Participants do not feel self-conscious and they can start at any stage of their healing journey knowing that this program does not harm them.
• Physical strength and lung capacity are enhanced.
• Everyone’s spirits are lifted.

Originally developed to aid recovery for breast cancer survivors, Healthy-Steps classes are now benefiting participants who are dealing with a broad range of conditions from other cancers such as lymphoma, multiple sclerosis, arthritis, Parkinson’s chronic fatigue syndrome, and Shroymygia to name a few. The original program has been adapted for aquatic exercises, maternity programs, senior health and wellness, etc.

Support encompasses:
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Salon Services
Specialty Boutique
Therapeutic Massage
Computer Lab & Patient Resources Libraries
Reflection Gardens and More.

Comprehensive Care - at the Arizona Cancer Center Clinic, it’s defined as every patient’s journey from the diagnosis of cancer to becoming a cancer survivor.
What would Augusta do? by Beverly Vote

“May I speak with First Lady Nancy Reagan please?”

On the day that Augusta Williams was scheduled to have bilateral surgery, her insurance company denied her coverage. For a brief moment, Augusta didn’t know what to do. She thought a minute and then immediately knew she needed to reach out to Nancy Reagan. Augusta knew Mrs. Reagan was a breast cancer survivor and to this day, Augusta continues to believe in reaching out for help on the highest level when help is needed.

Being involved in health care is not new for Augusta Williams. She has been in the health care field as a profession for more than three decades. Not only was she a staff nurse and supervisor, but also a health care administrator. Through the years, Augusta has learned that there are very contrasting differences between hospitals and the care they provide. Augusta understands and wants all patients to understand that it is their right to be treated with dignity, respect, and to be ignored and at all times to request the highest level of care possible.

Because Augusta knew she needed help right away to break through the insurance denial and medical bureaucracy she was facing, she didn’t give up nor did she accept that there was nothing she could do. Augusta listened up nor did she accept that there was nothing she could do. Augusta listened...

...to the White House assistant what her dilemma was. After hanging up with the White House, Augusta received a phone call within minutes from the New York based hospital notifying her of her insurance approval, and Augusta was on her way of moving forward with her scheduled surgery. Augusta continues to live by the principle that she teachers others—“to do everything you can.”

Augusta was diagnosed with breast cancer in 1988 at the age of 48. She felt a lump in her breast while performing her monthly self exam. Because Augusta’s mom had been diagnosed with breast cancer at age 48 and died of breast cancer or any chronic condition, we need to feel we can and are needed to be addressed. After a diagnosis of breast cancer or any chronic condition, we need to feel we can and are doing something for ourselves - something we enjoy, that is pleasurable and that gives us results we can feel. I know this program meets all those needs and that is why I continue even with all my travelling to teach several Healthy Steps classes a week myself so I can continue to know surviving is important but thriving is even more important. Smiles and laughter all around in our classes show me our program succeeds in our goals and in our attendees’ goals. Empowerment to take charge of one’s recovery need not be a lonely quest. By sharing and encouraging each other, we build a stronger foundation for continued recovery. And what better way than to have fun doing it?” said Sherry.

“See you in May on the 4th Annual Breast Cancer Survivors’ Cruise. Besides sharing some Healthy Steps together, we can learn more about each other and how we can continue to move forward with our lives with less pain and more joy.”

For more information about Sherry’s work and to order her book and DVDs’s Healthy Steps: The Lebed Method 14118 47th Place West Lynnwood, WA 98087 425.745.0842 Toll Free 877.365.6014 Fax 425.742.6873 info@lebedmethod.com wuvu@lebedmethod.com wuvu.gohealthysteps.com

Augusta Williams

Augusta Williams became diligent to know her body better, so that she can recognize the cancers in her breasts when performing her monthly breast self examinations.

Because the breast cancer experience taught Augusta self reliance and a better understanding of what her strengths were, she wrote her autobiography, “Other Than My Mother” with the hope that others would learn from her cancer experience. In the book, Augusta shares how she overcame breast and bone cancer and how she managed her medical care. Augusta also candidly shares in her autobiography how afraid and emotional she was at first and how she isolated herself from others until she learned what it meant to be an advocate and an empowered patient and how to speak out for yourself. Augusta’s passion is to teach and help empower women and men to advocate for their health care needs, to always obtain the best quality of care possible, and then to pass the lessons learned to others.

Whether you are a store clerk at Wal-mart, a highly accredited physician, a CEO of a company, a Republican or Democratic United States President, a taxicab driver, or the neighbor next door, you can be assured if your help is needed in a matter, Augusta Williams will personally reach out to you and teach others to do so for themselves as well.

Augusta Williams 7 Steps for Self-Advocacy

1. be your best friend.
2. Form a partnership with your MD.
3. 5K’s: Read, Research, Remember, Recall, and Refer.
4. Obtain copies of all of your medical reports and interventions so that you can better monitor your progress.
5. Do not display the shaker head syndrome – ask questions! Don’t shake your head in agreement when you don’t agree or when you don’t understand what is being said.
6. Take a friend with you to the MD’s office to act as a second pair of ears for you.
7. Go to the top when the bottom does not work so that you can quickly cut down on red tape and bureaucracy.

Augusta has compiled a List of Questions to Assist You in Becoming Empowered to Advocate for your Health Care Needs- go to www.BreastCancerWellness.org and click on “What Would Augusta Do?” to print out your copy and to share with others. These include questions to ask if you find a hump in your breast and questions that will help you to ask your doctor about breast cancer. The next time you are faced with a challenge, whether it is your health, being a store clerk, a teacher, a service center, or someone treating you disrespectfully, ask your self “What would Augusta do?” and then listen for your instinct, compassion, and a greater wisdom to be shown to you.

P.S. Augusta and her husband Fred are both dance enthusiasts. Augusta will be teaching dancing lessons on the 4th Annual Breast Cancer Survivors Cruise and will be leading our “Dancing with the Divas”. It is going to be great fun, but we need both dance participants and dance judges for the Dance Off. I look forward to you meeting Augusta, just bring in Augusta’s presence, a person feels stronger, more compassionate, and more alive.

Augusta’s email is fake8@comcast.net

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Guest Speakers....

Ken Miller, M.D.
Director, Lance Armstrong Foundation Cancer Survivorship Clinic

A practicing medical oncologist for 20 years, Dr. Ken Miller is known for his expertise in the specialized field of cancer survivorship. In 2005 he joined the faculty of the Yale Cancer Center. He authored a book, "Choices in Breast Cancer Treatment" which explores how women make treatment choices – and attempts to ease their difficulties – when faced with breast cancer. His new book, "Medical and Psychosocial Care of the Cancer Survivor," was released in June, 2009.

Sherry Lebed Davis
Author of "The Lebed Method Thriving After Breast Cancer, Essential Healing Exercises for Body and Mind"

Augusta Williams
Dance instructor for ‘Dancing with the Divas’

Chris Hubbard
Author of "What’s in Your Healing Cupboard?"

For more information on group activities including the free workshops, go to www.breastcancerwellness.org
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.

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

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The Organic Rainforest Camu Blend

Camu camu, the featured ingredient in ZAMU™ helps the immune system. It is the highest source of naturally occurring vitamin C in the world.

Camu camu, along with other foods grown in the rich soils of the Rainforest flood plains and volcanic regions, are today’s new superfoods; the ones the world is turning to for the wealth of nutrients and health benefits they offer.

• Promotes a natural state of well-being*
• All Rainforest ingredients
• USDA certified organic

TASTES GOOD. FEELS GOOD. DOES GOOD.™

To order your healthy supply of ZAMU™ and to get started on your Amazon Herb program plus join Olivia Newton-John and ‘Amazon John’ Easterling in their quest to empower and encourage women to be thrivers, contact Janet Pittrich, Amazon Herb Co. Independent Associate.

For information and ordering:
Call Janet at 573-301-6600
Email healthyvisions4u@aol.com or visit the website http://healthyvisions.amazonherb.net

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

“I am committed and excited about educating and encouraging women to take a positive role in their breast health.”
—Olivia Newton-John

Founder of Amazon Herb Company “Amazon John” Easterling and his wife Olivia Newton-John

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