

BE A THRIVER!™



# Breast Cancer Wellness

**POWER  
MOMENTS**

**Meet Sara**

104 Years Young

Living  
Beyond  
Limits

**THE FIRE  
IN MY  
Soul**

— CHANTELLE NICKSON-CLARK

RSVP TODAY

**BCW is  
Throwing  
YOU a  
Birthday  
Party**



# *YOUR* Existing Life Insurance Policy Holds the Key to **CANCER FINANCIAL FREEDOM!**

American Life Fund® provides financial assistance to individuals with cancer by purchasing the individual's existing life insurance policy when cash is needed now.



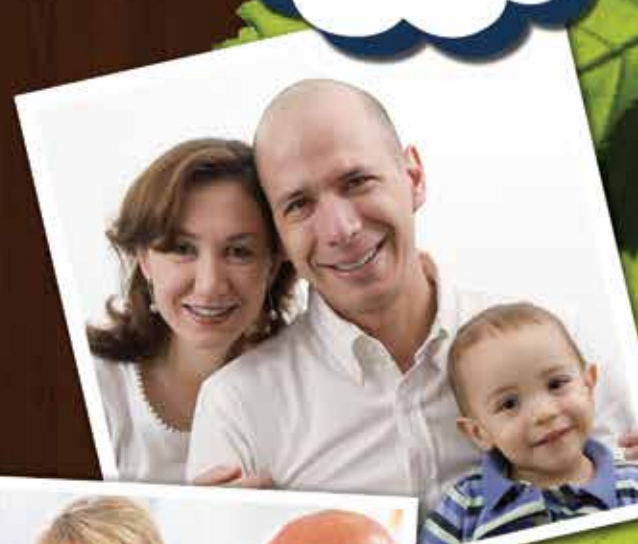
## **BENEFITS FROM OUR SERVICE:**

- Financial stress relief
- Pay medical bills
- Fund alternative treatment
- Fulfill dreams and wishes
- Supplement income or lost wages
- Proceeds are **TAX FREE**, in most cases
- Pay debt or mortgage
- Improved quality of life
- Drug discount cards through affiliate programs

## **WHO QUALIFIES:**

- A person with a life-threatening cancer diagnosis
- Owns an individual life insurance policy, including group
- Policy has a face value of at least \$50,000

**CALL TODAY**  
to receive your  
**FREE** quote!



*No Cost • No Stress • No Obligation*

**CONTACT US:**  
**(877) 659-7079**



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

REGULATED. LICENSE REQUIREMENTS VARY BY STATE.  
CONTACT US FOR DETAILS.







## COVER THRIVER

**Chantelle Nickson-Clark**

p. 26

### SUMMER 2015

Volume 10, Issue 2

### Subscribe

See page 35 or go to  
[www.breastcancerwellness.org](http://www.breastcancerwellness.org)

\*\*\*\*\*

#### PUBLISHER

Beverly Vote  
573.873.3444  
[beverly@breastcancerwellness.org](mailto:beverly@breastcancerwellness.org)

#### ADVERTISING

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

*Please refer to [breastcancerwellness.org](http://breastcancerwellness.org)  
for guidelines for story and article submissions.*

Cookie Newberry  
MaryJo Carson  
Account Representatives

#### ART DIRECTOR

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

\*\*\*\*\*

**Breast Cancer Wellness**  
P.O. Box 1228,  
Camdenton, MO 65020  
573.873.3444  
[breastcancerwellness.org](http://breastcancerwellness.org)

Copyright 2015 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 work 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 }

- 8 What do core beliefs have to do with healing?  
12 Money, Mindset and Manifesting  
16 Summer Wellness

## Nourish }

- 18 The Healing Magic of Medicinal Mushrooms  
20 Summer BBQ

## Renew }

- 22 Young Thrivers:  
10 Wellness Tips  
24 Power Moments

## Inspire }

- 26 Chantelle Nickson-Clark:  
The Fire in My Soul  
30 Sara Thompson: Thriving at 104  
32 Laura Pexton: Living Beyond Limits  
38 Joy Matters  
40 A Little Help from the Cookie Jar

## Connect }

- 44 Pink Pages Directory



### CONNECT WITH US!

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

Join us on



*Scan the QR code with your smart phone  
to be instantly connected!*

# Growing Young

## DEAR FRIENDS,



*“Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”*

— Henry Ford

There is a lot to learn from this issue of the magazine;

- What our core beliefs have to do with our healing needs
- Education from Dr. Christine Horner teaching us how to use medicinal mushrooms to supplement our wellness focus
- Insight from a leading money expert with Molly MacDonald and how our money history directly impacts how we choose for our health needs today
- We each have Power Moments every day to move us in our best directions forward. How many Power Moments do you recognize in your life today?

In this issue, you will meet incredible thrivers. Laura Pexton's story will touch your soul as this humanitarian shares about thriving ten years after a terminal metastatic breast cancer diagnosis and how she makes a difference around the world.

Chantelle Nickson-Clark was diagnosed at the young age of 32. Her life has been surrounded with loved ones being diagnosed with cancer. Both her mom and aunt died from breast cancer. Today, Chantelle thrives by helping others, by staying strong, and by enjoying being a mother.

You will also meet Sara Thompson. Sara is the longest known living breast cancer thriver in the world. She was diagnosed 66 years ago, she is now 104. There is much to learn from Sara.

A big thank you to my friend Lori Lober who reached out to others in her network in helping me find Sara. It was through Lori's connections with a mutual friend, Kathy Dibben, owner of Absolute

Dignity Mastectomy Boutique that I was introduced to Sara and her niece Mary Ann. Thank you Kathy and Lori for your friendships, your inspirations,

and for your parts in the introductions. Thank you Mary Ann for your kindness and support for my husband David and me to meet you and Sara. It was a meeting we will never forget.

Before I met Sara, I was asked to be sure and learn from this long time thriver what her secret to a long life is. What I gleaned from Sara wasn't just about living a long life, it was about loving life every day.

Here are a few insights about this amazing woman who has traveled all seven continents in the world, met with diplomatic leaders and is a living legend that life's deepest values are based on what degree of value we build into our life on a daily basis:

- Sara doesn't speak the language of being old. She doesn't believe she is old. As you will see in this issue's story about her life, Sara is not old and never will be.
- Sara does not speak the language of disease or of being a victim, a subtle but enlightened difference from the language and cancer culture of today.
- Sara doesn't complain. (My husband and I have a lot of steps in our house, and sometimes we complain but after meeting Sara as she walked down the stairs to meet us, we made changes in our language and perspective and our gratitude. Our reminder to each other anytime either of us let a complaint creep into our conversations, we gently say "Sara doesn't complain."



Join BCW as we celebrate Sara Thompson's 105th birthday, your birthday and breast cancer survivorship.



“MAKING  
EVERY  
WOMAN  
EVEN  
MORE  
BEAUTIFUL.  
THAT’S MY  
MISSION.”

As Creative Director, I’ve made it easy to make your clients look their very best this Spring. Introducing updated, “not-so-done” classics with all natural texture and movement. Now it’s your turn in the spotlight!

KANEKALON  
*Vibralite*<sup>®</sup>  
MODACRYLIC

© 2015 HairUWear Inc.

Don’t miss my New  
2015 Spring Wig Collection...  
AND a new short film starring  
who else—yours truly!  
[See it all on RaquelWigs.com](http://RaquelWigs.com)

RAQUEL  
WELCH<sup>®</sup>

Wigs, Clip-in Extensions  
and Hair Additions

*Raquel is wearing  
Play It Straight from the  
2015 Spring Collection*

HAIR U WEAR<sup>®</sup>  
1-800-663-3758

Openings



# Happy Birthday to YOU

Join BCW to **CELEBRATE YOUR LIFE**  
on October 10, 2015 in Kansas City, Missouri

## 2015 BCW Awards



Nominations for the  
2015 BCW Awards open  
on October 1, 2015.

This is our renewed reminder to each other that life is full of wonderful blessings every day and why are we complaining about steps (or whatever) when we made the conscious decision to buy a house with steps. You get my point here... we, not just my husband and me, are a society of having so much, and still yet we find something to complain about. Which leads to another insight about Sara's long and enriched life;

- She doesn't look to find fault with the world, her life, her body, herself, or others but sees life as an unlimited exploration.
- Sara wears shoes that fit her feet, meaning she lives a life that suits her soul and not a life that someone else thinks is best for her.
- Sara keeps her mind young and stays current with what's happening in the world and in her surroundings. Sara continues to receive the daily newspaper and will until the day she dies. Even though her eyesight and hearing are impaired, she has others read the newspaper to her.
- Her habits and lifestyle were healthy and active prior to her diagnosis and continue to be to this day.

I want each of you to meet Sara and fall in love with her as Kathy and I have. The Breast Cancer Wellness Magazine is hosting Sara a birthday party in honor of her 105th Birthday on October 10, 2015 in Kansas City and you are all invited. Join Lori Lober, Kathy Dibbens, and the BCW Team in meeting Sara. Together we will celebrate Sara's 105th birthday, all of our birthdays and breast cancer survivorship!

We also invite you to send Sara your birthday wishes for her. Send them beginning today to: Sara Thompson, c/o Breast Cancer Wellness Magazine, P.O. Box 1228, Camdenton, MO 65020. For more information: [www.BreastCancerWellness.org/HappyBirthdaySara](http://www.BreastCancerWellness.org/HappyBirthdaySara).

*Be a Thriver on your terms, in your style!*

*Beverly Vete*

*Publisher and 22 Year Breast Cancer Thriver*

facebook





## NEARLY ME® POST-OP CAMISOLE

For comfort and confidence  
when it matters most.

Available with and without NEARLY ME® Fiberfill Puffs.

NEARLY  
ME®   
MASTECTOMY PRODUCTS

*"Our vision is to listen to our customers and provide the products that they want and need... Our goal this year is to have a new product, new bra, or bra color every month."*

~Johnny Snyder, President/COO, Nearly Me Technologies, LLC,  
"New Things are Brewing at Nearly Me Technologies,"  
American Association of Breast Care Professionals, April 2015



## NEARLY ME® POST-OP LIGHT COMPRESSION BRA

Comfort you expect with the compression  
and support you need.

*Helping women look and feel beautiful again*

Nearly Me Technologies, LLC | 3630 S. I-35, Suite A | Waco, TX 76706, USA

1.800.887.3370 | [www.nearlyme.org](http://www.nearlyme.org) | [info@nearlymetech.com](mailto:info@nearlymetech.com)

Stay connected with us! [f](#) [p](#) /NearlyMeTech

All Nearly Me® Breast Forms  
are proudly made in the U.S.A.  
with U.S. materials.





# WHAT DO **CORE BELIEFS** HAVE TO DO WITH HEALING?

**My hope is that some day “guided imagery” is a household term, that the power of thought is so well understood that you take it for granted, and that our medical use of imagery will be assumed rather than how hard it currently is to find answers that you know you really need right now.**

BY **SANDY JOST PH.D.**

**S**cience and medicine are advancing every day, but in the meantime, it is up to you to empower yourself with all the things you can do to help your body tap into its own innate wisdom that allows you to heal. If you have not heard of “guided imagery” before, perhaps you have heard of “visualization,” or “meditation,” and of course “prayer.” Although they all technically differ from one another, they do overlap in one very important respect: they all hold the ability to change “core beliefs” in ways that support the body and encourage healing to occur. Even the word “healing” takes on different definitions from one interpretation to the next, but our ability to heal has more to do with being able to live each moment with gratefulness, no matter how many moments on the clock that

happens to be.

So what do guided imagery and core beliefs have to do with healing? Well, your body is constantly “listening” to your core beliefs. And although you may believe that this means you should think only “positive” thoughts, in actuality nothing can be farther from the truth! Being optimistic and happy on the surface does nothing to help you deal with those inevitable fears that are being told to bury themselves even deeper within you, where they continue to do their damage through the subconscious mind. Since 95% of all thought is SUB-conscious, it is best to take seriously your ability to communicate with the body and mind at this deeper level, but do it with a purpose! This is where guided imagery, meditation, or deep prayer can enter in. When a person first learns of

a breast cancer diagnosis, this is no time to spend lots of energy developing a new skill. It is also a time when you might even find with shock and almost horror that you really feel rather angry with God — and certainly “out of touch” if nothing else!

Guided imagery is a way to bridge this gap, and communicate with your body in a way that goes deeper than your “conscious” thoughts (which usually can’t help but focus on all those stressors in your life anyway). I had a patient once tell me: “At the time when I felt my worst...when I was tired beyond words and so sick from chemo that I didn’t want to do a thing...I could STILL listen to my imagery tapes...I actually craved listening to that imagery... for this was what enabled me to go deep inside, to the place where I still knew that I was healthy!” If you always have thoughts and worries running through your mind, and you want to do something for your health but don’t know



quite what to do, then guided imagery is for you. With practice, you can reach the place where your body and mind are communicating with the immune system about what is “wrong” with the world, while using the language that also says: “Even though it feels like the biggest crisis in the world, there’s also a way to stay connected to all that is ‘right.’”

Guided imagery is as easy as listening to a soothing voice while curling up in a comfortable chair with a set of headphones. The words express deep stories for the body, using relaxing metaphors or symbols that help the bodymind to uncover creative solutions. Some people “hear” their experience of imagery more than “see” anything. Some people don’t see or hear much at all, yet “perceive” their imagery through all the other more subtle senses. But if you can close your eyes and somehow count just how many windows you have in your home, then you too can experience imagery in whatever way feels just right for you. When the stories and metaphors of the your home, then you too can experience imagery in whatever way feels just right for you.

“  
Imagination is more  
powerful than  
knowledge.”

— Albert Einstein

When the stories and metaphors of the imagery transition through treatment, this can sometimes better help a person use imagery to manage the various fears and unpleasant side-effects that come with diagnosis, surgery, chemo, radiation, that long stage of recovery when one swears they will never be the same again, and even the anxiety of checkups which seems to occur no matter how many months or years have gone by since that pronouncement of health. Thus, nine different recorded imagery sessions that make up the complete Cancer Involvement Program were created so that more patients could have access to such imagery sessions, to help them cope with these

multiple stages of treatment.

Your choice of imagery and metaphors can be anything you wish — from playful to serious — as long as they coincide with your values, and empower (and therefore strengthen) those healthier core beliefs! So don’t worry about how your immune system works. Your body knows exactly what to do with imagery — especially when you choose images associated with positive emotions! Simply daydream about something you love to do, and imagine your immune cells “helping you” do it!

If you like to play piano, envision more and more “white notes” filling up the room. If you like to swim, picture more and more bubbles lifting you higher and higher with their buoyancy. Look around to see what metaphors seem to resonate with your life. One breast cancer patient found that she was noticing an unusual number of pictures of beautiful cats like lions, leopards and panthers. She even found a simple note card, which she then bought, that became a perfect reminder of the metaphor she wished to use. The note card held the picture of a confident woman riding on the back of a

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



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

— Andrej Szuba 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 • Maron, 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



# Too easy to be true?

**NO... it's actually very powerful for you!**

**1** Think of one "healing image" that resonates personally with you in an emotionally intense and positive way: perhaps an activity you LOVE to do, a place you LOVE to go to, or an event you'd LOVE to experience! This image can evolve over time. But for now, just pick one for which you can enjoy the thought of immersing your mind.

**2** Locate a spot in your home or somewhere outdoors that you find to be peaceful and comfortable (although not so comfortable that you easily fall asleep), and go there at a time when you can completely relax and not be disturbed.

**3** Spend 5 minutes purging your mind of any disruptive thoughts by writing down on paper all your anxieties, angers, worries, or fears without censoring a thing. Then rip it up completely when you're done!

**4** Next, spend time turning your focus inward on your chosen "healing image." Make it an "active" image by preparing to immerse yourself into the feelings and emotions of it. If your mind is too frazzled to focus, then listen to a professionally produced guided imagery recording that gives your mind something more concrete on which to focus. Just be sure that any image you use is emotionally soothing to you.

**5** As you tune in completely to this "healing image," let your heart and mind seek details that will amplify the emotions, taste, sounds, sights, and feel of it. Imagine exactly what it would be like in reality because your body will interpret this image as your reality!

**6** After your internal focus comes to its natural ending point (hopefully after 10 to 20 minutes of imagery), take 5 to 10 minutes more to write down or draw (or sculpt or dance or whatever method you prefer) to express the imagery you just experienced. This process will take your "healing image" even deeper into your bodymind and further "cement" it into every cell of your body.

**7** Repeat this process as often as you can, but at the very least, once each day. Don't make it a chore. Make it a gift to yourself. For it is as precious a gift as anything can be... that gift of a "healing image."

wild leopard! She embellished this metaphor in her mind. She imagined a whole jungle of wild cats (her white blood cells). But as mistress of all that power (riding on the back of one of them), it was she who always led the way! They roamed their jungle home together (her body), looking for and overcoming any unwanted visitors (the cancer cells) that were stupid enough to even think of coming near them.

Whether you envision your immune cells as wild animals, sharks, doves, or cute white bunny rabbits; just make sure that in comparison, the cancer cells of your imagery are easy to overcome, comparably "stupid," and very "disorganized." And no matter what, be sure that it is YOU who personally jumps into the midst of your imagery. For it is you who needs to fearlessly "lead the way!" Draw your imagery in a notebook. It doesn't need to be complicated! It needs only to be emotionally soothing and supportive of the vision for what your body can do. Make the colors of your cancer cells dull, while the colors of your immune cells vivid and bright. Find ways (such as the note card) to bring your imagery to life. Your work need not be worthy of framing, yet you should know without a doubt that imagery IS worthy of whatever time and energy you put into it!

You are already communicating with your body through imagery every moment, and you already have an internal image of your cancer cells and your immune cells, whether you have given it much conscious thought or not! So rather than let your fears do the communicating... take charge of your imagery! Tell your body what you want it to know: that you support it whole-heartedly, and you believe that it's wisdom is very worthwhile. In fact, not only is the wisdom of your bodymind worthwhile ... but no matter what conventional medical treatment you choose, it is really only your bodymind's wisdom that knows how you can truly heal! ■



**SANDY JOST, PH.D.**

Dr. Sandy Jost holds a doctorate in psychology and a master's degree in nutritional biochemistry, which may even sound intimidating. Yet she's known most for her down-to-earth, playful style of teaching on the topics that help to clarify our ever-evolving understanding of the body-mind connection. Her passion is to advance the use of techniques that support holistic and functional medicine... an empowering approach for patients and medical professionals. Dr. Jost is the author of multiple books and CDs (see [www.healingimages.com](http://www.healingimages.com)) designed to apply the power of mind to various health issues. From cancer treatment to sleep, she does all that she can as researcher, teacher, and writer, to further what she calls simply: "whole body listening." Helping people to better understand their own minds! [www.HealingImages.com](http://www.HealingImages.com), 972-322-7782. Dr. Jost

would love to hear from you about any images and metaphors that help you through treatment. There are no images too simple or complex, common or rare! Please send an email with your story to [SandyJostPhD@gmail.com](mailto:SandyJostPhD@gmail.com).



## Bloom Anew

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

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

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

DIEP ● S-GAP ● I-GAP ● SIEA

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



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





**ESSIAC® from Canada: The renowned, original proprietary herbal formula from René M. Caisse, R.N.**

**Health Canada Approved**



NPN 80012920

NPN 80015598

NPN 80012914

**Approved For Natural Product Number (NPN) by Health Canada, Health Protection Branch**

- ESSIAC® is a traditional herbal supplement and made only in Canada.
- It's been sold worldwide for over 90 years (since 1922) and has helped to restore health to thousands of people.
- It is all natural and safe and effective when taken as suggested.
- It helps with immune system support.
- It supports energy levels.
- It is safe to use in conjunction with any vitamin or supplement.
- There are never any side effects.
- It is used to detoxify the body and for general 'prevention.'

**ESSIAC® consists of 4 main herbs that in conjunction with each other make it work:**

1. Burdock Root
2. Slippery Elm
3. Sheep Sorrel
4. Indian Rhubarb Root

**ESSIAC® has been approved in writing by the FDA, with no medical claims.**



**From Rene M. Caisse, RN  
Health Canada Approved**



**Original Herbal Formula**

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



**Approved By the FDA in Writing With No Medical Claims**

**Approved For Natural Product Number (NPN) by Health Canada, Health Protection Branch**

**Drug Free**

**Doctors Recommend**



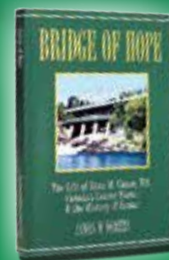
**ESSIAC®  
Powder Formula  
NPN 80012920**



**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**

# MONEY, MINDSET AND MANIFESTING

BY MOLLY MACDONALD

In this issue we are talking with Life and Legacy Wealth Coach and Certified Financial Planner™, Katana Abbott who has a harrowing money story, which she will share with us. But rather than focus on her past, I want each of us to learn from Katana, how she became unstuck and stopped listening to the “little girl” who to this day still tries to hold her back.

We will learn how to get unstuck, understand the role of the conscious and subconscious mind as they pertain to our beliefs about ourselves, and how to shatter limiting beliefs by shifting our thinking and create true prosperity: health, wealth and happiness.

**Molly: Katana, what is at the heart of your money story?**

I was abandoned and abused when I was a young child. My father who was a proud man worked as a roofer and many times he would not get paid. I remember my mother telling me we didn't have money for groceries or even milk. When we ate potatoes, we gave the skins to our Labrador because we couldn't afford dog food. Later my father joined the Army and we thought we were rich. But all that ended when I was six and my brothers four and two. My Dad

was a hunter and he had gone duck hunting to bring home Christmas dinner. He never returned — he drowned. We moved to Michigan to be near family. My Mother wanted to be taken care of; she was looking for her Prince Charming. What she ended up with was a monster. From the time my mother married this man our lives were a living hell.

Often when there is domestic violence, there is also financial abuse. When my mother finally divorced my step-father, my youngest brother was in a foster home and she was homeless because my step-father had taken the equity from her home. She had lost all her government benefits, had no income and she had breast cancer.

By this time, I was on my own. Because I was technically a “war orphan”, I had free tuition to college and income from the government to help support me while I was in school.

In my third year of college, I ended up marrying my own monster. He said he loved me, but I knew in my heart that he was evil. He had been a professional student with three Master's Degrees and needed to keep his green card. He had shown the signs, but because I wanted to be loved and taken care of I thought I could change him and married him anyway. I was just 19 and going back to the familiar.

Nine months later when I tried to leave the marriage he put me in the hospital. The detective was taking pictures of my broken

and bruised face and asked me who would be picking me up. I had no one to call. I was all alone.

I was also all alone when I went to court for the criminal charges. Immigration had charges against him too and at the courthouse, he was waiting for me. He jumped into my car and threatened to track me down and kill me if I didn't drop the charges against him. I believed him and dropped the charges.

Here I was. I had hit rock bottom. I was living in a subsidized town house with no income, no job, and a broken down car.

So how did I get from where I was back then — to where I am today? In that moment in my life when I had hit rock bottom, a miracle happened. I picked up the book, *Think and Grow Rich* by Napoleon Hill and it changed my life forever. I found my burning desire and it gave me hope, faith, and I felt inspired. I learned how I could create any life I wanted if I just had a vision, did the work and never gave up.

That became the model for the rest of my life, because I am driven to succeed, a student of life, always learning and studying to improve and I never, ever give up when I have a dream.

**Molly: Wow, that is some story. I am sure many women can identify with your story, but don't know how to reclaim their power. How can they begin this process?**

The most important thing we need to understand to begin to step into our power is to understand the role of the conscious and subconscious mind.

Dr. Bruce Lipton, Quantum Physicist Author, in his book *The Biology of Belief* explains that 95% of the time we are operating

“

The most important thing we need to understand to begin to step into our power is to understand the role of the conscious and subconscious mind.





from our subconscious mind. It's like when we are driving and talking on the phone and we miss our exit, our subconscious mind is driving the car.

We only operate from our conscious mind 5% of the time. That's pretty scary.

Our subconscious mind is our ego. It is the place where we store all our memories and experiences. Its job is to keep us safe. But it can also keep us stuck, fearful and unable to experience the flow of abundance.

Our conscious mind is the place of reason and logic; it takes its orders from the subconscious mind which makes suggestions to the conscious mind.

Your subconscious takes in everything. It doesn't attach good or bad, it simply records everything from the senses. When we add emotion to that belief it strengthens. If that belief is negative it can block the very things we want. It's the job of the subconscious to manifest our dominant thoughts.

**Molly:** Katana is it possible to retrain our minds to open ourselves and to stop blocking the flow?

I've found after working with hundreds of women, every one of them has a core limiting belief that is deep inside their subconscious, and is normally formed a long time ago, when they were a little girl. And that same belief is controlling their decisions today.

Even though it may not be true anymore. This disempowering belief is holding them back from standing in their power.

Let me give you an example: I work with a woman who is a millionaire. She is smart and gorgeous, but every time she goes to step into her power to ask to be paid what she is worth, her little girl pops up and says to her, "You better be careful. You are not good enough or smart enough. You might lose it all. This may not work."

**Molly:** Oh my gosh, this is so me. Five years ago I interviewed for a job. The offer was insulting. It was less than I made ten years earlier. I stood up enough to ask for more, but did not insist on what I really deserved because my little girl did pop up and said, "You

**better take it because you could lose it all." I cried all the way home, feeling angry and defeated with myself for being so frightened. I still struggle with this. How can we get over these limiting beliefs?**

There is work you can do around this. You can find someone to help you to release it either through breath work or therapy. It is important to identify the limiting belief and get professional help to release it.

**Molly:** We hear all the time about this positive self- talk, like standing in front of the mirror and saying to ourselves "I am of value. I am worthy. I am loved." Does that work?

Absolutely! Our words, thoughts and actions truly do determine our destiny. We are always manifesting and attracting through our thoughts. The one problem with doing affirmations, which is stating things in the positive, is that people can become very stuck when they say and repeat something like: "I am healthy, wealthy and happy", when they are very sick, have no money in

## About Katana Abbott

Katana Abbott, CFP® is a Life and Legacy Wealth Coach™, author of three books, and the host of the Smart Women Talk™ radio show with over 650,000 subscribers. Rising from a life of



poverty, abandonment and abuse, Katana knows all too well the struggles of trying to achieve financial security. At the age of 48, she sold her million-dollar financial planning practice to launch Smart Women's Coaching® and Midlife Millionaires® where she offers private wealth coaching, group intensives and transformational retreats to Costa Rica. She is the creator of the Six Pillars of Awakened Prosperity™, the proven step-by-step system showing you how to create wealth, make a difference and live a life you love. She is also the founder of The Smart Women's Empowerment Program, a nonprofit, which inspires and empowers women and girls with training in financial literacy and entrepreneurship so they can live more inspired and meaningful lives.

Join the Smart Women Community and access immediate free resources at [www.SmartWomensCoaching.com](http://www.SmartWomensCoaching.com).

Pick up your free "Awaken Your Brilliance" video course and workbook at [www.smartwomenscoaching.com](http://www.smartwomenscoaching.com).  
Facebook: @SmartWomenTalkRadio  
Twitter: @katanaabbott  
LinkedIn: @katanaabbottsmartwomen  
Pinterest: @katanaabbott

the bank, and feel very alone. It doesn't feel authentic.

So I recommend and practice something that was developed by Noah St. John, called AFFORMATIONS®. What Noah suggests is turning that affirmation into a question. So the statement above becomes, "Why is it getting so much easier for me to feel great and take great care of myself?" "Why is it so easy for money to show up in expected and unexpected ways?" Or simply, "Why is it so easy to feel healthy, wealthy and happy?" Try this. See how the energy feels very different.

We are basically asking a question and waiting for God, Source or the Universe to answer. We create from intention but we block from our beliefs.

### **Molly: What can we do today, right now to open up the flow of abundance?**

Watch your words. Eliminate ALL NEGATIVE words from your vocabulary.

Eliminate words that refer to scarcity and lack. Like "I can't afford it." Instead say "I am choosing to spend my money differently." This has a different energy.

### **Molly: Why is this so important?**

Your relationship with money and how

you treat it will determine almost every aspect of your life. It will determine where you live, the quality of your health care, how much vacation time you have, the quality of the food you put into your body, the inner peace and freedom you will have in your life. In addition, it will affect your ability to bring your gifts out into the world, so you can make a difference, leave your legacy and experience joy.

## Homework Assignment:

Identify a core limiting belief you are experiencing? Write it down. Consider how it is manifesting itself in your actions.

Where do you feel it in your body? This is a clue regarding what the feeling is. Write down what you feel in your body. For example, Molly tells me her limiting beliefs reside in her heart and when under duress and believing she is powerless, her heart actually hurts. Sometimes these feelings reside in our throat, chest and gut, as well as our heart.

For just this week, pay attention to your body. It is talking to you all the time. Take the time to listen. What is it saying? Write it down. ■



### **MOLLY MACDONALD**

Diagnosed with breast cancer in April 2005, she was unable to start her new job as planned. Her family's already tight budget was immediately overburdened with the addition of a monthly COBRA health insurance payments coupled with the loss of her income. As a result, she was determined to help others suffering from lost income as a result of their diagnosis and treatment. In 2006 she founded The Pink Fund, where she now serves as CEO working daily to provide help and hope to Survivors and their families. "By providing 90 days of non-medical financial assistance, making payments to the patient's creditors for insurance, housing, transportation and utilities, we give help and hope." Since its founding, The Pink Fund has made \$845,504.45 in bill payments on behalf of 843 Survivors. For her work MacDonald has been the recipient of many local and national awards, most notably she has been named a Pink Power Mom, by Kids II and Bright Starts. She is a Purpose Prize Fellow, presented by Encore.org for social impact, and Money Magazine's 2014 Michigan Money Hero. The Pink Fund was recently recognized as a top global cancer innovator in patient centric care by The LiveStrong Foundation for its work in helping to rebuild financial health; and was named by Time and Money, together with Charity Navigator as a one of five national breast cancer charities worthy of your donation where you can feel confident your dollars will be put to good use. A graduate from The University of Michigan in journalism, MacDonald's past work experience includes reporting, marketing, public relations and sales. She is a mother to five adult children.

**COSMETICS • SKIN CARE • BODY CARE • HAIR CARE**

**ALL NATURAL, ORGANIC COSMETICS**



1-800-253-1694  
[www.realpurity.com](http://www.realpurity.com)



**Summer is here! TIME TO BREAK OUT THE SUNSCREEN.**

Choosing the right non-toxic sunscreen is so important.

**Real Purity's Natural Sunscreen Zinc Oxide** will protect your skin from both UVA and UBA rays. PARABEN AND ALUMINUM FREE.

**25% OFF** your next purchase

Offer expires December 2015. Please use coupon code BCW2015  
Your BCW discount will be applied at checkout.





# Hug-tested; Wearer-approved.

- Tested by 100 women
- Lightweight and cool
- Natural feel and drape
- 100% silicone

*T*RULIFE has combined the best features of all our breast forms and created *Sublime* — innovation at its finest! — The suppleness of *Sublime* mimics the drape and movement of natural breast tissue, while providing beautiful shape and durability. A super soft mid layer is the secret to this 100% natural silicone breast form.

A woman with long brown hair is smiling and looking towards the camera. She is wearing a dark, textured, long-sleeved top. Overlaid on her chest is a diagram of a breast form, which is a light beige color with a fan-shaped pattern on the right side. Four callout lines point to specific features of the breast form: 'Finely tapered edges provide a seamless, intimate fit' points to the top edge; 'Advanced fan shaped design ensures coolness and breathability' points to the fan-shaped pattern; 'Discreet integrated nipple and areola adds a feminine look' points to the center; and 'Incredibly soft triple layer design provides natural feel and movement' points to the bottom edge.

Finely tapered edges provide a seamless, intimate fit

Advanced fan shaped design ensures coolness and breathability

Discreet integrated nipple and areola adds a feminine look

Incredibly soft triple layer design provides natural feel and movement

*Sublime*



Like us on facebook and take advantage of our promotional offers. [www.facebook.com/trulifebreastcare](http://www.facebook.com/trulifebreastcare)

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





# Summer Wellness

**“REST IS NOT IDLENESS, AND TO LIE SOMETIMES ON THE GRASS ON A SUMMER’S DAY, LISTENING TO THE MURMUR OF THE WATER, OR WATCHING THE CLOUDS FLOAT ACROSS THE SKY IS BY NO MEANS A WASTE OF TIME.”**

— John Lubbock



Every season provides us with appropriate and timely resources to restore our mind, body and spirit.

Spending time on a hammock is a great way to quiet our mind and feel our inner calm once again.

The berries — blueberries, blackberries, raspberries, and strawberries — give us antioxidants to boost our immune system.

Watermelon is fun food; it also provides fiber and natural liquids for our bodies.

Juicy ripe vegetables and fruits straight from the garden or from your local Farmers Markets are great healthy resources for the freshest of fresh summer foods.

Summer exercise strengthens our muscles and provides a natural source of vitamin D.

The fresh air strengthens our lungs. Summer fun renews our spirit.



## HealthyJuicer

### Summer 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.







CARE

*Beachwear to love*

Lingerie, Swimwear and Prostheses following breast surgery



ANITA International Corporation · 3540 N.W. 56th Street · Suite 204 · Ft. Lauderdale, FL 33309, USA

Toll free: 1-800-866-6223 · Phone: +1 954 730 8189 · Fax +1 954 730 8723 · E-Mail: [anita.usa@anita.net](mailto:anita.usa@anita.net)

# THE HEALING MAGIC OF MEDICINAL MUSHROOMS



BY CHRISTINE HORNER, M.D.

Perhaps no other plant has such a spectrum of diversity as mushrooms. With over 10,000 species within the kingdom of fungi, some are a culinary delight and contain the power to heal, while others possess deadly poisons and the power to kill.

Thousands of years ago, Traditional Chinese Medicine (TCM) doctors discovered many with magical medicinal properties. Today, research confirms that dozens of species hold various compounds that mount an impressive defense against many deadly diseases, including cancer. Let's take a closer look at just a few that are particularly potent.

## THE MAITAKE MUSHROOM— TUMOR-CELL ASSASSIN

For more than 2,000 years, maitake mushrooms have been part of the pharmacopeia in Japan. Hidden within this enchanting fungus is a powerful army of therapeutic chemical weapons against cancer.

Maitake mushrooms (*Grifola frondosa*) grow in clusters on hardwood trees and are indigenous to the Northern Hemisphere. In Japanese, "maitake mushrooms" means "dancing mushrooms." As legend has it, the name comes from how the ancients danced for joy when they found these extremely valuable mushrooms.

Research shows that the cancer-fighting chemicals in maitake mushrooms arrest the growth of tumors, cause them to shrink, and prevent them from spreading to other areas of the body. Maitake mushrooms also stimulate and boost the immune system by increasing the number and function of two important cells in the immune system—macrophages and T cells.

Most of the medicinal effects of this mushroom are thought to come from a special polysaccharide (a type of sugar). Found in what scientists call the "D fraction" in the maitake mushroom, the polysaccharide contains a substance called "beta-glucans," which, research shows, stimulates the immune system.

Maitake mushrooms' cancer-fighting ef-

fects go far beyond just boosting the immune system. This fungus can also kill tumor cells. In a laboratory study from Japan published in the journal *Molecular Biology* in 2002, liquid extracts of maitake mushrooms killed 95 percent of prostate cancer cells within twenty-four hours. In a human study, patients diagnosed as having stage 2, stage 3, or stage 4 breast cancer were given a combination of whole maitake powder and the "D fraction" of maitake mushrooms. Tumors shrank and symptoms improved in 68.8 percent of the patients. Researchers found that the mushrooms helped to shrink cancers of the liver and lung too.

## OTHER CANCER-FIGHTING MUSHROOMS

Reishi mushrooms (*Ganoderma lucidum*), or the "mushroom of immortality," have been used as a medicine in China, Japan, Korea, and other Asian countries for as long as the maitake. Over 400 different bioactive chemicals have been identified which are responsible for reishi's extraordinary medicinal benefits. Some of those properties include empowering the immune system, dowsing inflammation, relieving pain, promoting sleep, protecting against diabetes and cardiovascular disease, and killing bacteria, viruses, and cancer cells.

Reishi mushrooms pack a particular punch against breast cancer using an arsenal of approaches. For example, they stimulate many cells in the immune system including B lymphocytes, T lymphocytes, dendritic cells, macrophages, and natural killer cells. They also can shut off new blood vessel growth to tumors, and suppress cell adhesion and migration. These qualities mean that reishi mushrooms not only inhibit the growth of tumors, but they may also reduce the ability of a tumor to invade into both surrounding and distant tissues. Researchers at UCLA found that an alcohol extract of reishi mushroom spores stopped the growth of breast cancer cells in a dose-dependent manner. That means that the higher the concentration of

the reishi mushroom extract, the more breast cancer cells it can kill. Therefore, reishi mushrooms may be a valuable dietary supplement for women who already have breast cancer. These mushrooms can also improve the killing effects of chemotherapy and radiation while diminishing many of their side effects.

Researchers at Bastyr University published a study in *Oncology Reports* in February 2006, which found 3 different mushroom extracts—*Coprinus comatus* (CCE), *Coprinellus* sp. (CME), and *Flammulina velutipes* (FVE)—inhibited the growth and killed through apoptosis, both estrogen receptor positive and negative breast cancer cells. When these mushroom extracts were applied to MCF-7 breast cancer cells in a petri dish, CCE and CME reduced cell growth by 60 percent and FVE by 99 percent!

The most commonly eaten mushroom—button mushrooms—mount a good defense against breast cancer too. In a study published in December 2006 in the journal *Cancer Research*, researchers tested 10 different mushroom extracts for their ability to interfere with the aromatase enzyme, which is involved in the manufacturing of estrogen. Half of the mushrooms that were tested—Portobello, crimini, shiitake, white button, and baby button—inhibited the aromatase enzyme. Of these five, the common white button mushroom had the strongest effects. White button mushrooms (*Agaricus bisporus*) combat breast cancer in two additional ways: they strengthen the immune system, and directly stop tumor cells from growing and dividing. Researchers recommend 100 grams a day of white button mushrooms to help prevent tumor growth. Shiitake mushrooms (*Lentinus edodes*) are another delicious medicinal mushroom with strong anticancer properties. Research shows that women, who eat mushrooms regularly such as shiitake, have a lower risk of breast cancer.

If you don't like the taste of mushrooms or can't imagine eating them every day, you'll be glad to know that eating them isn't your



only option for enjoying their benefits. In fact, the medicinal powers in supplements and extracts of mushrooms are usually much greater than what you can get by consuming them in your meals. For example, hundreds of studies document that an extract made from the mycelium (roots) of certain shiitake mushrooms, called "active hexose correlated compound" (AHCC), has greatly enhanced medicinal properties.

AHCC fights cancer in many different ways, including activating the cells in the immune system that help to destroy cancer cells, stopping tumors from growing and causing them to shrink, decreasing the risk of metastasis and recurrences, enhancing the effectiveness of chemotherapy while protecting against many of its harmful side effects, and improving survival. In fact, AHCC is prescribed in hospitals in Japan to cancer patients, because the survival statistics are significantly improved.

AHCC has been shown to be beneficial for not only cancers of the breast, but also of the prostate, colon, liver, stomach, thyroid, ovaries, testicles, tongue, kidney, and pancreas. The recommended dose for patients with cancer is three grams daily.

Exciting new research conducted at the

University of Texas (UT) Health Sciences Center Medical School in Houston tested AHCC against the Human Papilloma Virus (HPV) which is known to cause cervical cancer. Of note is that there are currently no effective Western medical treatments that eradicate the HPV virus. Researcher Dr. Judith A. Smith conducted a pilot study in which ten women with persistent HPV cervical infections were given AHCC. The primary objective of this study was to determine how long a person would need to take AHCC in order to eradicate the HPV infection. Patients were treated from five weeks up to six months. Preliminary results found a total of five patients who achieved a negative HPV test after 6 months of taking AHCC. The AHCC treatment was then stopped and four of these patients have remained clear of the HPV virus. Dr. Smith is now conducting a randomized placebo-controlled study on a larger group of women to see if AHCC is effective at eliminating the HPV virus after six months of treatment. The subjects will then be followed for an additional twelve months to see if they remain clear of the HPV virus.

Modern research has confirmed what the ancient Asian physicians knew: The healing power within medicinal mushrooms is so

extraordinary, it truly is magical. I believe that taking a supplemental mushroom formula is an important aspect to maintaining good health. Whether you are currently in cancer treatment, or are simply interested in prevention, medicinal mushrooms can offer tremendous benefits. As with all supplements, mushroom formulas can vary in their quality. AHCC is the formula I personally take and recommend because it is backed by hundreds of studies. Before you purchase any nutritional supplement, it is always a good idea to first check the web site for Consumer Labs which conducts independent testing ([www.consumerlabs.com](http://www.consumerlabs.com)) to make sure you are getting one of high quality. ■



**Christine Horner, M.D.**

Christine Horner, M.D. 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. [www.drchristinehorner.com](http://www.drchristinehorner.com).



*"I wear a Juzo arm sleeve and gauntlet all day every day. I now do a variety of exercises including a lot of walking"*

**Becky**  
Exercise Enthusiast  
*Lymphedema from Breast Cancer*

Keep Moving with  
**More Options, More Choices,  
More Compliance.**

Get more with Juzo Lymphedema products, sizes, options, colors and fabrics in ready to wear or custom garments.



*"Thanks to my compression garments, I am thriving and not just surviving after the military"*

**Meosha**  
Veteran, Wounded in the Line of Duty  
*Severe Lymphedema*



*"Our therapist got us Juzo colorful stockings and now we are the most fashionable kids at school"*

**Daniel and Gabriela**  
Brother and Sister  
*Born with Congenital Lymphedema*

For more information: [www.juzousa.com](http://www.juzousa.com) • [support@juzousa.com](mailto:support@juzousa.com)  
888-255-1300





## SUMMER BBQ



**This recipe has been in my repertoire for decades and is a mainstay at any BBQ fundraiser we are involved with.** There are no added sweeteners, tomato based products or other over the top ingredients that chefs generally incorporate into a barbecue recipe. This recipe is straight forward, simple and healthier for you than the bottled stuff. If you can resist the skin it gets even healthier; good luck with that but since we factored in the skin in the nutrition you can just eat it.

### Barbecue Chicken

*A classic barbecue recipe made healthier. This is a VERY budget friendly recipe. Serves 4 or 8 depending on appetite (and will power).*

- ¼ cup cooking oil
- ½ cup cider vinegar
- 1 tablespoons salt
- 1 tsp. poultry seasoning
- 1 pinch pepper
- 1 egg
- 2 broiler chickens, cut into halves, wings tips removed

1. Place all ingredients in a blender and pulse several times to mix. Pour sauce over chicken halves and allow to marinate overnight.
2. Start a medium grill. When coals are ready move all to one side, allowing you a location where the heat is not in direct contact with the meat.
3. Place chicken halves, cut side down, on the grill, away from, the coals. Grill for about 60 to 75 minutes without disruption.
4. Pierce the thickest part of the thigh with a cooking fork or slender knife. When the chicken has clear juices running from the thighs they are done. Serve on platters immediately.

#### NUTRITION FACTS

**Amount Per Serving** — Calories: 494, Total Fat: 31.69g, Cholesterol: 172mg, Sodium: 161mg, Protein: 42.78g. *Note: Only 10% of the marinade is absorbed. We have only included in the recipe the part of the marinade that gets absorbed. The leftover marinade isn't part of the final product, so it is not included in the nutrition facts.*

RECIPES COURTESY OF:



**PINK  
RIBBON  
COOKING**

*Simple and Healthy Recipes  
Without Added Cancer  
Ingredients. 2014-2015*

#### Chef Curtiss Hemm



Chef Curtiss Hemm is the Founder and Executive Director of Pink Ribbon Cooking LLC. His mission is to educate cancer survivors and those looking to prevent the disease in subjects related to how food, nutrition and diet can improve the quality of life before, during and after a cancer diagnosis, sharing simple and healthy recipes, techniques and approaches to cooking food the entire family will enjoy. [www.pinkribboncooking.com](http://www.pinkribboncooking.com)





A NATIONAL AFRICAN AMERICAN BREAST CANCER  
SURVIVORSHIP ORGANIZATION

PASSPORT  
TO  
SURVIVORSHIP  
"INFORMING TO EMPOWER"

# NATIONAL AFRICAN AMERICAN 10-CITY BREAST CANCER CONFERENCE

ONLY 4 CITIES LEFT

**JUNE 20, 2015**

GREENSBORO, NORTH CAROLINA

**AUGUST 22, 2015**

BATON ROUGE, LOUISIANA

**SEPTEMBER 26, 2015**

LAS VEGAS, NEVADA

**OCTOBER 24, 2015**

HOUSTON, TEXAS



Chat with Medical Experts \* Networking Opportunities \* Hot Topics \* Metastatic and Triple  
Negative Breast Cancer | Clinical Trials \* Door Prizes, Raffle, Lunch and Vendors/Exhibits

AstraZeneca

BIOMARIN



Genentech  
A Member of the Roche Group

NOVARTIS

Pfizer Biosimilars

Pfizer RxPathways

For more info: 866.781.1808 or [inonet@sistersnetworkinc.org](mailto:inonet@sistersnetworkinc.org)

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



## YOUNG THRIVERS!™

BY HEATHER JOSE

# 10 Wellness Tips

1. **Be true to yourself.** Just because everyone is telling you to do something doesn't mean it is right for you. Everyone has advice for a person with cancer, that doesn't mean it is worthwhile for you. Likewise, walk away from negative situations or negative talk.
2. **If you aren't invested in your choices, consider whether or not it is worth it.** Negative self talk about something that is good for you is counter-intuitive.
3. **Give up guilt about your choices.** Enjoy it and move on. Just don't do it every day. I once had a woman ask me, "Don't you want a chocolate chip cookie?" I told her that if I did, I would have one, enjoy it, and move on.
4. **Work within your strengths.** We are mental, physical, and spiritual beings, but one of them usually dominates a bit. Use your dominate strength to drive wellness. I work from a strong physical standpoint first because that is my dominate cores strength. What's yours?
5. **Let good choices build upon good choices.** A workout leads to a healthy breakfast which leads to a positive outlook. Keep it going!
6. **A little preparation goes a long way.** It's amazing what an hour on a Sunday can do to make it easier to eat healthy all week long. Have you tried a mason jar salad yet? Or making a weekly meal plan? Or creating a healthy grocery shopping list before you go to the store. Just think of the endless benefits; this saves time and money, food preparation is easier and more enjoyable, and keeps you out of the McHamburger fast lanes.
7. **Find someone to discuss your worries with.** Often times my concerns disappear after simply saying them out loud. If they don't then I know I need to...
8. **Follow up with a professional that is trusted.** Waiting and wondering is the worst. Sometimes we just need answers. Have confidence that you know your body best and that you will find the answers you need.
9. **Make a plan and then work that plan.** I don't mean 'schedule every minute', but a list of priorities and time to accomplish them is a tremendous help.
10. **Enjoy life's little moments.** Look for them every day.



*Heather Jose*

Author, Speaker, Breast Cancer Wellness Advocate  
 Heather@BreastCancerWellness.org  
[www.gobeyondtreatment.com](http://www.gobeyondtreatment.com)

#### About Heather

Heather Jose is a 15 year thriver of stage IV breast cancer, diagnosed at age 26, with a prognosis of six months to live. A national speaker and advocate, Heather's message is to go Beyond Treatment. Visit her online at [www.heatherjose.com](http://www.heatherjose.com).



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



YOU ARE INVITED  
\_\_\_\_\_ TO \_\_\_\_\_

SARA THOMPSON'S

SINCE **105<sup>th</sup>** 1910

**Birthday Party**  
\_\_\_\_\_ ON \_\_\_\_\_

OCTOBER 10, 2015 ♦ KANSAS CITY, MO

Join **Breast Cancer Wellness Magazine** as we  
celebrate this extraordinary event.

---

*PLUS... we are celebrating YOUR life and YOUR birthday too!*

---

**SARA IS THE LONGEST KNOWN LIVING BREAST CANCER THRIVER IN THE WORLD**

*Join us as we celebrate Sara, you, and breast cancer survivorship!*



Sara Thompson



Beverly Vote

Hosts: Kathy Dibben, Lori Lober  
and  
Beverly Vote and the BCW Team

For more information,  
email [beverlyvote@gmail.com](mailto:beverlyvote@gmail.com) or go to  
[www.BreastCancerWellness.org/BirthdayParty](http://www.BreastCancerWellness.org/BirthdayParty)



Kathy Dibben



Lori Lober

# POWER *Moments*

*"Love is a force more formidable than any other. It is invincible - it cannot be seen or measured, yet it is powerful enough to transform you in a moment and offer you more joy than any material possession could."*

— Barbara de Angelis

**Every day, love is offered to us in some way. Every day, in our own way, we share our love with others. Every day, love and the power of love shines on us, to help us heal and to grow.** Love gives us the power to take the next step forward. When we are hurt or scared, it is not always easy to see the love that abounds and surrounds us. At first, we might not see the power moments that show up in our lives every day because our pain and shock from circumstances oftentimes blindsides us from what is right before us. The healing power of love is always present, sometimes we have to quiet our troubled heart and become mindful of the small things that grace our lives every day. Here are some of your fellow pink sisters "Power Moments."

## What's your Power Moment today?



### AMELIA FRAHM

The morning I woke up and realized the nausea I felt was not due to my cancer diagnosis, but a public speaking event. That was the moment I realized I had quit thinking of cancer as my disease and instead thought of it as my career as an author and advocate.



### CRYSTAL BROWN TATUM

My power moments are when I face my fears and bravely undergo diagnostic testing which may find that there is a recurrence or metastasis. Although I can never change the outcome should that day come, I have power in knowing that no matter what comes my way, I am not alone in my battle. There is power in the sisterhood.



### BARBARA MUSSER

When I asked myself if I was told I had a year to live, would I keep living the same life? NO was the answer and over the next year I chose to live my life following what made my heart sing and to leave my mark on leaving the world a better place. I didn't know what that meant, but it has led me to live in service to others on the cancer journey, to take risks, to laugh every day and to love every moment.



### SHARON KOGUTEK

My mother had a massive stroke and while she was between hospital and home stays for her last ten years, I had to break the heart wrenching news of my breast cancer to her. Since Mom could not talk (due to her stroke), we cried and hugged each other. Although she passed away during my chemo treatments, she gave me the strength to power on through another major cancer and many subsequent surgeries. That is the power of a mother's love along with the Higher Power that drives me daily and gives me the strength to live each day to the fullest.





## RAMONA EVANS

Soon after starting chemo, my hair started falling out. No big surprise! Rather than wait for all of it to go, I decided it was time to help it along. I invited two longtime friends to come over with clippers. A sheet was placed on my living room floor with a chair in the middle. I sat down and the clippers buzzed away. At one point I had a Mohawk, but the clippers continued buzzing to reveal a nicely shaped bald head, according to my friends. There was much laughter and some picture taking to remember the occasion.



## DANAE' QUIJANO

My power moment was completing two 5Ks and a sprint triathlon while I underwent 24 weeks of chemotherapy for stage 3c invasive ductal carcinoma. Finishing these races during chemo made me feel stronger than cancer and was my way of telling cancer that it could not take my life and the things that I love doing. Triathlons prepared me for treatment, chemo was my swim, mastectomy my bike and radiation my run and now I am finished! These power moments gave me the strength I needed to stay focused and never give up. They helped me fulfill my motto of "I WILL endure. I WILL survive. I WILL live on!"



## DIANE DAVIES

After I survived breast cancer, I knew I wanted to reach out to others going through the journey and help others with emotional support. The American Cancer Society's Reach to Recovery program gave me just the opportunity I was seeking. When the fear-filled face of the newly diagnosed patient changed to a determined smile, I recognized that my visit had been successful and that I had made a difference in that woman's journey. That power moment gave me courage to follow my new volunteer vocation as a breast cancer patient advocate.



## GLORIA K. DORSEY

After I detected a suspicious lump in my breast, I called and made an appointment to see my gynecologist. I was referred to a surgeon. The surgeon's office gave me every reason why I didn't need an appointment and suggested I wait another year. My reply and my POWER MOMENT was speaking up for myself by telling them "I'm coming in. I'll wait all day if necessary." The diagnosis was a very aggressive stage 2 TNBC. I had surgery the same week. I am now a 13 year Thriver!



## KRISTINA COHN

My power moments are working out four days a week and bike riding twenty miles on Sunday for fun. I decided that even though there are many things that I cannot control, I can choose to eat healthy and exercise to help reduce the risks for recurrence. I love the challenge and as a result, I am in the best shape of my life. Never underestimate the power of a Thriver, our strength comes from turning the impossible into the possible!



## ADRIAN MCCLENNEY

My power moment is everyday that I open my eyes and am given another opportunity on this earth. I jump up out my bed every morning and scream THANK YOU GOD. I thank God for birds chirping, planes passing, dogs barking and being able to help my daughter prepare for school. She is the most important priority in my life. I feel every day that I awake I can help someone else with encouraging words. It is the best feeling ever. When someone acknowledges that I touched their life, it gives me the biggest smile inside and out. There is no power like it. I was diagnosed with inflammatory breast cancer on May 19, 2011. Sharing from my heart with others is amazing power.



## CHRIS HUBBARD

I remember lying on a gurney waiting to be wheeled into the operating room in October 1995 like it was yesterday. I experienced a flash divine insight which moved me from feeling overwhelming fear to a blessed feeling of peace. This took place when it dawned on me there was a higher power in charge of the outcome of the surgery. There was nothing I could do other than trust in a right and positive outcome. Therefore, I could let go of fear and rest in the knowledge everything was going to work out for the best... no matter what. As a result of this transition, I entered that operating room radiating a peace and serenity I have rarely felt since.



## RAYMON BESSIX

Singing has always been my passion. After completing my treatments, I was told I would never be able to sing again. Not only did I regain the ability to sing, all of my pain seems to melt away during those precious moments. Now every song is sung with a renewed purpose, to inspire powerful moments in others. Blessings and prosperity to all of you! [www.wepetersburg.org](http://www.wepetersburg.org) [www.beyondboobs.org](http://www.beyondboobs.org) [www.tnbcfoundation.org](http://www.tnbcfoundation.org)







# The Fire in My Soul

BY CHANTELE NICKSON-CLARK

*This article is dedicated to my mother Carolyn and my aunt Sharon who both passed from breast cancer and to my dear grandfather L. Noah. Today is the funeral for this beloved man who helped make me the vigorous woman I am today; I Love You. I also dedicate this article and my life to my husband Corey, my daughter MaKenzie and to all breast cancer thrivers, both living today and those who have passed.*

Breast cancer was no stranger to my family. This disease infiltrated the lives of both my mother and aunt. They were diagnosed with breast cancer in their early twenties. After several recurrences, they both succumbed to breast cancer at very young ages. I felt empty and powerless as I witnessed them courageously fight for their lives and losing my parents within 30 days of each other and suffering the loss of my brother was deeply devastating.

I never imagined being diagnosed with the same disease as my mother and aunt. As a young woman, I always thought that breast cancer was an older woman's disease. When I was diagnosed with breast cancer in February 2010, I went from being at a high point in both my personal and professional life to feeling angry, defenseless, absent from my body and unprotected. My husband Corey and I had recently married and we had a beautiful two year old daughter, MaKenzie. I thought that life's devastating challenges were behind me.

When I first received the news about my diagnosis I remembered climbing into the shower fully dressed with my husband sobbing. So many thoughts raced through my mind. I thought why me? How could I have cancer? Am I going to die? Who will raise my daughter? Will my daughter ex-

perience the same hurt and pain of an absent mother that I did? I heard the voice of Mamma Grace, my grandmother. Her voice was speaking to me as if she was an angel and said "You will be alright. You can cry now, however you can't stay there!" It was that pivotal moment that I began my healing journey.

One of my challenges was watching my beautiful daughter play and not be able to interact with this angel. As she gazed into her mother's eyes, she didn't understand what her mother was going through. Her powerful glare deposited boldness, fearlessness, and assurance back into my life.

Years prior I prepared a vision board of where I wanted to be by 30 years old, most of which I was able to accomplish. I had made a plan for my future... but God had a different vision. Even though both my mom and aunt were diagnosed with breast cancer in their twenties, I was determined to live and began envisioning a life of being a wife and mother and being in my daughter's life as she graduates from high school, going to her wedding and most of all of becoming a grandmother. None of which I experienced with my mother.

My husband, family and friends deposited continual love and support into my life. My grandparents were the matriarchs in our family. They would

“

The most powerful  
weapon on earth is the  
human spirit on fire.”

— Ferdinand Foch

prepare dinner for 30-40 of us every day and we sat together eating, sharing, encouraging and supporting each other in this daily family gathering. They taught us that no circumstance was unobtainable, life is precious, no matter what it looks like, “You are a winner! and that life is preparing us for something greater. These values of providing love, support, and encouragement are the values that I live by today.

A gospel artist named Deon Kipping, wrote a song that ministered to my soul each and every day of my breast cancer journey. In the song it said:

*If my life had a voice and told you my journey  
You wouldn't believe it  
and because of His grace, there is no way you  
could see it.  
And if my scars did not heal and if His love did  
not shield me,  
You would see that I don't look like what I've  
been through.*

To look at me today, you cannot see on the outside what I have been through. My tears have grown into strength, I am no longer mad. And I no longer look at my body with despair as being dismantled and scarred. Today, even with sorrow in my heart from the passing of my grandfather, I have an eternal smile in my soul.

It was the faith of these words from this song and the powerful words of my grandmother that brought me to this place of peace and service in life. She reassured me that I would be okay as I faced my breast cancer diagnosis. Her validation of my strength meant so much to me because my grandparents were the power source of my family and helped raise me. It was through the depths of their wisdom and strength that my grandmother shared with me that mountains can be moved only if you believe. This is what I want each of you to know too. All of us are strong and we need never to think otherwise. Faith and family are everything to me and are what fires my soul. Let your love and faith fire your soul too. These words from this song “that I don't look like what I've been through” are words for you too. Let the words of my Mamma Grace speak to you as they speak to me in my times of uncertainty and despair.

I remember going to chemotherapy sitting there praying for my life with my gospel music blaring and wondering what life had for me next. I would envision my husband, daughter, and family. They were my motivation, my in-



spiration, my goal, and my love. Even in my darkest moments when I felt like giving up I would see their faces encouraging me to keep going. I would think of how blessed I was to have such great support. But I started to notice women receiving treatment by themselves with no family or friends. Clearly without a doubt my purpose was being revealed to me.

My priorities soon shifted from self to helping others diagnosed with breast cancer. I wanted to shout to the mountain top that YOU CAN MAKE IT! We no longer have to allow this disease to penetrate the lives of ourselves or loved ones. Strangers would see me during my journey and often tell me that I didn't look sick. Everyday even the days I didn't feel the greatest from chemotherapy, I vowed to dress for success. Although I had cancer, I knew I would triumph over it.

Out of my desire to help others, my purpose driven path of philanthropy unfolded and the Pink Angels Foundation was birthed to walk with women each step of the way of their journeys and to let them know they are not alone. This foundation provides emotional support during surgeries, doctors visits and treatments in the St Louis area. The vision of the Pink Angels Foundation is for women diagnosed with breast cancer to have encouragement and support for their journey. It also provides short term financial services. As each woman receives help through the foundation, they pay it forward by standing side by side as a Pink Angel to help others in their journeys. It is our mission to display the urgency, compassion and love that permeates through the organization in which adds value to one's life. That's what fuels the fire in my soul. ■

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



Warriors in Pink  
design in benefit of  
**THE PINK FUND®**



**lymphedivas®**  
*manage your  
lymphedema  
with style*

**LYMPHEDIVAS STYLISH  
COMPRESSION  
GARMENTS FEATURE**

- Sleeves, gauntlets and gloves
- 20-30mmHg & 30-40mmHg graduated compression
- Moisture-wicking, breathability & fine knit technology
- 360° stretch for true comfort and fit
- Colors, crystals and 100+ patterns!

**WWW.LYMPHEDIVAS.COM**

\*LymphedIVAs will donate \$10 per sleeve and \$5 per gauntlet to The Pink Fund for each Warriors in Pink design sold.



join us for an evening of dancing,  
music, cocktails, and delicious food



# Dancing With The Survivors®

Thursday, October 1, 2015

Join **The Pink Fund** in celebrating a nationwide community of breast cancer survivors who thrive in their recovery and make a difference in the lives of other cancer patients.

The **PINK FUND**  
REAL HELP NOW

presenting sponsor:



DIPLOMAT® 

WARRIORS IN PINK®  
POWERED BY FORD

To purchase tickets or to donate visit  
[www.DancingWithTheSurvivors.com](http://www.DancingWithTheSurvivors.com)





Meet Sara Thompson:

# Thriving *at* 104



BY BEVERLY VOTE

When Sara Thompson arrived at the church for her sister's funeral, her nephew came around the car with Sara's walker. Sara asked him to put the walker away and that she would hold onto his arm as they entered the church and said "I am not going to look like the old woman". Sara was 102 at the time.

This gives us a quick insight into both Sara's humor but also her character.

Sara Thompson is the longest living

known breast cancer thriver in the world. She was born October 10, 1910. (Yes, that's 10-10-10!)

As a child, Sara walked four miles each way to school every day. Sara has lived through the Great Depression, World War I, World War II, and has witnessed the arrival of many inventions into the American

households, including the television, cell phone, air conditioning, microwave, and the internet.

Sara was only 18 when the Great Depression occurred. Even though it was a significant challenge to find the funds for her college education, Sara completed her formal education and began teaching school in Kansas.

Sara was diagnosed with breast cancer in 1948, at a time when breast cancer was not generally or openly spoken about in public or even behind closed doors. There were no awareness walks or talks, books on the topic of breast cancer, internet, pink ribbons or "breast cancer awareness month."

She felt a lump in her breast and found a doctor in Kansas City for her medical care. He was the only person she could turn to to discuss the disease. Her treatment included unilateral mastectomy and radiation. At that time in medical history, chemotherapy was not yet a medical treatment for cancer. Sara didn't know anyone at that time who had been diagnosed with breast cancer. Imagine not having any one to talk to! It would be many years before Sara would meet another breast cancer survivor.

Sara and her husband Lloyd were involved in the industrial film industry. Lloyd was the co-owner of the Calvin Company and Sara often worked alongside her husband authoring and narrating many of the training videos. Some of their clients included the United States Government, TWA, Standard Oil, Phillips, and Britannica. During the 1950's the Calvin Company had the largest film production stages between New York City and Los Angeles.

Lloyd was an active member of the Society of Motion Pictures and Television Engineers; Sara received the posthumous award for Lloyd. The Calvin Company attracted film students and filmmakers to the Midwest for decades and has worked with President Harry S Truman, Walker Cronkite, and John Cameron Swayze. The Thompsons traveled the globe serving their clients, meeting princes, princesses, and diplomatic leaders. When First Ladies Nancy Reagan and Betty Ford were diagnosed with breast cancer, Sara communicated with each of them.

The most painful and deepest sadness in Sara's life happened when her beloved husband Lloyd died suddenly in their home on Christmas eve in 1960.





Eventually Sara returned to being an avid reader, traveling and entertaining. Her travels have taken her to all seven continents. Some of her favorite traveled destinations are Brazil, Uruguay and the British Isles. She has explored Europe, Russia and China many times. Sara and Betty Calvin were two of the first women in the world allowed into Russia after the fall of the iron curtain.

Sara has spent many of her years volunteering for the Red Cross, oftentimes as a chauffeur of the military cars as well as volunteering at her local hospital. Sara was appointed to the Women's Commission for International Relations and Trade by Kansas City Mayor Harold Roe Bartle. She is also a member of the Daughters of the American Revolution.

Today, Sara continues to live in the house that has been her home since 1948. She prepares her own breakfast and many of her meals. She enjoys going out to eat at her favorite local restaurants.

Sara loves people and loves to entertain. Until a couple of months ago, she played bridge every week. She drove her vehicle until

she was 101. Sara enjoys opera, symphony and theater and her favorite television show is Jeopardy.

When asked what she attributes her longevity to, Sara answers it is because she has always kept herself physically and mentally active and that she doesn't smoke, drink or do drugs. Sara also believes that it is important to get on with your life after any trauma and not let the situation define you in a harmful way. She reminds us that it is important for women to always do things in their life that they really enjoy.

A special thank you to Kathy Dibben of Absolute Dignity Mastectomy Boutique of Smithville, Missouri for introducing us to Sara, and to Sara's niece, Mary Ann Strickland, for her help and compassion for all of us to meet Sara. ■



## *I fought the battle. I won. Now I carry the scars.*

**Hi, I'm Brenda.** I am the manager of patient advocacy at Diplomat and a breast cancer survivor—diagnosed in 2006.

**To see me today you'll find** that I am healthy and vibrant. But my story is still written on my body by the mastectomy and reconstruction scars wrapped around my chest. I see my scars every day—physical reminders of my cancer journey.

**I've started using a scar therapy** cream made in the Diplomat compounding pharmacy. The result has been small, but noticeable, changes in the appearance of my scars. With my battle over, I now have hope I'll leave these reminders behind as well.

**If you think that Diplomat may be able to help you,** please give us a call. We'd love to talk to you.



**DIPLOMAT** is the nation's largest independent specialty pharmacy. Through high-touch service, we treat complex, chronic conditions and leave valuable impacts on the lives of patients and providers.

**VISIT** [diplomat.is/compounding](http://diplomat.is/compounding)  
**CALL TOLL-FREE** 855.768.9716  
f t in @diplomatrix

**DIPLOMAT** 



# Living Beyond Limits

BY LAURA PEXTON

*After breast cancer, some women re-focus by discovering the world, some by helping others... Laura set out to do both.*

**M**y name is Laura Pexton. I'm a mother, a nurse practitioner, and a humanitarian. I've traveled to 42 countries and served on 11 medical missions, and am currently pursuing a doctorate in nursing. I consider myself a healthy, active person who enjoys a full life.. And for the past 10 years, I've been living with terminal metastatic breast cancer.

This last year, National Metastatic Breast Cancer Awareness Day had a special significance to me: 2014 marked my 10th anniversary of living with metastatic breast cancer, and my 13th anniversary from the original diagnosis (10/13!).

You never think it will happen to you.

In 2001, I was 28 years old and had recently given birth to my daughter when I was diagnosed with stage 1 breast cancer. I had better odds of winning the lotto than of being diagnosed with breast cancer. After the first diagnosis and treatment, I never thought it might come back.

Just three years after my initial diagnosis, I had bone metastasis and a fractured L5 vertebra from a tumor in my back. In 2006, it was brain metastasis. And then a new primary breast tumor in 2009. I have had radiation five times, and been on 13 different treatments including Herceptin and Zometa. I have had multiple broken bones and debilitating side-effects from the cancer and the treatments.





I am a sprinter by nature, and not a marathoner. I like to dabble in several short projects and I struggle with long-term commitments. So things like stage IV metastatic cancer — not my bag. The initial fear was debilitating. My whole life, it seemed, was being ruled by something I couldn't control. I was angry and bitter, and I wanted to put the doom and gloom of this cancer-ridden existence aside.

The harder I tried to create a cancer-free reality for myself, though, the more frustrated I became. Life wasn't going as I had planned. I still had a lot more living — and traveling — and giving to do. I hated the cancer for taking that away from me.

As I lay in the depths of depression following the stage IV diagnosis, I heard a small, fiery voice from somewhere deep inside. It was hard to hear. It was severely muffled by doubts, fears, and despair.

It said, "Let your heart not be troubled, neither be afraid. Go live your life."

"But how can I?" I remember thinking bitterly. Years of broken bones, agonizing fear and anxiety, heart-wrenching doctor's consultations, and unrelenting side-effects had become my reality. This burden taunted me, ready to unpredictably snuff out my life. "I'm sick. I'm dying."

In the face of that, how could I live my life?

It was a long journey, but finding the answer to that question led me to find a deeply joyful, meaningful life.

### My Life Philosophy

I've heard people compare being diagnosed with cancer to being hit by a bus. For me, finding out I had stage IV breast cancer was more like being hit by a bus and then dragged kicking and screaming behind the bumper for years at a time, knowing that even if you get free, the bus will always be waiting, revving its engine in the background.

Thankfully, a remarkable shift occurred. It started when I was volunteering at a humanitarian organization. The woman assigned to work with me had missed work the day before because of debilitating arthritis and chronic pain. I listened empathetically as she explained how her husband had left her for another woman, leaving her to raise

four children alone. The stress of it, she seemed to be implying, had led to her chronic physical pain. "Wow," I replied. "How long ago did this happen?"

"Nineteen years ago," she answered without blinking.

Nineteen years! And she was talking about it and reliving it like it happened yesterday! Almost two decades later, she was blaming her husband for her arthritis, for her chronic pain, for her missing a day of work.

“

What God intended for you goes far beyond anything you can imagine.”

— Oprah

## Coobie Seamless Bras

- ❖ Ultra soft, stretchy, one size fits 32A-36D
- ❖ Built in pockets for pads/prosthesis
- ❖ Removable modesty pads
- ❖ Pure comfort in many colors and styles

"This bra has truly lifted my spirits!"

Suzanne, MI

"All I can say is THANK YOU!"

Kathy, IL

"Finally! Comfort and support I need!"

Rosie, TX

BCW readers try them and save \$20 on 3 or more bras!

Use code: BCW320 at [www.shopcoobie.com](http://www.shopcoobie.com)

888.789.1037, [info@totalstockroom.com](mailto:info@totalstockroom.com)

That woman inadvertently taught me a great lesson. She made me take a hard look at my own supposedly incurable situation. Was I playing the victim? I began to ask myself how I wanted to spend the rest of my time here, however long or short that time might be? Did I want to spend my days wallowing in pain, seething with resentment?

Around that time, I came across a quote from author Byron Katie: "It is not cancer that is creating your suffering. It is your thoughts about cancer that cause your suffering." Hating cancer, I realized, is as pointless as blaming a long-gone husband for nineteen years of pain. Cancer wasn't a bad thing manifesting to hurt me. It just was and the sooner I accepted that reality the better off I would be.

These insights combined with modalities such as Healing Touch, Therapeutic Touch, and mindfulness meditation helped me to get a handle on the raging struggle in my mind over what "reality" was and what I thought my reality should be. A profound peace, a comfort beyond my capacities, settled in. "Peace be with you, my peace I give unto you, not as the world giveth, give I unto you." The interminable emotional anguish quieted. And I began to listen to the small, quiet voice inside that spoke: Choose joy, it said. Choose fun. Choose kindness and gratitude.

I began to focus on what I could do, and not on what cancer had taken away from me.

### My Travels

I haven't just been around the block; I have been around the world — in more ways than one. Before the engulfing world of cancer, I was a traveler and a humanitarian. My role as a nurse practitioner had brought me around the world on medical missions to third-world countries. At first, it seemed as if cancer had taken that away from me. But once I resolved to focus on the possibilities my life still held, instead of the limitations, I began asking myself what life I wanted to live. If I did not have cancer, if I did not think I was dying, what would I be doing?

It was like my soul started speaking. When I chose to listen, a profound peace settled in. I knew what I wanted to do with whatever time I had left. I wanted to leave a legacy of hope to my daughter. I wanted to show that one person can make a difference. The nurse in me made me realize that I wanted to continue traveling, as I had done before the diagnosis.

It was a huge leap of faith, but since the stage IV metastatic diagnosis, I have traveled to China, Peru, Ethiopia, India, Senegal, and Vietnam. I have worked with the poorest of the poor. I have sat with them in filth, stench, and squalor, suffered with them in the lack of basic medical supplies or simple amenities like running water. I've held a sickly, emaciated newborn in Ethiopia, comforted a deformed burn victim writhing in pain in Vietnam.

Looking into the eyes of these beautiful human beings, I felt like my heart might burst. At times, I was overwhelmed by their vast need. Then I remembered the story about the starfish: A little girl, surrounded by thousands of washed-up, dying starfish, is picking them up one at a time and throwing them back into the ocean.

"You know you can never save all of them," a passerby tells her. "You're not making any difference."

She picks another one up and tosses it back into the ocean. "I made a difference to that one."

When I think of that little girl, heedless of how many starfish she'll never be able to help, and how little time she has to help them, I remember that one person can make a difference, no matter how small.

In the face of this, my own tribulations lose their grip. My story dissolves into the tears of thousands of others. Bitter tears are transformed into tears of gratitude, tears of comfort, tears of joy. By lending my strength to others, I find the strength and courage to continue fighting my own battles. Leave the world a better place than you found it, no matter how long or short your footprints tread upon it.

When I choose to live in the present, when I stop fighting the past, when I stop allowing my fearful thoughts about the future to gain traction, I am at peace. I am in appreciation and gratitude for everything in my life. I live my life to the fullest, one day at a time.

Looking at me now, you would never suspect what I have been through. I have an excellent quality of life, savoring time with family and friends.

And I am proof that it is possible to live beyond limits. ■







### Therapeutic Compression Garments by Wear Ease® Recovery from Surgery and Lymphedema

- Superior coverage for upper chest and under arm area (axilla)
- Unique compression option for entire torso
- Snug enough to hold chip pads and swell spots in place
- High level of comfort due to fabric content and construction
- Recommended by surgeons and therapists
- Great for sleeping, travel, and sportswear



**Wear Ease® Inc.** **Info@wearease.com**  
**1-866-251-0076** **www.wearease.com**



# SOMEONE WITH

One site with **everything** you need for your breast cancer journey.

## Breast Cancer Products With A Simple Premise

Someone With was founded on the very simple premise that when you have been diagnosed with breast cancer there are many more important things to focus on than finding all the items you need to manage surgery and treatment. So we offer a full complement of solutions – from head coverings to body care products to aromatherapy.

## Packed With Compassion

"Our tagline is 'Packed with Compassion'" says Jill Kerr the company's CEO, "and that's a big part of what we do. We take the products off the shelves, we think about the person who is receiving that package, and say a little blessing for that person. For every item we ship, we connect with the recipient."

Jane Chisholm who works in our fulfillment department, a cancer survivor herself, recently chased down the postman to be sure she could get a package in the mail to a customer on time. "She will go to the ends of the Earth to make sure something is delivered," Jill says. "She knows what it's like to be on the waiting end."

## Visit [www.someonewith.com](http://www.someonewith.com)

Stop by [www.someonewith.com](http://www.someonewith.com) and take a look at the products we offer. Whether you're recently diagnosed, in the middle of treatment or a "thrivor" Someone With has the unique products you need, with free shipping always. Your order is delivered quickly and with your best interests in our hearts.

For BCW  
Magazine Readers  
**15% OFF your  
entire purchase**  
Use Promo Code  
BCW15



**[www.someonewith.com](http://www.someonewith.com)**



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

# Subscribe today! Only \$18 for 1 full year

Name \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

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

Email \_\_\_\_\_

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

☐ Check/Money Order ☐ Bill My Credit Card CC # \_\_\_\_\_ Exp \_\_\_\_\_

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



The  
Third Edition  
of This Award -  
Winning Book

# 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 American women. What can we do to protect ourselves? Christine Horner, M.D., has the prescription: Eat healthy foods, add a good dose of certain supplements, get the rest and exercise we need, and avoid things that are bad for our bodies. We each have a Warrior Goddess in us, and it's time to set her free.

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.

Using the metaphor of the Warrior Goddess, this book explains what Ayurveda, an ancient system of healing, describes as our "inner healing intelligence." It also explores the various foods and supplements that enable women to prevent and successfully fight breast cancer, as they claim the healthy body that should be theirs. Dr. Horner has added research from more than 500 studies to the updated third edition of her award-winning book, as well as information on risk and the BRCA1 gene mutation (the genetic condition Angelina Jolie was found to have), and a new chapter on "The Spiritual Journey of Breast Cancer." In it, she describes why cancer is a wakeup call, a time-out in which women can turn inward to evaluate their lives with the intent to restore good health and learn how to receive, trust, and surrender as they cultivate their relationship with their intuition and a higher power.

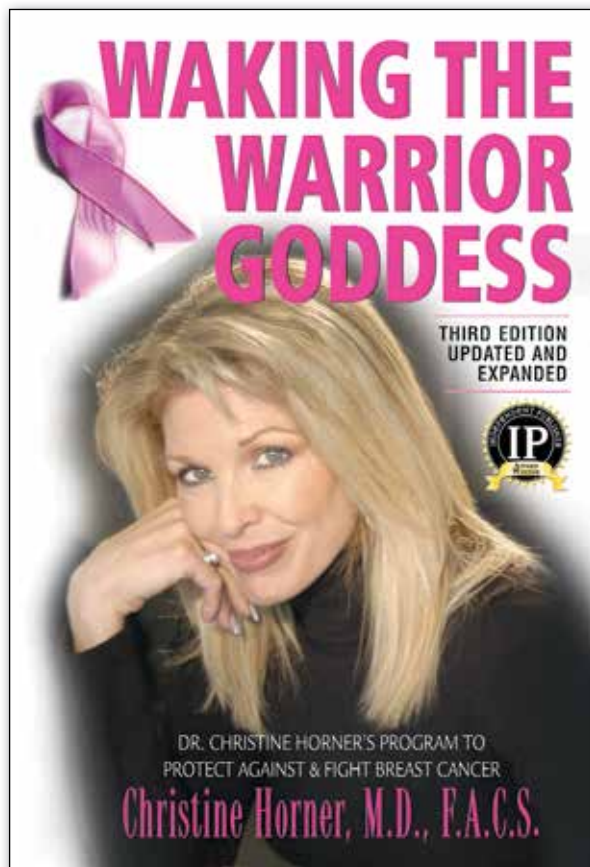
The final part of *Waking the Warrior Goddess* presents Dr. Horner's Thirty-Step Program for reclaiming health and defeating breast cancer. In addition, this book includes an extensive, newly updated resources section for obtaining the particular nutrients and products that our bodies need to become and stay strong and healthy.

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

Only \$19.95 • 978-1-59120-363-6

Available in print or in e-book editions at bookstores and health food stores and online 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.





# gelpetals

A BRILLIANT SOLUTION FOR  
THOSE WITH SENSITIVE SKIN.



## KEY FEATURES INCLUDE:

- Designed for women who had a mastectomy and have poor skin characteristics or sensitive tissues.
- Can be cooled in the refrigerator.
- The petal shape fits naturally and comfortably on either the right or left side of a person's body.
- Universal sizing allows trimming of the product with ordinary scissors for a custom fit, as needed.
- Proudly made in the USA.

2895 42nd Avenue North  
St. Petersburg, FL 33714  
T: 727-528-8566 or 800-574-5426  
Easyliner.com/AlpsPinkPetal  
E: info@Easyliner.com

To purchase the ALPS Gel Petals please visit  
[www.alps-post-surgical-gel-products.myshopify.com/](http://www.alps-post-surgical-gel-products.myshopify.com/)



**Celebrating  
15 Years  
as a  
Stage IV  
Thrivers!**



Heather Jose  
**gobeyond**  
TREATMENT

Are you looking for an experienced,  
refreshing speaker at your next event?

## You can make a difference. Let's Go Beyond Treatment

Heather Jose speaks with survivors, caregivers, and healthcare professionals. Her high-energy presentations provide practical advice and encouragement to help patients play an active role in their journey. From tips, to daily schedules, to assembling the best team to help a patient move forward, your guest will leave empowered.

Heather was diagnosed with stage IV breast cancer at age 26. After being told to 'get her affairs in order', Heather chose instead to employ all available resources to take on the cancer. From conventional medicine to exercise and visualization Heather put together a comprehensive plan and.... Now she'll help you do the same!

Heather is the author of *Every Day We are Killing Cancer*. Follow her on Facebook and Twitter.

To book Heather for your event please contact Paul Hile at [Paul.hile@gmail.com](mailto:Paul.hile@gmail.com).



You can customize Heather's book for your  
group or event with your logo on the cover.

**GoBeyondTreatment.com**

*"If you don't think your anxiety, depression, sadness and stress impact your physical health, think again. All of these emotions trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system. Learn how to cope, sweet friend."*

— Kris Carr, author  
of 'Crazy Sexy Cancer'

# Joy Matters!

BY BEVERLY VOTE

**Joy matters! Yet when diagnosed with breast cancer, it is the first feeling that flies out the window.**

Of course we aren't joyful to have been diagnosed with breast cancer, but letting a diagnosis rob us long term from the feelings of joy is harmful to our health. When the feelings of shock, overwhelm, despair, bitterness, anger and fear dominate our thoughts, it can take over everything in life.... which is the very energy of what breast cancer can do... it can take over our joy and eventually spread and overtake one's spirit.

Joy can be defined differently than happiness. For many of us, happiness is based on our circumstances and if life roles out in a way that pleases us... meaning something

or some one will "bring" us happiness. This type of definition says happiness is a role of the dice, something external, and is outside our control.

However, joy blooms in spite of any circumstances. The energy of joy triggers the healthy endorphins and the healthy chemical responders that are vital for feeling alive... which is just the opposite of the energy of breast cancer.

In this issue, Laura Pexton, a woman thriving ten years after a medical diagnosis of terminal metastatic breast cancer shares her life changing "aha" moment that it was her thoughts about cancer that was causing her suffering. Sara Thompson's life's story is a 66 year living testimonial that complaining is in direct opposition of thriving.

When we plug into the energy of thriving,

we plug into the energy of joy, which is the essence of our being, which is also the essence of healing. As Kris Carr points out, anxiety and stress are harmful to our health by weakening our cancer-fighting immune system.

Remember, thriving isn't a destination, it isn't a five year mark in the journey, and it isn't a declaration from a doctor. The energy of thriving is a source that we can gently connect to and cultivate from within in any moment we choose to tap in.

Underneath our despair and our depression lies our joy — it is there ready to spring forth when it can find an opening just like the wild flowers that we see blooming through the cracks of concrete.

Joy matters! The energy of joy is good medicine. Let the spirit of joy touch your life in some way and to help you cope. ■





## ATTENTION: CALLING PET LOVERS

If you would like to be included in the Fall issue of the special section of the BCW Magazine about Pet Therapy, please send your submission about how your pet was important to you after your diagnosis of breast cancer.

We will accept on a first received basis and if submission follows these guidelines: Submissions are to be under 150 words and must be received by August 1 WITH a photo of your and your pet. Photos MUST be high resolution. Email [beverlyvote@gmail.com](mailto:beverlyvote@gmail.com).

# Softee

**Post-Surgery Garments  
for Recovery and Beyond**

LADIES  FIRST

- Roo Pocket for Drains
- Step-In Convenience
- Breast Forms Included
- Covered by Insurance

Order online @  
[www.softeeusa.com](http://www.softeeusa.com)  
or call 1.866-605-8585

“Because we believe in women. We believe in our innate beauty, we believe in our strength and we believe in our amazing power to create. We are eternally dedicated to supporting women in obtaining their optimum health and well-being.”

**Zenana Rose**  
President & CEO

Kerry is a breast cancer survivor. She is wearing a SOFTEE® ROO with breast forms.

## Keep Abreast of Immune Health with Maitake Mushroom



*Did you know?  
The best breast  
support doesn't  
come from a bra!*



- **Maitake D-Fraction Pro 4X** is independently researched
- Provides strong consistent immune support\*
- Supports conventional therapies\*
- Is safe and has no unpleasant side effects\*

Maitake D-Fraction PRO 4X is  
THE professional-strength formula.

**10% off! Limited time! Code: BCW**  
**800-747-7418**  
[www.MUSHROOMWISDOM.com](http://www.MUSHROOMWISDOM.com)



THE POWER OF KNOWLEDGE

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



# A Little Help *from the* Cookie Jar

BY BEVERLY VOTE

**P**eople always want to help, yet sometimes breast cancer patients do not know how to let others help them. How many times have we heard or have we offered “just let me know if you need anything.” Then we say our goodbyes and yet the opportunity to touch some one’s life slips away. Both the potential recipient and the giver have missed an opportunity to receive a mutual blessing. But with the help of a cookie jar, this can easily be resolved.

Just make a list of ways you would like others to help you and put these ideas on small separate pieces of paper into the cookie jar. Next time someone offers to help, just let them randomly draw from the cookie jar. Let your imagination flow with your ideas and don’t be shy about listing what you specifically could use help with.



Here is another idea: A group of friends can create a cookie jar of their ideas how they will help another breast cancer survivor and give the cookie jar filled with the ideas to her... but it will have the friends' names and their phone numbers on the back of each idea of who will fulfill the commitment.

The ideas can be specific and as personalized and as fun as you want.

Always have the cookie jar ready. Perhaps even keep it on the coffee table — it will make a great conversation piece.

This is not my idea, and I do not know where the original idea came from, but THANK YOU to whoever came up with this great idea of helping others. ■



## 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



11119 Whole Flax Seed Basic Starter Kit with KRUPS Flax Seed Grinder

now only **\$49.95**

**Includes FREE SHIPPING!**



North American Nutrition  
PO Box 456  
Warroad, MN 56763

**800.387.5516**

# Make a Difference Writers' Workshop

## *for BCW Leaders and Speakers*

**NOVEMBER 5-7, 2015** ~ HOME OF BEVERLY VOTE

This is a focused workshop for a limited number of women who want to be Founding Members of the BCW Leadership Circle. The workshop is open to breast cancer thrivers, breast cancer nonprofit leaders, personal and professional caregivers and medical professionals.

**Having your signature book to increase your credibility as a leader and speaker is important. In this exclusive workshop you will learn:**

- The three fastest ways to write your first book.
- The differences between mainstream publishing and self publishing and which avenue is best for your book.
- The five principles that will create a lasting impression with your readers.
- How to overcome the three greatest challenges that stop first time authors from getting their message into a book.

**There are many benefits of being a published author:**

- The joy and satisfaction of sharing your story and expertise to help others.
- The distinction of being a published author.
- Enhanced positioning to book your speaking engagements and back-of-the-room sales.
- Your completed book to sell at events, online, and to groups.
- Increased credibility with your peers.
- New opportunities to open doors to help others and to fulfill your heart's desire.

### **AT THE CLOSE OF THE WORKSHOP:**

You will have your outline, the necessary steps and connections to finish your book, get it published, and to make a difference. You will also be part of this special collaborative leadership team.

**Contact Beverly Vote today to see if this opportunity is right for you. Ask for your early bird discount.**



**This special BCW Writers Workshop is for those interested in becoming a Founding Member of the BCW Leaders Circle.**

**Contact Beverly today at [beverlyvote@gmail.com](mailto:beverlyvote@gmail.com) today to schedule a phone appointment to see if this opportunity is for you.**

*\*Lodging and travel not included.*





FUN \* FELLOWSHIP \* FRIENDSHIPS \* LIFETIME MEMORIES

# 2016 BCW Thrivivers Cruise

BreastCancerWellness.org

JOIN BCW!  
7 Days / 6 Nights  
starting at

**\$479\***

\*BCW workshops-at-sea included.  
Port and Gov't Taxes  
not included.

## Celebrating You!

April 24-30, 2016

Royal Caribbean Navigator of the Seas

Sailing out of Fort Lauderdale, Florida

- 10<sup>th</sup> Annual Thrivers Cruise Pink Celebration Party
- Thriving Caregivers Workshops
- Special "Swim with the Dolphins" Shore Excursion for Stage IV Thrivers
- BCW Beauty Makeover Project

Contact Connie and Her Crew, Total Travel and Events

**866-499-4074** [connie@totaltravevents.com](mailto:connie@totaltravevents.com)





# Pink Pages DIRECTORY

BreastCancerWellness.org

## Apparel



*Lingerie that restores your passion and confidence*

### LINGERIE THAT RESTORES YOUR PASSION AND CONFIDENCE

Lingerie for breast cancer survivors designed to cover left or right side. Soft, flexible fabric, USA made. Order online lingerie, rhinestone t-shirts and hats, hosiery and accessories at [www.clothingwithakiss.com](http://www.clothingwithakiss.com).

## Books

### MOMMY R YOUR BOOBIES BROKEN?

A book written by Catherine F. Lutz, Breast Cancer Survivor about her three year old daughter Alyssa's point of view and reaction to her breast cancer, mastectomy and reconstructive surgery. A great book for anyone needing help on this sensitive topic with children. Books can be purchased directly from her website. [www.mommyyourboobiesbroken.com](http://www.mommyyourboobiesbroken.com) and on [www.Amazon.com](http://www.Amazon.com).



**Journey Unknown** is the author's expression of her powerful feelings while undergoing breast cancer treatment. This 2012- 2nd edition includes letters answering the question, "How did my cancer affect you?" M. Barnhart won the 2014 "Words of Inspiration" contest held by American Breast Care. The author's website includes the winning words and an interview video.



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

Advertise in **BCW**

**BONNIE PHELPS**

Director of Sales

[bonnie@breastcancerwellness.org](mailto:bonnie@breastcancerwellness.org)

417-581-3438

## Books



# Thrivers' Book— On Sale Now!

## How We Became Breast Cancer Thrivers

**\$12.00**

Plus FREE Shipping & Handling

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

*Get your copy  
today!*

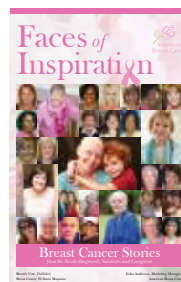
[BreastCancerWellness.org](http://BreastCancerWellness.org)

## Books

### FACES OF INSPIRATION

Faces of Inspiration features breast cancer stories from the newly diagnosed, survivors and caregivers. Each contributor has opened their heart to give a mere glimpse of their breast cancer journey. The inclusion of the contributors' photographs bring each story to life. As you read this book, be reminded of the resiliency of the human spirit. Immerse yourself in the hope, joy and love that many of these stories embody. And never forget the power of inspirational words.

ORDER TODAY! [www.AmericanBreastCare.com](http://www.AmericanBreastCare.com)



### SEXY AFTER CANCER

I believe this is one of the most practical and sensitive books you will ever read on the topic of not just surviving but flourishing after a diagnosis of breast cancer. My wish for you for you is that this journey is an awakening for you, awakening into your own power and magnificence, into loving yourself and your body. Here's to you, to your healing, your joy and your celebration of yourself as a beautiful, desirable sexual woman! [www.sexyaftercancer.com](http://www.sexyaftercancer.com)



## Bras

**10 years making full-figure...**  
*Sexy. Comfortable. 100% you.*



elila

Visit our website  
[www.elilana.com](http://www.elilana.com)

For an appointment email  
[contact@elilana.com](mailto:contact@elilana.com)

Toll: 1.888.531.5556  
Fax: 1.917.501.6389



## Free



**www.breastcancerfreebies.com**

Website provided by Bethany Kandel, a journalist from NYC, that lists hundreds of free products and services for breast cancer patients and survivors, including wigs, retreats, magazines, prosthetics, and housecleaning.

## 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!

## Compression Garments



**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>



## Advertise in Breast Cancer Wellness

Contact **BONNIE PHELPS**,  
Director of Sales for your advertising,  
online banner ads, product launches,  
events, advertorials, and catalogs.  
[bonnie@breastcancerwellness.org](mailto:bonnie@breastcancerwellness.org)  
**417-581-3438**

## Financial Solutions

### Get Cash for Your Life Insurance Policy



*If you are living with a serious illness....  
You have enough things to worry about—  
money shouldn't be one of them.*

- ◆ We provide quick, confidential service
- ◆ You receive the personalized attention you deserve
- ◆ Sell your life insurance policy, receive a cash settlement, and pay no more premiums



**1-800-699-3522**  
**www.ArdanGroup.com**  
Since 1990

## Hats &amp; 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! "Tying Guide Available". 978-341-0753 [www.anokhiusa.com](http://www.anokhiusa.com)



## Hats &amp; Headwear



**HATS, SCARVES AND MORE** Beauty that nurtures and delights your spirit. Over 100 different styles of hats, beanies, headscarves, and sleep caps 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)

## Hair Loss Solutions

**THE HAIR FOR LIFE CENTER**  
**INTRALOCK PROCESS**  
*Non-Surgical Hair Enhancement*  
**www.thehairforlifecenter.com**

**For women  
with hair  
loss from:**

- Chemo
- Radiation
- Medication



**855-328-4247**

## 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>

## Lymphedema Product



**OJ MEDTECH** Providing lymphedema pumps and compression garments for post mastectomy lymphedema. Certified fitters ensure the right fit for your compression needs. Insurance specialists work with most insurance companies, ensuring little to no out of pocket costs. 888-414-9737, [www.ojmedtech.com](http://www.ojmedtech.com)

## Mastectomy Products



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



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



**POST MASTECTOMY FASHIONS**  
[www.jodee.com](http://www.jodee.com)

## Mastectomy Products

### Janac Mastectomy Wear for Fighters & Survivors

*Designed by a breast cancer survivor*



Fits any regular or mastectomy bra



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

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.

## Real Estate



### MOVING TO NORTH CAROLINA? Investing in North Carolina?

Find out how you can support the cure through your real estate transaction. Our Family is personally touched by this cancer. We are utilizing our 20 years in NC Real Estate industry to connect all involved in real estate transactions to help raise funds for breast cancer non-profits. This includes homeowners, lenders, insurance agents, closing attorneys, home inspectors and many more. Find us on Facebook.

### Pink Ribbon Properties

**910-392-PINK or 704-488-0024**

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

## Oncology Nurse Navigators



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

## Support Groups

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

## Swimsuits



## Wigs



**1000+ FABULOUS WIGS**

**BEAUTIFUL WIGS WITH...**

- LASTING SHINE
- REALISTIC TEXTURES
- LUXURIOUS VOLUME
- NATURAL COLORS

ORDER BY PHONE OR ONLINE  
**1.800.714.3189**

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





*Jodee*<sup>®</sup>

Post-Mastectomy  
FASHIONS

SNOW WHITE  
Seamless  
Molded Bra  
Style 809



Shop Toll-free 1.800.821.2767 or visit: [www.jodee.com](http://www.jodee.com)

# I ♥ My ABC



ABC is dedicated to  
helping women lead fuller lives *after* breast surgery.



Find an ABC retailer near you

[www.americanbreastcare.com/retailers](http://www.americanbreastcare.com/retailers)

