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Amy Robach

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Amy Robach

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EDITOR'S LETTER

LOVING LIFE



Dear friends,

Better. A gentle, provocative word. Better is what we all want. We want our health to be better, our life and the lives of our loved ones to be better. We even want our best to be better. In this issue, Amy Robach, anchor at Good Morning America, shares parts of her new book with us about her two year journey after being diagnosed with breast cancer. The title of Amy Robach's book, *Better*, was the result of her oldest daughter's loving poem to her mother.

I hope you enjoy reading the special section on "Pet Therapy." Our pets provide amazing comfort and healing. Retired physician and author of *Love, Medicine and Miracles*, Bernie Siegel M.D. shares great reminders for us in his latest book *Love, Animals and Miracles* how our pets give us unconditional love. Pets are loving telekinetic communicators on the planet. Studies have shown that pets help reduce our stress, are intuitive

beyond measure, and help to lighten our emotional loads. Our pets don't care if we have hair or breasts; they only care that we are happy. Our love is safe with them. Pets teach us about the miracles and joys in every day life.

As a lifelong student of bodymind principles, I am fascinated by the words we choose to speak into and over our lives, and what we tell ourselves on a daily basis. I appreciate the books *I Declare* by Joel Osteen and *Power Thoughts* by Joyce Meyer. Not just these spiritual leaders, but there are many others who teach how our prayers, thoughts, spoken words, beliefs and actions directly impact our healing needs.

The breast cancer journey taught me that it was time to embrace more of life. So I make it a daily ritual to acknowledge the things about life that I love. As I connect more and more with the beauty and bounty in life, it becomes a force of its own, and for this I am grateful. I have placed the sign

"La vita è bella" on my living room window because I want to invite more beauty into my life. When I see this declaration every morning, it reminds me that in spite of all the hardships of life, there is always beauty. As beloved Jan Ping teaches (*see page 14*), beauty is love.

My prayer for all of us is to surround ourselves with what brings us joy and happiness in some way, every day.

Be a Thriver on your terms, in your style!

Beverly Vate

Publisher and 22 Year Breast Cancer Thriver

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AND THE AWARD GOES TO...

Registrations are now open to nominate your leaders, advocates and caregivers for the annual BCW Awards. Go to breastcancerwellness.org/BCWawards.

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Join life-loving Thrivers on an inspirational journey to Grand Cayman, Jamaica and Haiti sailing out of Fort Lauderdale, Florida.

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BY DR. PAULETTE SHERMAN

RELATIONSHIPS GROW DATING AND BREAST CANCER

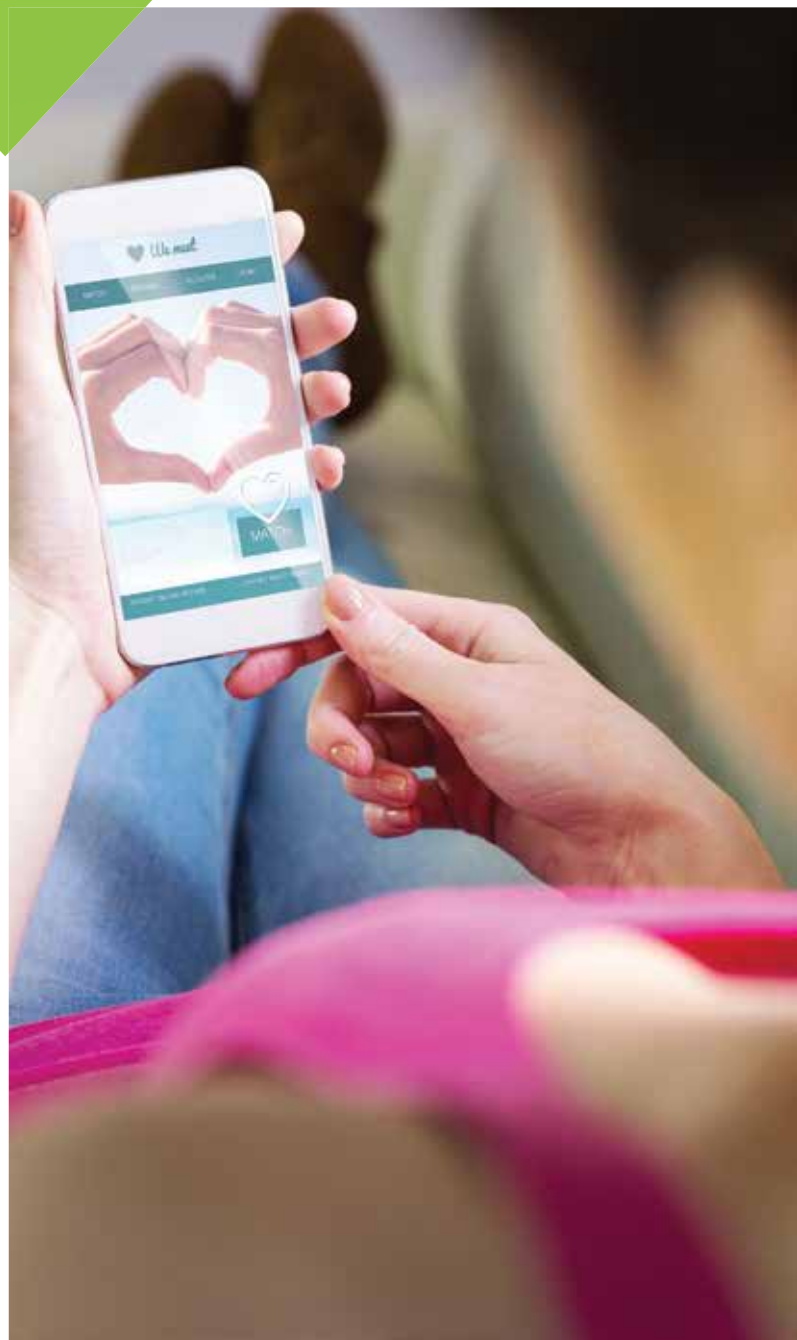
As a psychologist, relationship expert and a psychotherapist for 20 years I specialize in dating and relationships. I am an author and run a dating school. I'm also a breast cancer survivor of three and a half years so I understand this topic as a patient and a healer. When diagnosed with stage 2 triple negative breast cancer, I had a lumpectomy, chemotherapy and radiation and lost all my hair. At that time I was a mom of a one year old and a three year old and had been married six years.

Relationships are very important and good ones can provide fun, vitality, support and meaning, especially during the challenging times of breast cancer. In my experience, even under normal circumstances people date at all ages to have fun, to develop a long-term relationship or to marry. Sometimes they are dating for the first time or later after divorce or being widowed.

There are 70,000 cancer survivors between the ages of 17-44 years old and many of them probably planned to date and marry before cancer derailed them. This realization often causes fear, anger, sadness and helplessness. Singles of all ages usually would not know how to go out and invite someone new into all this chaos when they are feeling so overwhelmed themselves. If you do want to date, I have seen it successfully happen.

It's important to be realistic about the pros and cons of dating with cancer. Dating can be an up and down process, exposing ourselves to possible rejection. Dating may involve time and energy that you'd rather spend on your own healing. It could end in heartbreak and perhaps you feel that you're already depressed enough. But on the positive side, dating can be a positive distraction that makes you feel normal and adds positive excitement to life. Plus, it can provide added support and joy throughout a very rough time when you find a great person with whom to spend time and start a relationship.

Research says that cancer doesn't significantly impact women's overall marriage rate. Marrying with cancer is more common than in



HERE ARE SOME TIPS FOR TELLING A DATE THAT YOU HAVE CANCER:

1 BE STRAIGHTFORWARD:

Get it over with by the 2nd or 3rd date. You may as well know if they can accept it before you invest more energy.

2 NOTICE THE ENERGY

with which you tell them: If you let them know you're getting treatment but continuing with your life and are handling it, it might be easier for them to accept.

3 SET LOW EXPECTATIONS FOR THEM:

Dating should be fun in the beginning and you can stress that you have an existing support team so that your date doesn't suddenly feel that they will need to become your caretaker right away. You can even say something to this effect at some point.

4 TELL THEM YOU NORMALLY FEEL FINE

and if you don't, you will let them know. Also be clear how deeply you want to go into details of your medical diagnosis.

5 KEEP YOUR PRIORITY ON YOURSELF AND YOUR HEALING.

The right person will work around the reality of your situation and will respect it.

6 DON'T LIE

but you can decide what's appropriate to discuss for the level of the relationship. You can just say you are going through treatment for breast cancer and sometimes you may not feel like yourself or may be extra tired.

the past.¹ Kris Carr is a cancer survivor and author of *Crazy, Sexy Cancer*. She has stage 4 cancer and dated someone during her treatment whom she then married. I've also had clients who had advanced cancer and dated online to successfully form a successful relationship. And of course, even as in regular dating, there are times when it doesn't work out.

Cancer patients often use regular dating sites to meet other singles like: www.okaycupid.com, www.match.com, www.eharmony.com, www.hinge.com, www.coffee-meetsbagel.com. You can also use cancer-related dating sites so your illness is known from the start and you aren't rejected for that reason later. Some cancer-related dating sites are: www.cancermatch.com, www.cancerpatientmingle.com, www.prescription4love.com.

I like dating sites because everyone there is usually looking to meet someone. You can begin conversations from home in your pajamas and schedule dates at your convenience, near home on the days you aren't in treatment. You can also go out with friends to events, try fix-ups or join cancer-related events or groups with other people who are going through something similar.

In terms of dating resources, there's a book written by Kairol Rosenthal who had thyroid cancer at 27 called, *Everything Changes: The Insider's Guide to Cancer in Your 20's and 30's*². There's also a movie called, *50/50* about dating with cancer written by Will Reiser, who had cancer.³ Recently there was the movie, *The Fault in Our Stars*, where two teens, both who have different cancer conditions, fall in love after meeting at a cancer support group.⁴

What about those who are in a long-term relationship or married?

Common complaints from patients are that their partner doesn't understand them, they don't communicate and they aren't increasing their responsibilities at home so that you can focus on your healing. A book that is often given to husbands of breast cancer patients is, *The Breast Cancer Husband* by Marc Silver.⁵ This book can educate your

spouse about what you are going through, so you may choose to put it on the night stand. It may also be wise to go to therapy together to make a plan to communicate and work through all the changes.

Illness is hard on the person going through it and upon their spouse, who may become a caretaker and will probably have more to do. Stress definitely increases after illness hits and some marriages disintegrate. Some say that the divorce rate for chronically ill people is 75% versus the 50% rate for the normal population.⁶ This statistic may not be agreed upon by all but the divorce rate for chronically ill people is higher than normal.

Research shows that the quality of one's marriage affects the patient's recovery. In the *Journal of Cancer*, they followed married and co-habiting women with cancer five years after recovery to see how the quality of their marriage affected them. Women in good marriages did best. Women in distressed relationships recovered more slowly and had more side-effects from treatment.

Dealing with illness as a team increases intimacy in couples, according to a study in *The Journal of Social & Personal Relationships*.

Communication is important; 94% of cancer patients value the importance of their partner understanding their feelings. One woman said that when her husband took an 'I Can Cope Class' this significantly helped their relationship. It's important to learn to listen and to use 'I' statements to say five positive things to your partner for every negative remark and to support each other's accomplishments.

There are also some problematic communication patterns to be aware of too. Research on marriage has revealed four communication patterns that lead to divorce. John Gottman dubbed these, The Four Horsemen of the Apocalypse. They are:

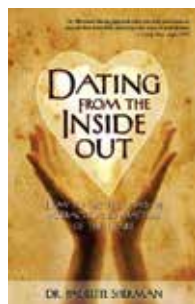
- X Criticism
- X Defensiveness
- X Contempt
- X Stonewalling

When you criticize your partner you are basically implying that there is something wrong with them. When you attempt to defend yourself from a perceived attack with a counter complaint you are being defensive. Contempt is any statement or nonverbal behavior that puts yourself on a higher ground than your partner. Mocking your partner, calling them names, rolling your eyes and sneering in disgust are examples. Stonewalling happens when the listener withdraws from the conversation or shuts down. If you notice you two are doing these things often, seek out couples therapy.

Your partner can't be your only support. It's too much pressure on them to be everything and to be perfect. It's great to have a cancer friend or support group and your own therapy. This will put less pressure on your significant other. They have stress too and need support.



Dr. Paulette Kouffman Sherman is a licensed psychologist, a certified life coach and the author of the upcoming, *The Book of Sacred Baths, Dating from the Inside Out, When Mars Women Date, The Cancer Path: A Spiritual Journey of Healing, Wholeness and Love, My Quick Guide Through Breast Cancer* and others. She has a private psychotherapy practice in Manhattan and does life coaching by phone. She's a relationship expert and speaker, writing articles on JDate, Eligible Magazine, Little Pink Book and Digital Romance. For more than 20 years, Paulette shared insight with millions through expert commentary on *The Early Show*, 77WABC radio, Pathways, NPR's *Cityscape* and over 70 media outlets including MSN, USA Today, The New York Post, Crains, Newsweek, Lifetime.com, More, Match.com, Fox News, Fox Business, Better Homes & Gardens, Reader's Digest, Redbook, Glamour, Forbes, Woman's Day, Every Day Health, WebMD, Metro newspapers, Men's Health, Seventeen, Elle, Complete Woman' magazine, The New York Times and The Huffington Post. Her website is www.drpaulettesherman.com and www.thecancerpath.com



Studies show that people who engage in hobbies and interests and develop themselves adjust better to illness and are more resilient and likely to live longer. Take classes, do things you love and join a support group so that you have connections and things that are important to you outside of your main relationship.

Families who share feelings are better able to talk about the diagnosis and they cope better. Defensive reactions are common but they create a rift in intimacy in couples. Communication avoidance can feel very painful and the patient feels alone in that relationship and this can cause the end of that relationship. Common dysfunctional responses from the significant other of the cancer patient are withdrawal, lack of empathy, depression or over-protectiveness. Couples therapy can point out these patterns and can hopefully help couples move beyond them.

Here is another suggestion that can help couples adjust: Date Night. Marital research has shown that Date Night is hugely helpful in preserving good marriages and avoiding divorce. A recent study by The National Marriage Project called *The Date Night Opportunity* confirmed the effectiveness of a weekly date night for those who are living together and for married folk. Weekly couples time was equally important for married couples with kids and without. Couples who had 'couples time' weekly, were more likely to have higher quality relationships and lower divorce rates than those who didn't.

Weekly date nights increased communication and removed everyday distractions, it increased novelty, and romance and couples reported greater sexual satisfaction.

Couples who have their date night once a week were 3.5 times more likely to be much happier in their marriages. It seems even more important to have a date night with the stress of illness.

Here are some tips for your date night:

- Don't discuss serious topics.
- Try something fun and new, like dancing.
- Share things you don't know about each other.
- Have fun and laugh.
- Express positive things about each other.
- Go out alone, not with kids or other people.
- It needn't be expensive. Do something free like have a picnic in the park.

Please take care of yourself and your relationships. Think about how you would like to show up, as a caretaker or as the patient going through it. In the end, it's an opportunity to strengthen your relationship, intimacy and coping skills.

¹ Astri Syse, "Does cancer affect marriage rates?" in the Journal of Cancer Survivorship (2008) 2:205-214 DOI 10.1007/s11764-008-0062-1.
² Kairol Rosenthal, *Everything Changes: The Insider's Guide to Cancer in Your 20's and 30's*, Wiley; 1 edition (February 1, 2009).
³ Information about the movie 50/50: <http://www.imdb.com/title/tt1306980>.
⁴ Information about the movie The Fault in Our Stars: http://www.imdb.com/title/tt2582846/?ref_=nv_sr_1.
⁵ Marc Silver, *The Breast Cancer Husband*, Rodale Books; 1 edition (September 29, 2004).
⁶ From National Health Interview Survey Data: <http://invisibleillnessweek.com/2009/05/06/statistics-chronic-illness>.



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YOUR DAILY PROSPERITY PRACTICE

BY MOLLY MACDONALD WITH KATANA ABBOTT

Just like the book, *Eat, Pray, Love* by Elizabeth Gilbert, your daily prosperity practice can be broken down into three segments: breathe, pray, write.

Molly: Katana, in our last article on financial wellness, you shared that you created a daily prosperity practice to

help you stay focused on your goals while maintaining a positive mental state. Can you tell us about your daily practice?

Katana: Yes, what I love about having a daily prosperity practice is that it's simple, it's quick, it's free, and it accelerates desired results. I suggest beginning

each day with this 10-minute exercise, which can be repeated again during the day. The practice begins with a simple breathing exercise that has been proven to act as a natural tranquilizer. This exercise grows in power with repetition and practice. Let's practice it:

Step 1: BREATHE

Think 4-7-8. Sit comfortably with your back straight. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there throughout the entire exercise. You will be exhaling through your mouth and around your tongue. If this seems awkward try pursing your lips.

1. Exhale completely through your mouth, making a whoosh sound.

2. Close your mouth and inhale quietly through your nose to a mental count of four. Think one count per second.

3. Hold your breath for a count of seven.

4. Exhale completely through your mouth, making a whoosh sound to a count of eight.

5. Repeat steps 1-4 four times. If you feel lightheaded at first, it will pass. Most people who begin this practice are very comfortable doing four cycles of breathing. As you practice, you can work your way to eight breaths.

6. Note: The tip of your tongue stays in position the entire time. Exhalation takes twice as long as inhalation. The time you spend on each phase is not important, but maintaining the 4-7-8 ratio is key. With practice you can slow down and become accustomed to inhaling and exhaling more deeply.

7. It may help to put on some earbuds and listen to some kind of meditation music. If you go to www.OMHarmonics.com, you can sign-up for a free music download and then save it to your phone's home page, so it's there when you need it.

Step 2: PRAY

Molly: Katana follows her breathing exercise which should leave you feeling very relaxed, with prayer.

She suggests addressing God (or the Divine by whatever name you choose) and express gratitude. For me, it is a scripture reference from the Bible, to be thankful in all circumstances.

Katana: Gratitude moves you to a more joyful state. Feeling joy is important because joy is the energy where we begin to manifest. Even if you do not follow a particular faith, you can still express gratitude and experience positive results.

Molly: I realize this may be a challenge for those of us in active treatment or faced

with challenging circumstances over which we have no control. Some days are just like the children's book, *Alexander and the Terrible, Horrible, No Good, Very Bad Day*. However, this is where focus and choice come into play. You can choose to express gratitude for something as simple as the sun rising and setting every single day. If it is sunny, be thankful for the sun. If it is rainy, be thankful for the rain. I am sure the folks in California would be very thankful for some rain.

Katana: Remember how powerful our minds are and how much of what we do, or not do, begins with what we think.

Now it is time to ask for what you want in your life. Be very specific and visualize your desires. If you want additional money in your life, see yourself actually experiencing this coming to fruition. See that money in the bank, imagine what your life would look like and what you would be doing each day, and how you would look and feel.

After asking, I like to sit silence for a few moments and end with a simple, "thank you and so it is."

Molly: This sounds a little like my old sales training. You assume the sale, even before you close the deal.

Katana: Well, remember that 95% of our actions are driven by what we believe. We must believe in ourselves first.

Molly: Okay, so what is the final step to your daily prosperity practice?

Step 3: WRITE

Katana: The third and final step is to actually write down what it is that you are asking for. I suggest getting a beautiful journal and writing in it every day. I always put the date at the top of the page, and then I pick one thing that I want to focus on that day, and I write it in my journal in the form of a question. I use a question because it has a different energy than writing an affirmation. We talked about this in our last column.

Here is an example of what I mean. Let's say my goal is to finally have my medical bills paid or to earn an additional \$10,000 a year, then I would write: "Why is it so easy for money, people, and opportunities to flow to me in expected and unexpected ways?"

I like to write my question multiple times and fill the page. In addition, you can repeat

this aloud, so you are seeing it, saying it, and writing it. All of this amplifies the effect.

Now watch what happens during your day because you are focused on what you want. You have sent it out to the Universe, and you are in a state of gratitude and joy.

Molly: I know writing or journaling is a great way to actually focus on what you want and track your progress.

Katana: Yes, you are so right, Molly. The key is staying in a higher state of positive thought and by making this a daily practice or habit. All this will take just a few minutes of your time, and the results are magical.

HOMEWORK ASSIGNMENT

Put this activity into your calendar. Make it part of your daily routine, like brushing your teeth.

NETWORK WITH KATANA

To learn more about Katana Abbott, join her free Smart Women Community and Smart Women Talk Radio show visit www.smartwomenscoaching.com.

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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.

Beautifully Your Life

Hello

My name is Jan Ping. I am an Emmy winning makeup artist and breast cancer survivor. Because of both of these combined experiences, I now see beauty in a new light, and see it almost everywhere and in every experience I have.

I have the opportunity to share my experiences of the many faces of beauty in different arenas in my life. This now being one of them. May I do so with grace and beauty.

Have you ever experienced something so beautiful that you almost felt like you were a part of it? Let me give you a few examples.

Watching someone dancing from their heart. Listening to a well rehearsed symphony. Catching a glimpse of a loving connection or embrace. Like you were soaring above fully experiencing it?

Or sometimes when I look at a beautiful flower, I feel so completely encompassed with the vision that I lose my sense of the physical. Like I am experiencing it so fully that I almost become a part of the flower.

Crazy? Well, I am going to offer a suggestion. Next time you see something beautiful, take a moment and notice how you feel. Allow yourself to just "FEEL" the beauty. It's quite extraordinary when this happens.

Now I want you to look for beauty all around you. In every situation you have. See if you can find the beauty, even when it may appear absent, and experience it fully. May you make this an opportunity to enjoy beauty everywhere as it's meant to be enjoyed. Fully encompassing, intoxicating and uplifting.

Go out there and Beautifully Your Life ladies....

And by the way, I think beauty is synonymous with love :)

—Jan Ping



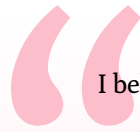
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— **TY WEAVER**

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Your Protection Against Breast Cancer

BY CHRISTINE HORNER, M.D.

When it comes to cancer protection, no plant puts up a better shield than the Indian spice, turmeric (*Curcuma longa*). The medicinal benefits of turmeric are so extraordinary; it has been the subject of more studies than any other plant—over 8,000 to date! These studies have documented over 150 different ways that this spice supports your health.

All of turmeric's medicinal magic is held in its rhizome (root). When you slice across a fresh turmeric root, a vibrant, almost iridescent, bright-orange pigment radiates from its interior.

Scientists have discovered that the substance which produces the spellbinding color—curcumin—is also responsible for many of turmeric's medicinal benefits. However, a 1997 study indicates that curcumin may not be the whole story of turmeric's anticancer power. Researchers removed all of the curcumin from a sample of turmeric, and then tested the curcumin-free turmeric for antitumor effects. They found that the anticancer qualities of curcumin-free turmeric were more potent than those of whole turmeric with its curcumin intact.

Research shows that turmeric substantially thwarts dozens of different cancers, including cancers of the breast, prostate, colon, uterus, ovary, lung, mouth, esophagus, liver, kidney, skin (melanoma), head and neck (squamous cell cancers), nervous system, connective tissue (sarcoma), lymph (lymphoma and multiple

myeloma) and blood (leukemia). An article published in the *American Association of Pharmaceutical Scientists* journal listed every known way that turmeric has been shown to selectively kill tumor cells. They described over thirty different ways! That's why this amazing spice is considered the number-one anticancer spice.

Turmeric helps to impede the initiation and growth of cancers in four major ways:

- Breaks down toxins in the liver and prevents carcinogens from forming
- Radically reduces inflammation
- Neutralizes oxygen free radicals with an antioxidant power that is 300 times greater than vitamin E
- Supports the immune system

Turmeric also emulsifies fat, so it helps to promote weight loss. Keeping your weight down is important, because obesity raises the risk of many cancers including breast cancer. And if you have cancer, turmeric enhances the effectiveness of chemotherapy against your tumor while it protects your organs from the damage that these drugs often cause.

HOW TURMERIC HELPS YOUR LIVER DETOXYIFY

Turmeric works with your liver in an ingenious way to get rid of the toxins in your body. Your liver has two sets of enzymes, called "phase 1" and "phase 2" enzymes. When a toxin or carcinogen, such as benzopy-

rene, which is found in cigarette smoke and charcoal-broiled meats, comes to the liver, phase 1 enzymes activate it. In other words, the toxin isn't a carcinogen until the phase 1 enzymes in your liver turn it into one. Why would your body want to create carcinogens? Because they are easier for phase 2 enzymes in your liver to recognize. Phase 2 enzymes attack carcinogens, break them down, and get rid of them. The problem comes when you overwhelm this system. When too many toxins come into the liver, some of them will escape the mechanisms designed to eliminate them.

Your risk of cancer can be reduced by blocking the activity of phase 1 enzymes, reducing the number of carcinogens formed or activated, or by enhancing the action of phase 2 enzymes, eliminating more carcinogens. One of the reasons that turmeric is so effective against cancer is because it has the ability to both block phase 1 and enhance phase 2 enzymes.

TURMERIC AND BREAST CANCER

In addition to the general anticancer effects mentioned above, turmeric also has a number of amazing properties that specifically help to prevent and fight breast cancer. For example, some pesticides, such as DDT and chlordane, mimic the estrogen molecule in your body and thereby increase your risk of breast cancer. Turmeric can block the pesticides' estrogenic effects. It also impedes breast cancer tumors from forming in response to

estrogen and environmental toxins.

Genistein in whole soy foods blocks the estrogenic effect of these pesticides, too. Researchers at Tufts University in Boston found that genistein and turmeric work synergistically, meaning that each one makes the other's ability to block estrogen and environmental toxins more effective. When genistein and turmeric were combined together, their ability to hinder estrogenic environmental toxins was extremely impressive. In one laboratory study, the combination of genistein and turmeric inhibited 95 percent of chemically induced breast cancer cell growth. In another study, they stopped 100 percent of the growth—no cancer cells grew despite heavy loads of estrogenic environmental toxins!

Turmeric also “down regulates” the estrogen receptor. That means it decreases the sensitivity of the estrogen receptor, reducing its normal response to estrogen. In other words, turmeric affects the estrogen receptor in such a way that when estrogen attaches to it, the rate at which breast cells divide is much slower than normal. However, when it comes to turmeric's ability to combat breast cancer, it could care less whether a tumor is sensitive to estrogen or any other hormone for that matter. This extraordinary anticancer spice discourages the growth of every type of breast cancer: estrogen/progesterone positive or negative, HER2/neu positive or even triple negative.

Another one of turmeric's very beneficial attributes is that it inhibits or blocks an enzyme that plays a key role in inflammation, as well as the initiation and growth of several types of cancer, including breast cancer. It's called the COX-2 enzyme. The amount of the COX-2 enzyme found in breast cancer tumors is frequently much higher than in normal cells. Scientists call it “overexpression of the COX-2 enzyme.”

The COX-2 enzyme is responsible for a long list of dangerous tumor-promoting actions:

- Encourages tumor cells to divide
- Prevents the death of tumor cells
- Stimulates the growth of new blood vessels into tumors
- Helps tumor cells invade into the surrounding tissues
- Blocks the important tumor-suppressing effects of the immune system
- Increases the risk of metastasis
- Speeds up the production of mutagens.



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The good news is turmeric is able to shut down the COX-2 enzyme and in doing so, thwarts all its harmful actions. If you have breast cancer, turmeric's anti-COX-2-enzyme abilities can be tremendously helpful:

- Prevents tumors from growing
- Induces apoptosis (cell death)
- Inhibits cell proliferation
- Stops the growth of new blood vessels that tumors need in order to grow
- Halts the production of a substance called IL-6 (by your immune system), which makes cancer cells grow faster.
- Helps to prevent tumors from invading into surrounding tissues
- Dissuades tumors from metastasizing to other areas of your body

A 2013 study showed that turmeric can even make estrogen receptor-negative breast cancer cells sensitive to Tamoxifen—an oral anticancer drug that normally only works against estrogen receptor-positive tumors!

TURMERIC'S OTHER HEALING EFFECTS

Turmeric has an impressive array of other health benefits, too. For example, if you have gallstones, it encourages your gallbladder to expel them. Turmeric aids digestion by increasing stomach secretions and decreasing the amount of gas produced in the intestines. It also protects against stomach ulcers. Turmeric lowers your risk of heart disease by decreasing cholesterol and the formation of plaque in your arteries. It promotes wound healing by decreasing inflammation and stimulating the growth of new blood vessels.

You can also apply turmeric topically to your skin for another whole set of benefits. Turmeric can kill bacteria. It is also effective for treating fungal infections, such as athletes' foot, and skin conditions, such as psoriasis.

TAKING TURMERIC

Turmeric is prepared by soaking and then drying the root. The dried root is then ground into a fine powder. Turmeric powder can be found in the spice section of most grocery stores. It is also the main ingredient in curry powder. Remember, organic is always best. Ayurvedic physicians recommend adding about one-quarter to one teaspoon to your food near the end of cooking.

You can also take turmeric as a supplement. At least 1000 mg (1 gram)/day is the minimum recommended dose if you are healthy. If you have a condition that turmeric can help to improve, some studies have given up to 4 to 10 grams a day without negative side effects. Although there is no established standardized dose for cancer treatment and prevention, most researchers recommend doses over 2 grams a day.

Because the healing benefits of turmeric are so extraordinary; most experts agree you should consume it every day. Cooking every day with turmeric is not practically for most people, so I recommend that you take a supplement that contains at least 1000 mg. You can find more information about these supplements on my website: www.drchristinehorner.com.



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

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Margery's Smoothies



When the actual thought of the lump I had was possibly cancer, I immediately changed my diet. I knew I had to get more veggies and vitamins in my body as soon as possible and a friend recommended smoothies to start. I played around with different ingredients but these are the three smoothies I make most often.

IMPORTANT NOTE

USE ORGANIC INGREDIENTS

WHENEVER POSSIBLE

THE STAR INGREDIENTS

Put the following items in a blender, mix it up and enjoy!

Kale — Use about 75% kale, spinach or Swiss chard.

Blueberries — Use a handful (8-10) blueberries. If you're not a blueberry fan, use raspberries or strawberries but these are more alkaline than other fruit. Any fruit is will work but limit it to small amounts as there is a lot of sugar in fruit and it will spike your insulin levels.

Unsweetened Coconut Milk — Fill your blender 3/4 the way full with liquid. I make a mixture of half coconut milk and alkaline water (or distilled water).

Apple Cider Vinegar — Add 2 tablespoons of organic apple cider vinegar (Braggs).

Baking Soda (1/2 tsp)

Organic Coconut Oil (1 tsp)

Apricot Kernels (8-10 kernels)

Protein Powder (I use Raw Meal by Garden of Life, it's organic, vegan and gluten dairy and soy free)

Almonds — Add 8-10 raw, organic almonds.

Chia Seeds (1 tsp)

Flax Seeds (1 tsp)

Sunflower Seeds (1 tsp)

So many options...

Vitamin C — I use Lypo-Spheric Vitamin C which is a liquid and very potent. I also put it in my smoothie after I blend it — just stir it in.

Lemon — Cut up and throw in a 1/4 to 1/2 lemon — yep, peeling and all!

Plant Derived Minerals (1 cap full from Youngevity)

Calcium Supplement (1 cap full, also by Youngevity it is called an Ultimate Osteo FX)

Ginger — Add 1 teaspoon, I use a precut organic ginger.

Ice — Use ice if you would like a cold smoothie, but I freeze my kale and blueberries — so that's usually cold enough.

I played around with these ingredients a bit, but there are a ton of other things you can add or take away. Just make it taste good and add or subtract according to what you like.



SIMPLIFY

To make it easier I bought 8 little containers and put all my dry ingredients in there once a week! This saves a ton of time. I started out with making smoothies twice a day (when I was first diagnosed) but once a day is good too.

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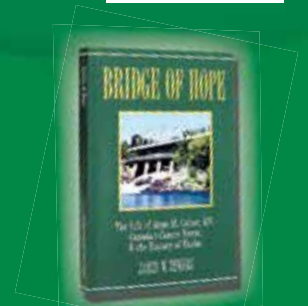
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Margery's Smoothies

THE TURMERIC SMOOTHIE

This is loaded with yummy fruits and turmeric, which is one of the most powerful cancer fighting spices known to man! And it also tastes delicious!

Ingredients...

- 1 cup Coconut Milk
- 1 Peeled, Frozen Banana
- 1/2 cup Mango
- 1 tsp Organic Turmeric
- 1/2 tsp Cinnamon
- 1/2 tsp Ginger
- 1 tsp Chia Seeds
- 1 Tbsp Coconut Oil
- Ice — only if you want it colder, all of the ingredients are frozen and the coconut milk is cold.

Blend and enjoy!



MARGERY'S RUNNING SMOOTHIE



I am a runner and need a little extra potassium. I don't make this smoothie often, but I love to have it once or twice a week. It's sweeter than my other smoothies and gives me the feeling of having dessert, plus... its loaded with anti-cancer ingredients!

Ingredients...

- 1 1/2 cup Organic, Unsweetened Coconut Milk
- 3/4 cup Berries — I use blueberries, blackberries, raspberries or strawberries... or all!
- 1 Peeled, Frozen Banana
- Ice — Use ice if you would like it colder

TIP: I will add protein powder, flax seeds and coconut oil if I feel I need a little extra punch.

Blend and enjoy!

Recipes compliments of:

Margery Tomain

Author of upcoming book, **Lucky Me! Kicking Breast Cancer's Butt and Luck Had Nothing To Do With It!** Margery looks forward to preparing these smoothies and other nutritionally packed delights for the attendees of the Make a Difference Writers' Workshop on October 30 at Lake of the Ozarks, Missouri. For more information, see page 55 or visit www.BreastCancerWellness.org.



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As a stay at home mom to a toddler and newborn baby, a breast cancer diagnosis was more than devastating to Kari Moroz. Twenty nine at the time of diagnosis, Kari feared leaving her children motherless. She shares her experiences of overcoming the challenges of mothering young children while facing a life-threatening disease. **Stage III Mommy** will guide mothers diagnosed with breast cancer through the darkest times of their journey without having to give up the wonder and joys of motherhood.

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Love Lessons



A talk with Bernie S. Siegel, M.D. and Cynthia J. Hurn, coauthors of *Love, Animals & Miracles: Inspiring True Stories Celebrating the Healing Bond*

Cynthia: In the new book *Love, Animals & Miracles*, Bernie, we revealed a side of your life that many people didn't know about. You call it the Siegel Zoo. As you were reminiscing about your kids growing up with all those animals, I found myself wishing I'd been one of your kids.

Bernie: It was a great way to raise a family. Our place was an acre and a half. We had goats, ducks, and geese in the front yard with kiddie pools all through the house for turtles and fish. One son had a dead tree in his room for snakes and chameleons. Crickets chirped all year round, and everything from the South American kinkajou to cats and dogs wandered loose inside. Local vets would call and ask us to take in another neglected creature because they knew we would care for them. Everybody was family.

Cynthia: What was it like coming home after work every day to all those creatures?

Bernie: I'd be physically tired but more exhausted in an emotional sense because of those people I couldn't cure. One day I got home to find a guinea pig struggling in labor and unlikely to survive, so I did an emergency caesarean section. Another time I operated on a turtle with an abscess. The kids expected me to save everybody because I was a doctor. I finally had to sit them down and explain that after a full day of operating as a pediatric surgeon, to then come home and be a doctor to all these pets was more than I could handle emotionally. I wasn't God; I couldn't cure every affliction of every pet. I said I would try to save their lives, but you can't expect success 100 percent of the time. It helped them understand that death is a part of life. When an animal dies, its' body is gone, but the love stays. The kids gained a reverence for life, which they exemplify today with their own pets and the wild creatures they have helped or rescued.

Our kids learned about the power of love too.

The ducks and geese were born in incubators, so the first thing the chicks saw was our kids, and they imprinted on them, thinking the kids were their parents. Whenever the school bus came to pick up the kids, ducks and geese would walk down and stand by the road watching them go. We finally had so many fowl I brought some to my mother's house on the shore of a lake. One day Mom called to say that every time a school bus drove by, the birds would leave the lake and stand beside the road. They were looking for our kids to get off the bus.

Cynthia: What was the most powerful lesson you gained from your animals?

Bernie: Forgiveness. Animals would lick my hand when I was treating their wounds, and I felt so awful. I knew it was hurting them. Yet they'd lick my hand. The lick was saying, "Please be gentle; stop for a minute." It blew my mind that they didn't instead take a bite out of my finger.

Our rabbit Smudge Bunny got shaken by our dog Furphy when we left the house and forgot to close the pet door that separated them. Smudge nearly died of the injuries. I felt terrible and very guilty. Weeks later I went into the yard to call Smudge inside for the night and found her curled up against Furphy. She didn't hold a grudge. Smudge and Furphy had become the best of friends.

They taught me about forgiving your family too. I was running a support group at an elderly care facility, and I always brought our dogs Furphy and Buddy along. One day Buddy must have eaten something that upset him because he went to the corner of the room and left a smelly mess on the floor. I apologized to the group and cleaned it up. The people at the facility didn't mind; they dealt with human accidents regularly. It struck me as I was driving home that I hadn't yelled at Buddy or embarrassed him in front of everybody. I'd just

cleaned up his mess. If that had been one of our kids, it would have been a different story. I realized then that scolding our child for an accident would have been poor parenting. I should show our kids the same patience and forgiveness I showed our dogs. The connections we have with animals are often stronger than the ones we have with relatives. We can be so critical of relatives, not showing them pure affection and love.

Nine hundred years ago, Maimonides said, "If people took as good care of themselves as they do their animals, they would suffer fewer illnesses." And that was the attitude we taught our kids: it isn't just that you care for the animals, you have to live that way for everybody and be an example, taking care of your needs too.

Cynthia: This book is filled with stories we gathered from people across America, Britain, and Europe. Were any of their stories particularly moving or surprising to you?

Bernie: There were so many that touched my heart, it's hard to pick just one. I was surprised and delighted to read our grandson Charlie's story about interspecies bonding, one I'd never heard before. He had an ailing turtle that lived alone. The vet recommended putting a fish in the tank for the bored turtle to hunt. Charlie's turtle took one look at that fish and fell in love. He never ate it. The creatures lived together for years and actually looked after each other.

Another story was contributed by a woman whose daughter had been murdered. Before the daughter's death, she had gone to buy a surprise puppy for her dad, but the dog she wanted was already spoken for. Two years after her death, the still-grieving parents went to visit the breeder, not knowing what their daughter had intended. All the breeder's dogs sat well behaved, but suddenly one flew across the room and jumped into the father's arms.

Before long everyone was crying without realizing why. The breeder then explained what their daughter's wish had been, and that this was the very same dog their daughter had chosen. He'd gone to another family, but recently that family had returned him. They all felt that the daughter was communicating with her parents through the dog, saying she was okay. Not surprisingly, the couple took the dog home. Having the dog and the sense that their daughter was still communicating with them helped heal their grief. That story had me in tears.

Cynthia: Several stories involved animals rescuing or healing humans. Have you had any experience of this?

Bernie: I heard about the scientist in England, Dr. Claire Guest, who had been training her dog Daisy to be a medical detection dog, a recent area of research in which dogs are taught to signal when they smell abnormalities in urine or in human breath, such as low blood sugar in diabetics or cancer cells. One day Claire drove Daisy to the park, and when she opened the hatch door, the dog didn't jump out as usual but kept prodding Claire's left breast with her nose. Daisy's action was rough and somewhat painful, so Claire pushed her away. Later that day Claire felt the tender area and thought she discerned something. She went for a mammogram and biopsy that revealed breast cancer in the exact spot where Daisy had prodded. The cancer was so deep the doctors believed that without the dog's warning, it would have gone undetected for too long. Daisy had saved Claire's life.

One story in our book was about Baci, a dog who diagnosed cancer in the ear of another dog in the family. Canines' nasal membranes cover a much greater area than humans', and the part of their brains that interprets odors is forty times more powerful. So dogs' ability to smell abnormalities is inherent, but the miracle happens when an untrained animal's behavior alerts people and says, "Pay attention; something is wrong here."

In my own experience of miracles, more often the animal was healed. One of my patients had a cat that was dying of cancer. The vet called to say he couldn't do anything more; the kindest thing was to euthanize the cat. The whole family came in to say good-bye to their beloved friend. The doctor entered the room holding an unresponsive, limp animal, but when the cat saw her family, she launched herself eight feet across the room into the dad's arms and began to purr. The surprised vet said, "She was dying a minute ago." That cat went home healthy and lived for several more years.

Our dog Oscar had an inoperable malig-

nant melanoma in his mouth and was deteriorating fast. The vet recommended euthanasia. I called the kids to get their agreement, but they said, "Dad, you don't put your patients to sleep; you can't put Oscar to sleep." I brought Oscar home and started giving him lots of love. He was too weak even to stand up. I sat with him every day, putting my hands on him, visualizing his body strong and healthy doing all the things he loved to do. When I ate, I shared my food. I gave him vitamins and supplements to build up his strength and immunity. Soon he started going outside to play with the other dogs, and the melanoma disappeared. The vet couldn't believe it. Every time we met, he'd say, "I've never seen a dog that sick recover." Oscar lived years longer. One might say it's a miracle or a perfect example of self-induced healing.

What I always say to people is, love your life and love your body. When you live what you love, your body gets the message; that's when miracles happen. People with terminal disease who go off to the mountains or a beautiful place to die, or spend all day in the garden doing what they love, start enjoying their life so much they often forget to die. One patient said to me, "I'm so busy now, I'm killing myself." And she lived a long, meaningful life. But people have to learn this, whereas animals know it already.

One of my patients needed surgery and chemotherapy for breast cancer. Her family expressed concern about her going home because she lived alone with twelve cats. The house smelled so bad they wanted to get rid of the cats. I said, "If you take your mother's cats away, she'll die. Go to her house, clean it up, and help her keep it clean. Her relationship with the cats has great meaning for her, making her less vulnerable to disease. Caring for her cats will motivate her body to get well and live longer." So instead of taking her furry children away, they helped her keep them in cleaner conditions. What was the result? The woman had a successful recovery and lived.

Cynthia: Would you sum up the lessons that the animals in these stories are teaching us?

Bernie: Have a relationship with an animal. Caring for an animal is good for your health. When you pet an animal, your body releases the same bonding hormones that affect a mother when she holds her baby. It lowers blood pressure and gives one a sense of loving euphoria. Scientific studies show higher rates of recovery and survival and lower rates of disease in those who live with an animal.

Don't judge each other or yourselves. Furphy was attacked by a dog, losing one eye and part of his tail. He never looked in the mirror

saying, "I can't go out for a walk looking like this; I'm too ugly." Animals accept themselves as they are — feeling complete, no matter their defects — and they love us regardless of our defects. When we lose a breast or limb to surgery, animals see us as being the same person; it's the love between us that represents our true beauty.

When we die, life goes on, so live in the present moment — the gift of today — and enjoy your life. I wrote a children's book called *Buddy's Candle*. When his dog, Buddy, died, the little boy couldn't get over the loss. One night in a dream the boy went to Heaven and saw all the dogs that recently died walking along, each one carrying a bright candle. Then he spotted Buddy carrying a dark candle. The angel said, "Go and light his candle." The boy approached his friend, saying, "Buddy, I am here to light your candle." The dog replied, "Angels keep lighting it, but your tears keep putting it out."

A strange thing happened immediately after I finished writing that book. I heard a voice, clear as day, saying, "Go to the animal shelter." So I got in the car and drove over there. When I walked inside, a dog was sitting by the door. The first words out of my mouth were "What's his name?" They said, "He's called Buddy; he arrived less than fifteen minutes ago." When I heard that name, I knew a greater hand had guided me there. I said, "I'm here to take him home." Was this a coincidence or a miracle? You tell me. Buddy is still with us today at sixteen years of age.

Cynthia: Who would you have become without animals in your life?

Bernie: I would have felt lonely and with less sense of purpose in my life. People spend too much time thinking and analyzing, whereas animals show us how to live from the heart. Caring for them takes time and effort, but when you climb into bed at night and somebody — regardless of the number of legs they have — is right beside you, loving you no matter what happened that day, you know you're okay. You're home.



Retired surgeon Bernie S. Siegel speaks, writes, and runs support groups in his effort to empower patients. He lives in Woodbridge, CT. Cynthia J. Hurn is the coauthor of *No Buddy Left Behind* and *The Art of Healing*. She lives in Somerset, England. Visit Bernie online at www.BernieSiegelMD.com.

P

E

T

Therapy

"Such short little lives our pets have to spend with us and they spend most of it waiting for us to come home each day. It is amazing how much love and laughter they bring into our lives and even how much closer we become with each other because of them."

— John Grogan, *Marley and Me*

Who saved Who? In the fall of 2001, I thought I was saving a puppy from a puppy mill when I met my teacup poodle, "Harley." October 9, 2001 Harley started saving me. That was the day I was diagnosed with breast cancer. He didn't care if I cried or screamed. He didn't care if I was bald or had drain tubes hanging out of me. He truly loved me unconditionally! I was so scared of dying but afraid to tell my family, friends or co-workers. Harley would just look at me with his amazing eyes. I can imagine him thinking... my human is going crazy! After many surgeries, life-changing events and the tons of ups downs in my life, he was continually by my side. I'm almost 14 years as a survivor and my sweet dog Harley still gives me comfort. And still I look into his eyes and imagine him thinking... my human is going crazy! My five pound teacup poodle named Harley has been and is my canine companion and best friend! "Who Saved Who? — He saved me!"

— Charlene Cattoi



I was diagnosed with TNBC on July 10, 2011. I took a leave of absence from teaching and was terrified of being home by myself while the kids were at school and my soon to be husband was at work. What would I do with myself? I felt like a dog would motivate me, get me out walking and keep me company while everyone was doing their thing. My friend fostered dogs so I asked her to keep me in mind for any puppies that came along. She found the one for us! He was to be shot by his owner unless someone rescued him. She did and he was perfect for us. We named him Dodger because he literally dodged a bullet and was going to help me dodge cancer. Guess what? Four years out and feeling great! Here's to many more years full of love with us all!

— Claudia Stevens



When I was going through chemo (twice) Gracie wouldn't leave my side. I would cry especially when I first found out I had breast cancer and she would come to the side of my bed and nudge my hand. I told myself that this was God's way of telling me everything would be okay. It's amazing how gentle and sensitive she is. She follows me throughout the house to make sure I'm okay. Without her I don't know how I would have gotten through the process of chemo and thereafter. I still get Herceptin and I come home very tired and she's right there giving me big hugs and kisses. She's very protective too. It's like she knows when I'm sick so she comforts and consoles me all the time. I love her dearly. She is God's gift to me.

— Sheila Johnson-Glover



“I wonder if I’m really sick and just don’t know it yet?” was a rhetorical question I posed to my husband one day. I had noticed that our dog Benji was spending more time than usual with me. Really, he attached himself to me whenever I was home. Since my diagnosis of stage IV breast cancer in March 2015, it makes perfect sense. Benji’s unconditional love has been important to me since my diagnosis. He is a constant comfort. This wonderful dog follows me wherever I go in the house; he is never out of arm’s reach. When I cry, he’s there pushing my hand with his nose asking me to pet him, licking my face, climbing on my lap. He lies next to me when I sleep, as if his presence alone can cure me.

— Tammy Payne



With the diagnosis of stage III breast cancer, I knew I was facing a long and tough road. That is where my horse played an important part for me. My rides with him would always keep my mind off my problems, help me relax and keep a positive attitude. On the days I didn’t feel like riding, I’d go to the barn and my big gentle horse would lean his head next to me to comfort me. My horse even had a port placed in him the same time I had mine placed! Due to an injury my veterinarian placed a port in my horse so he could receive his medications. I think my horse just wanted to share my experience with me, what a friend! I honestly feel my horse was just as important in getting me through my cancer ordeal as my family and doctors!

— Susan Spicer

Lexi, our rescued beagle mix, sat next to me the day I broke the news of my stage III breast cancer diagnosis to my little boys, only seven and nine. Her big brown eyes saw through the fear and the brave smile that I wore for everyone else. She stayed by my side through it all; standing guard next to my recliner after my bilateral mastectomy, kissing away my tears when I didn’t recognize myself in the mirror...bald and pale from chemotherapy and slowing her pace during our walks when I was fatigued from radiation. She joined our celebration when I was declared cancer free! I can’t imagine my journey through breast cancer without her calming presence by my side!



— Beverly McKee

This is day I adopted Taffy from a pet sanctuary in Lancaster, CA. She is a 3-year-old King Charles Spaniel Dachshund mix. She is very sweet and lovable.

— Judy Matlin



Harley was my first pet, he was very good for me in so many ways. I loved that little guy! Harley would always put his head and nose on my right breast. I realized Harley was trying to tell me to go the doctor and check for cancer, in my mind I just thought he was being a bit weird. Four months later I was diagnosed with breast cancer. I realized at that point

how important dogs are in our lives. Harley would get right in my face and beg for a walk every day. If it wasn’t for him, I would not be here today because I was in a deep depression. Harley crossed the Rainbow Bridge. I miss him dearly. My roommate’s dog, a Doxie, seems to know my struggles and also begs for walks and sleeps with me often. I encourage you to get a rescue dog as you do not know what an important role animals play in our lives. So comforting, funny and someone to take care of and depend on you. Miss you Harley, always on my mind.

— Regina Serna



Her clock was ticking. In fact, her time at the shelter had expired. Twice. But the staff could not bring themselves to end the life of the beautiful chocolate lab. I was midway through chemo the day that dog and I first locked eyes. Her two years on earth had been filled with neglect, anger and abuse. My own life had certainly had its ups and downs, including the recent death of a beloved yellow lab and a cancer diagnosis. Clearly, this dog and I were kindred spirits, and our paths crossed at the very moment we most needed one another. Her name is Izzy Belle, but four years later we still call her the chemo dog. Gentle, faithful and loving, she is one of the brightest stars in our lives.

— Judy Pearson

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THE ASSIGNMENT FOR HER

LIFE

Better

As she walks through the door with
her head held up high
And a sparkle in those big blue eyes
That smile is contagious and I don't know why.
This is her battle, yet she strengthens me.
This is her struggle, and she can't be free.
This is her worry, but I have no doubt
She will survive without one pout.
She will be strong, stronger than ever.
She's a fighter just like her daughter
It has to get worse before it gets better...
and trust me it will get better.

— Ava McInosh, Amy Robach's oldest daughter

“**M**om, please don't read this in front of me,” she muttered as she hurried off to her bedroom and closed the door.
As I began to read Ava's words, I was overcome with pride. My little girl had so much compassion in her beautiful heart; her empathy and optimism leaped off the paper. The title of the poem was perfect, simple and powerful: “Better.” What a hopeful word. It stared back at me at a time I felt just the opposite. I was weak, but my daughter knew I would be strong again.

Amy Robach first knew she wanted to be a journalist when she covered a story of the death of a young woman who had overdosed on illegal drugs. It was her first big story. She realized the huge responsibility and honor it was to tell someone's story, to make an impact with the hope that if just one person said no to drugs, that her work could make a difference. Amy knows “There is nothing as incredible as capturing those unscripted moments. I love feeling an intense bond with someone I've just met, someone who has



PHOTOGRAPHY BY ABC/HEIDI GUTMAN

entrusted their story with me. I love being a force for change, and feeling the power of communication. But mostly I love the connection.”

But having her own story covered nationally as a young woman being diagnosed with breast cancer wasn't the connection she thought she would be seeking as an established and accredited journalist.

On November 11, 2013 the country reacted in shock as Amy Robach, News Anchor of *Good Morning America*, announced she was diagnosed with breast cancer. Just a few weeks previous to this devastating announcement Amy experienced having her first mammogram on live television.

GMA anchor Robin Roberts, GMA producer Santina Leuci and ABC's senior medical correspondent Dr Jen Ashton had been on site

to high profile broadcasting. Amy realized that most journalists and many of her colleagues would have considered this a high profile and very worthwhile opportunity for their career and a personal way to make a difference for women. However Amy was concerned that this assignment would be better served by someone else at GMA because she didn't have any family history of breast cancer and felt no connection to the disease.

Amy turned to her colleague Robin Roberts for her professional and personal suggestions about this assignment. Robin was no stranger to sharing her medical health with the world; in 2007 she was diagnosed with breast cancer and in 2012 the Emmy winning journalist was diagnosed with a blood and bone marrow disease and endured critical medical treatment for her

through the myriad of tests that went from annoying to alarming. The doctor's appointment she thought was going to be inconsequential turned into panic and fear. Amy called her husband Andrew and put him on speaker so that he could hear what was going on. When the radiologist asked Andrew if he was driving was the moment Amy knew she had breast cancer.

As a national journalist, Amy has been breaking news all of her career, but breaking this news with her family, friends, and co-workers was especially hard, because this time it was personal... it was her life. Because children are intuitive, Amy knew she had to be forthright and honest with their children. Amy has two daughters; Ava was 10 at the time of her diagnosis and Annalise was 7. Andrew has three sons; Nate was 17, Aiden was 15 and Wyatt was 10. As a blended family, Amy and Andrew wanted their children to feel comforted as much as possible and were committed to being strong and truthful with them.

The next day after her diagnosis was Halloween and having a family night of light fun was a reassuring way for their family life to continue as normal as possible. Yet Amy wasn't feeling normal and she couldn't relax or quiet her racing fears. At the suggestion of her mother, Amy called Robin. Robin's advice was affirming: "Everyone's cancer is different. Don't let anyone tell you what you have to do. You have to do what you feel is right." This helped Amy regain her sense of power as a patient.

Next she called her friend Hoda Kotb. Amy and Hoda had worked together at the *Today Show* on NBC. Hoda had been diagnosed with breast cancer in 2007. Hoda reminded with her that a diagnosis of breast cancer is not always a death sentence and that everyone she knew who had been diagnosed with breast cancer was alive and thriving. These were Amy's first two experiences of how breast cancer thrivers provide support and encouragement when needed the most. Thousands of hopeful messages would soon follow.

Just prior to going public with the announcement that she had been diagnosed with breast cancer, Amy watched the story she had done with Luke Bryan in Nashville and how he was sharing his feelings for the first time about the sudden death of his two siblings.



with Amy at the mobile mammography unit in Times Square, not only in support of Amy having her first mammogram but also to help the viewing audience better understand the clinical process of mammography and the benefits of early detection.

When GMA first asked Amy to have a mammogram on this special segment in recognition of "breast cancer awareness" month, Amy resisted. As a journalist she was accustomed

life. The reassurance Amy received from Robin was the turning point for her to agree to GMA's pink initiative assignment, an assignment that would soon become the assignment for her life.

What wasn't shown on national television is that after the live broadcast, Amy was asked to step back into the mammovan for a second screening which soon conveyed that more clinical testing was needed.

Four weeks later Amy found herself going

Amy asked Luke why it was important for him to talk about these tragedies given that he is a very private person about this side of his life. Even though his response would be shared with millions of people, it spoke directly to Amy when he told her “My main thing is it’s important for people to know they’re not alone. I love the fact that people can see that God still is gracious. And if me telling my story moves people down a positive path of hope, then you know it’s certainly worth telling.”

It was in that moment from hearing Luke’s reason for being vulnerable and telling his story with the world that Amy knew that she too could share all the vulnerable parts of her breast cancer experiences so that others would walk with her, and she with them. As scary as it was to go public with her announcement on national television, Amy was now ready to say “I have breast cancer.”

Amy’s transformation and declaration from “I *have* breast cancer” to “I *had* breast cancer” is still a journey in progress — the journey that included the devastation she felt when diagnosed as well as recalling how the radiologist reported to Andrew that “your wife is not taking the news very well.”

Amy also remembers the full blown panic attack she experienced in the car in the middle of a rainstorm. She couldn’t breathe, was hyperventilating and sobbing uncontrollably. She and her family were driving near the Hudson River and the anxiety from the unknown overtook her emotions. She felt as if she couldn’t get out of the car fast enough.

The darkness of that night mirrored the darkness and bleakness she felt. “My dad went back to the car to tell the kids I just felt a little sick. Andrew kept holding me and telling me it was going to be all right. The problem was, I knew that wasn’t true. Nothing was going to be okay again. Nothing would ever be the same. Would I always be this scared? How hard was it going to be to put on this “normal” life for my kids while on the inside feel like everything was falling apart and out of my control? Instead, soaking wet, I finally got back into the car and finished the trip with my head sticking out of the window, not caring that the cold wind was

hitting my even colder, wetter face.”

It just wasn’t the devastation Amy remembers; it was also the contrast of facing fears about dying to the moment she felt very alive. During the summer prior to Amy’s pink initiative with ABC, she had been assigned to cover the winter Olympics in Russia. With her chemotherapy treatments not yet completed and her health still compromised, her doctor, family and the staff at ABC all were concerned that covering the Olympics was too much for her health. Her mom and dad both begged Amy not to go, but this assignment was important to Amy. It was important not because of her career but as Amy said, “More than anything else, I simply wanted to prove to myself that I was still me.” She promised every one that she would be extra diligent and cautious about her health and stamina.

The traveling was strenuous. There was an eight hour time difference and she was reporting fourteen days straight. In spite of the challenges of traveling and depleting energy, Amy experienced a surreal moment that wasn’t an experience of devastation, it was the enthralling feeling of life. “It was 2:00 a.m. and my producer Kaitlyn and I were standing in Red Square in front of the spectacular, brilliantly colored and iconic St Basil’s. I was freezing, but in that moment, I felt totally alive, and it was thrilling. At that moment, I forgot I was a cancer patient. My lungs stung from the frigid air as my eyes took in the magical scenery, and I realized how incredibly happy and lucky I was to be right where I was.”

Months later, at the first anniversary of Amy’s mammogram she met with Robin: “We sat down in the same hotel suite where we’d filmed my announcement and we reflected on life after cancer, and what my life had been like.”

At one point Robin asked, “Have you had your day yet?”

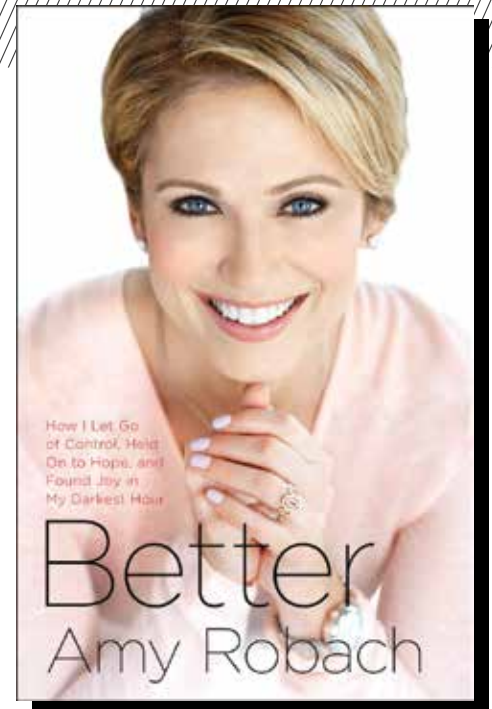
“My day?”

“The day when you didn’t think about cancer once?”

I said “No.”

She smiled her big Robin smile and said, “Well, you’re going to have that day. I promise! And when you do, I just want you to lean over to me on the set and say, I had my day.”

The insight from her daughter Ava’s poem



proved to be true; two years since her diagnosis Amy has emerged from what she calls a turbo charged experience in a better place.

Amy wrote the book *Better* because she wants breast cancer survivors to know there is hope and that life can be better after breast cancer. Amy’s words have great wisdom: “Hope is powerful, yet sometimes we are afraid to be hopeful as cancer survivors as if having hope will jinx us. If we can learn to live better lives while we are working through physical and mental challenges that come with a cancer diagnosis, we can turn the experience into something good.”

“I’ve learned to be a better person, a better mom, a better wife, a better friend, a better daughter. I mean you name it, I have tried to make this a positive thing in my life because there is so much negativity, we all know the negativity. It’s impossible to fully express my gratitude for the collective hug I felt from survivors all over this country. Each and every gesture of love and support gave me strength I didn’t know I had.”

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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.

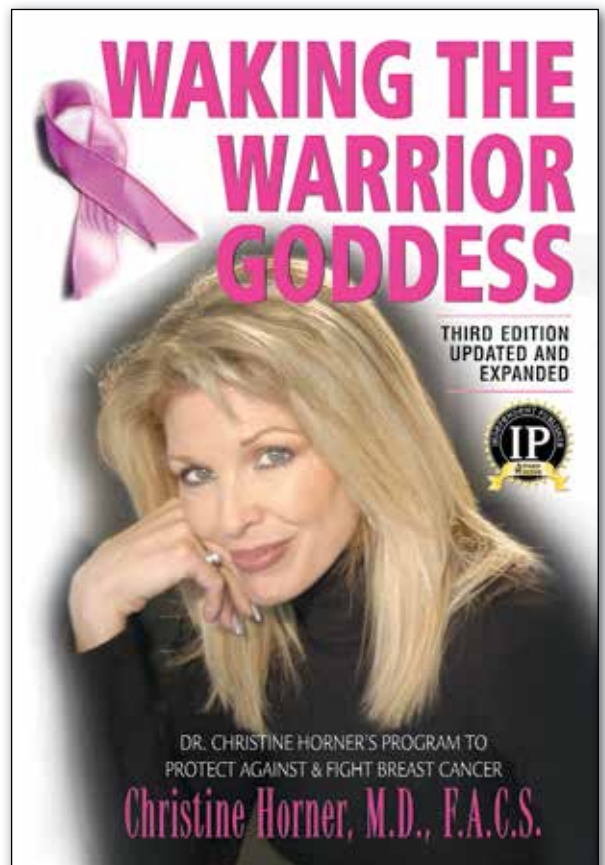
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CARRY ON

FIND YOUR "AFTER"



Patience and determination helped Anne-Mary Molinie through the difficult seasons

There's no denying it: Sometimes, life's ups and downs simply stay "down" for a while. Breast cancer can certainly be one of those times. It's hard. But with patience and more than a little hindsight, it's a temporary season that can be survived, as Anne-Mary Molinie, 59, is proud to say she has done.

"I found my first cancer just after my annual mammogram in 2005, which revealed nothing," she recalls. "While taking a shower, I felt a lump the size of a hazelnut in my right underarm area. I went immediately for a consult and unfortunately, the second mammogram and ultrasound showed a tumor of 8mm."

Within 2 weeks she was scheduled for a lumpectomy, and radiation began immediately: "35 sessions — I went every day except Sunday, with the implied promise that I was cured. I should mention that I am a vegetarian, I run 10km every morning, I practice Qi Gong and meditation, and I'm rather positive in my thinking. Understandably, I found this breast cancer very unfair."

For Anne-Mary, support was hard to come by. Her friends and her first husband let her down a bit. "I left my town, and my husband, who was more terrified of this cancer than me," she recalls. "I must say that I did not

feel physically sick and I was in great shape. Perhaps I was even in denial." But when she looked through the eyes of her friends and their lack of support, she saw that she was sick. "They were terrified," she remembers.

Happily, things improved during the next few years. She met a wonderful man who would be a pillar of support when cancer returned in 2011. This time, she was determined to be in control. "My mammogram revealed four new tumors in the same breast." The surgeon wanted to remove both breasts for safety. Anne-Mary insisted on a second opinion.

"My new doctor told me that he would have taken the breast 6 years ago, that cancer is a chronic disease and that I can die or not." Not the answer she was looking for. Still, she refused removal and requested another lumpectomy. During that surgery, however, the doctors determined the breast couldn't be saved, and performed a mastectomy instead.

"At that time in my life I thought I could die. I was working 15 hours a day and almost every weekend," she notes, and worried about her daughter, who had already lost her father to a heart attack. "I knew I had to 'redo' my life."



PATIENCE AND FULFILLMENT

"In this disease, the word 'patient' makes sense. We have to wait all the time, and then they don't really tell you everything. We must pull all the information out of the physicians. 'How will the mastectomy be? What about after? How many nodes will be taken? How does one live without a breast?' All these doctors become amnesic! They are technicians, they have skills and I have to trust them. Yet, I want answers!" Anne-Mary likely speaks for all cancer patients with these thoughts.

Curious about living without the stress of her job, she left it behind, and wishes she'd done so sooner. She's now working as a wellness consultant, and enjoying her additional role with Amoena. "The joy of meeting with Amoena gave me so much courage about my mastectomy," she shares. Her hope and belief is that the photographs she's been part of — she models the Natura Cosmetic breast form — will convey that there is an 'after' cancer.

"Today I am full of energy. I take the time to reflect, to do things without stress, because I think that stress is a loophole through which cancer seeps quickly. I have long wanted to open a hostel with my husband, where we can welcome the public at home with empathy and caring. This project is being finalized since the restaurant opened on April 2." She also hopes to continue representing Amoena.

Anne-Mary has carried on, and life is turning toward "up" again. ■

[fashion]

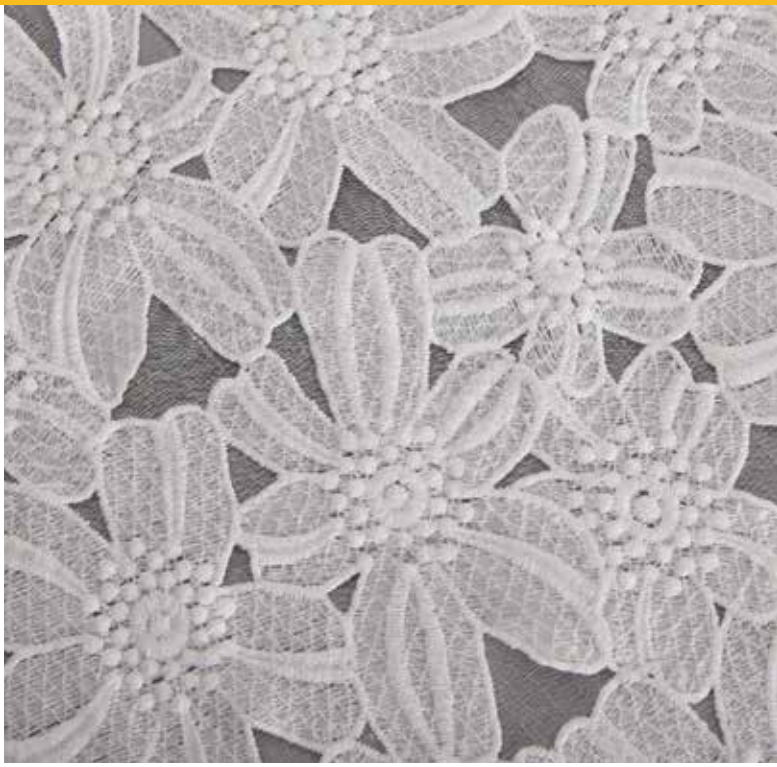
TEXTURE TRENDS

Fashion designers have elevated trends by adding a bit of dissonance to their fabrics this season. Graphic patterns and textures meet soft, elegant lace, tempting more than just your eyes. While the textures may look bold and graphic, they have a smooth appearance under your favorite top. Amoena lingerie and night wear showcase the heart of this look — romantic, lush, charming — for fall.

Dianna

Our 40th Anniversary
Commemorative
Bra & Panty Set





Opposite: Dianna wire-free bra, sizes 32 to 42, AA to D, and matching panty, sizes 6 to 16.

This Page: Mona wire-free bra in Night Blue, sizes 32 to 42, AA to DD, and matching panty, sizes 6-16;
Holly wire-free bra in Black/Nude, sizes 32 to 42, AA to D, and matching panty, sizes 6 to 18. Worn by survivor model Elian.

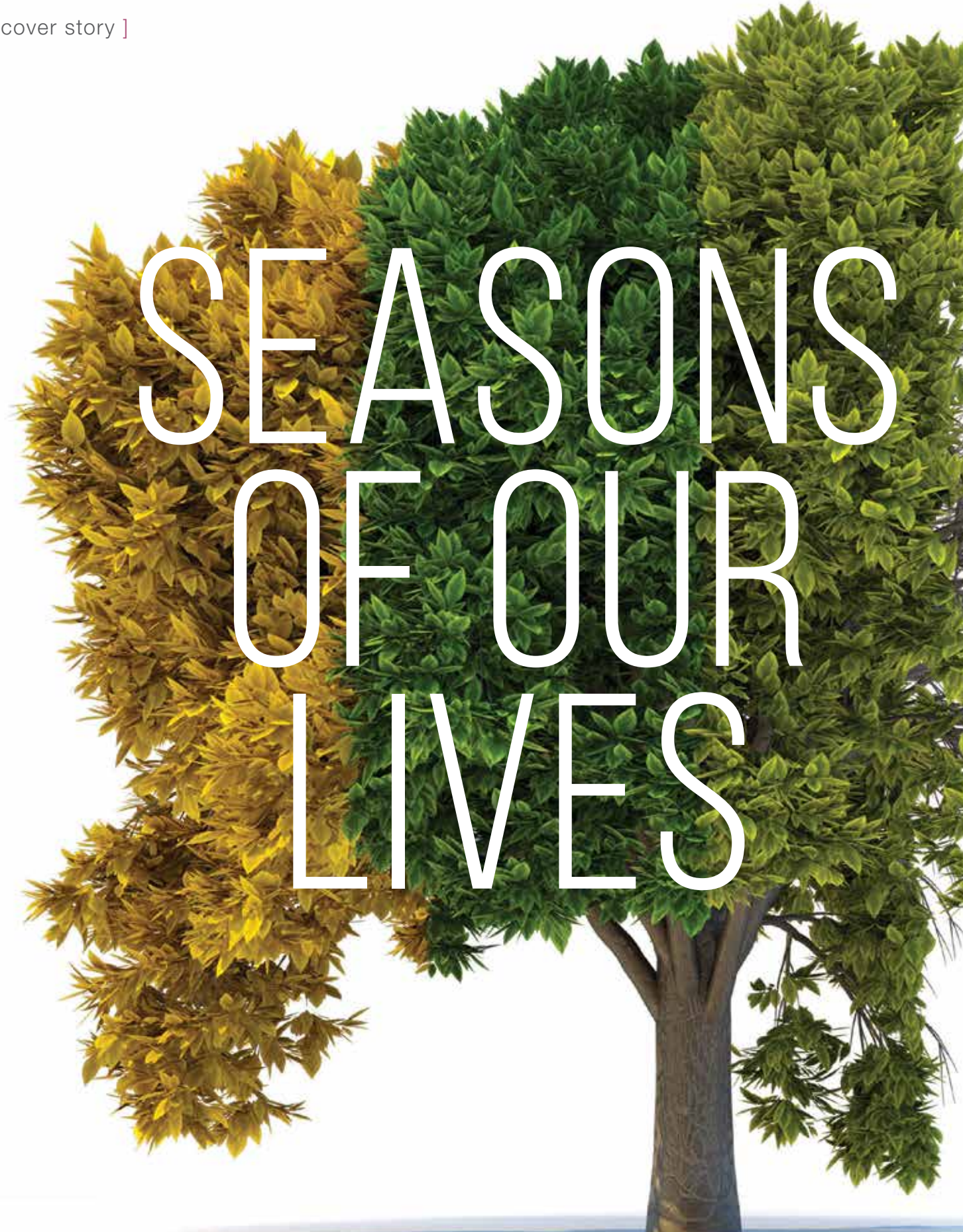
[fashion]



Clockwise from top: Adele wire-free bra in Night Blue, sizes 32 to 40, A to D (also available in Black/Off-White), and matching panty, sizes 6 to 14; Lace Pajama set in Black, sizes S to XL; Karla wire-free bra in White, sizes 32 to 42, A to D, and matching panty, sizes 6 to 16.



Clockwise from top: Marie wire-free bra in Black, sizes 34 to 48, A to DDD (also available in Off-White) and matching panty, sizes 8 to 20; Lilly wire-free bra in Café Latte, sizes 32 to 42, A to D, and matching panty, sizes 6 to 18; Louise underwire bra in Grey/Mauve, sizes 32 to 42, A to D (also available in Burgundy), and matching panty, sizes 6 to 18. To see the full Fall 2015 Collection, go to amoena.us/amoenalife.



SEASONS OF OUR LIVES

Strategies for survivorship in your 40s, 50s and 60s

By Beth Leibson

Pondering mortality, your family and friends, your finances, and your changing sexuality is normal and necessary as you age. With a breast cancer diagnosis, these thoughts can become worries, and swirl up to the forefront of your brain quickly. Though the basic concerns don't change that much whether you're diagnosed in your 40s, 50s, or 60s, some of the details do vary. Here, we share some stories and strategies for every season of your life.

40s

Diagnosed at age 39 in 1981, Martha Grissom worried first about her mortality.

"I had cancer in three lymph nodes," Martha recalls. "Back then, lymph node involvement was almost a death sentence," she says. "I prepared myself in case I wasn't going to be alive."

Martha is fine now, more than 30 years later, and has gotten better about handing her fear. "I live every day like it's a gift — though I'm still a little fearful when I go in for doctor's appointments."

Everyone worries about mortality, says Hester Hill Schnipper, LICSW, BCD, OSW-C, chief of oncology social work at Beth Israel Deaconess Medical Center.

"For most people, a cancer diagnosis is the end of this innocent feeling that they will live forever," agrees Marjorie Schwartz, a trained peer counselor with Living Beyond Breast Cancer (LBBC). The fears often don't arise until after active treatment, because we push them away while we focus on fighting the disease.

Age doesn't matter, adds Schnipper. "I've known women in their 70s who've been scared of dying." The difference is, though, that older women typically have more perspective on the issue.

It helps to think — and talk — about exactly why you're worried. Are you scared of pain, of being a burden on your family, of what happens after you die, or something else? Once you figure out the nature of your concerns, it is easier to address them, advises Schnipper.

Another challenge that cancer survivors often face is dealing with friends and family. That was certainly the case for Martha.

"Most of my friends are lifelong friends, church friends," she says. But when Martha was diagnosed, they were afraid to talk about it with her. "They weren't sure how I would react," Martha remembers. So they didn't talk about it at all.

"A cancer diagnosis puts stress on good relationships and bad ones," says Schwartz. Communication can help.

Martha got proactive and started the conversation with her friends. "Once they saw that I could talk about it, they could too," she notes. And once everyone was talking, Martha's friends really came through, providing support — and food — throughout treatment and after.

Awkwardness among friends and family is common, perhaps more so among younger women, says

>>

[cover story]

Schnipper. “Usually if a woman is diagnosed in her fifties or sixties, her friends have probably faced some real problems,” says Schnipper. They may not have had cancer, but they’ve confronted other challenges. Not that we wish for our friends to have struggles, but it does make for compassion.

The flip side of having friends who don’t ‘get it’ is not really having any connections at all. Melody Biehl was diagnosed with breast cancer at age 41. She’d just moved to Spokane, Washington and didn’t have any support in the area beyond her immediate family.

She relied exclusively on her husband, daughters, and grandson initially, then joined a support group. “We did a lot of laughing,” Melody remembers, and says she made some wonderful friends in the group.

When Melody finished treatment, she started a nonprofit that provides housing and support for cancer patients who travel to Spokane for treatment. She named the facility Faye’s House, in honor of one of her support group friends.

50s

When Eileen Mather was diagnosed at age 51, she focused on her husband.

“He’s more sensitive than I am,” she says. Eileen was also concerned about her niece and nephew, whom she was raising. “I didn’t want to tell them because I thought they’d get upset,” she explains.

“People do worry about what is going to happen to their partners and children,” says Schnipper. Eileen worried about emotional health, but others focus on logistics: Who will make sure the kids have food, clothing, and education? “People with younger children wonder, how will my children manage?” says Schnipper.

While older women don’t worry so much about getting their kids to school, they still feel that parenting is a lifelong responsibility and want to be sure someone will be around to guide their children through adult life. This is often a time to turn to your support system of family and friends.

Libby Dechert, diagnosed at 56, wasn’t surprised or scared by the disease. Instead she turned to her daughters, both healthcare professionals,

40s: Suggestions for this season

- *Talk about* any fears and unsupportive friends and family, Schnipper suggests. The advantage to support groups is that all the members know what you’re going through.
- The 40s is a period of hormonal changes and increased joint pain, so try to avoid very high-impact exercise like step aerobics and long-distance running, suggests Daniel Destin, ACSM, exercise physiologist and Manager of Shipley Center at Newton-Wellesley Hospital. Focus on moderate cardio workouts, two or three times a week (e.g., biking, fast walking, light jogging) and core-strengthening exercises (think Pilates or weight lifting) three or four times weekly.
- Hormonal changes affect metabolism as well; women in their 40s (and on) find it harder to lose weight, so it’s useful to monitor your weight regularly, suggests Molly Morgan, RD, owner of Creative Nutrition Solutions and author of several nutrition books. Morgan also recommends eating more plant-based foods.
- **Take heart:** Starting now you can really develop and cherish both existing and newfound friendships, as well as healthy habits!



NOMINATE YOUR SUPPORTERS

50s: Suggestions for this season

- In the 50s, says Destin, bone density starts to drop, arthritis starts to set in, and muscle loss accelerates. Avoid high-impact activities in favor of walking, swimming, yoga or Pilates. Spend about 30 minutes on cardio and 30 minutes on strength training three or four days a week, he suggests.
- Increasing fiber intake, says Morgan, can be really helpful at this time. Our bodies take longer to absorb nutrients as we age and fiber can slow down the speed at which food moves through the body. Fiber also helps balance blood sugar and cholesterol levels — important, as the risk of diabetes increases as we age. Remember, when you increase fiber intake, you also have to drink more water.
- Stay strong. Starting at age 51, women should increase calcium intake from 1000mg a day to 1200mg a day, says Morgan, to prevent or minimize bone loss.
- **Confidence and clarity:** You’ll enjoy feeling great mentally and physically, once you make exercise a habit, and this can give you focus to tend the relationships that mean most to you.

who encouraged her to get treated in Houston. So Libby left town for a year; her husband sold his business to be with her.

While Libby was gone, her friends fell into two camps: either they kept in good touch or they just moved on with their lives. "When I came back, they wanted to pick up right where we left off — but we'd grown in different directions."

Libby's response was to move on from the friends who couldn't understand what she'd been through — or were uncomfortable because of it — and to cultivate another set of friends. These days, Libby has a wide circle of people who care about her; they're just not all the same people who'd been in her life pre-diagnosis.

an established career and more flexibility in her work life than a younger woman," says Schnipper. "Someone who is just starting out may have a harder time coping."

Another common concern, regardless of age, is body image. Through treatment, Rikie, diagnosed at 60, gained weight and lost a breast. "I want to feel like myself — I feel like I'm incomplete with only one breast," she says.

"A woman with a changing body and changing body image has an extra burden," says Schwartz. While younger women are often affected, that's not to say that older women don't have their concerns. "I've known women in their 60s and 70s who felt that the changes in their bodies and their sex lives were the

biggest challenges," says Schnipper.

Rikie was also hit hard financially and now, two years later, is still working with her insurance company. "Lots of women experience unemployment and bankruptcy after breast cancer," says Schwartz. The financial struggles catch you at your most vulnerable, particularly if you're older, when you're already overwhelmed by diagnosis and treatment.

In general, information and support are key to breast cancer survivorship no matter what your age. "If you can learn about the issues and talk about them, you can make choices that are right for you," says Schwartz.

One other strategy that we tend to only learn as we age: Gratitude for all the good things. ■

Friendships that last... or friends for each season?

When we graduated from college, Suzanne and I both moved to New York City to start our lives and careers. Friday nights were dinner and a movie together. A filmaholic, Suzanne was responsible for making the best cinematic use of our time; I picked a nearby budget restaurant. We've lost touch over the years, but I remember her very fondly.

I met Deni in a support group. When we both 'graduated' from the group, which was geared to patients and very recent survivors, we connected over an ongoing need for someone who "really gets it." I've gone to doctor's appointments with her when she was nervous; she visited

me every day in the hospital when cancer struck a second time. We are always there for each other when it comes to cancer — and a lot of other issues as well.

Debby pinpointed me in eighth grade and poked at my shy shell until I stuck my head out and started to talk. We became the best of friends and now, decades later, still speak every week or two, though we haven't lived in the same state for what seems like forever. We're always there when the other needs a compassionate ear.

As the expression — or is it a cliché? — goes: People come into your life for a reason, a season, or a lifetime. However they last, friendships are invaluable and make life worth living.

Nominate your supporters who've weathered the storm with you at amoena.us/amoenalife. We would like to continue this topic in our next issue, and be a companion for your friends, too!

60s

Marion Ray Behr, diagnosed at 67, only got her mammogram because her daughters

kept urging her to. It was a good thing — Marion had a tiny but aggressive cancer.

Marion's biggest concern about the diagnosis was her work. A visual artist, she missed being in the studio. For Marion, returning to work wasn't an issue of finances, but an issue of returning to life.

Many women worry about their careers, but the precise nature of their concerns often varies by age. "Someone in her sixties [usually] has

60s: Suggestions for this season

- Cancer and Careers (cancerandcareers.org) offers free online and print publications and career coaching, and many lawyers offer pro-bono services. Triage Cancer (triagecancer.org) provides education and resources.
- The sixties add joint issues and balance problems to the list of physical challenges. Swimming is a great option, says Destin, as are yoga and Pilates. Jogging tends to be rough on the knees. Walk 20 to 40 minutes five days a week and do strength training two or three times a week.
- During our sixties, women's thirst signals tend to decrease, Morgan explains. Drink eight glasses of water (or other liquid) every day. Also, the body's vitamin D requirements rise from 600 IU to 800 IU a day, says Morgan, "Women should talk to their doctors about taking Vitamin D supplements."
- **Education is power:** Regarding sexuality and body image, it can help to talk with doctors or oncology social workers. Contact the Association of Oncology Social Work for referrals (www.aosw.org).

[mind & body]

BOUNCING [IS] BACK!

Rebounding is both low-impact cardio and circulation therapy

With more and more women living longer after breast cancer, research focus often turns to living with the effects of the disease and its treatments — and one of the most significant is the lingering risk of lymphedema.

Exercise can help prevent and manage lymphedema, and recently rebounding — a workout that uses the mini-trampoline — is getting a second look. You remember the mini-tramp, of course: that classic weight-loss tool of the 1980s (along with leg warmers and headbands). It has enjoyed a resurgence in recent years, bolstered in part by doctors' increased understanding of the lymphatic system. Some experts say rebounding is the only exercise that can move lymph fluid vertically, with its gravitational force and rhythmic motion.

Jump to it: Exercise is IN again!

Fitness centers and athletic clubs worldwide have added rebounding classes to their calendars, and with higher-quality home trampolines available, consumers are buying their own rebounders as well.

"I think [rebounding is] coming back because it addresses so many fitness and health issues in a single, enjoyable, and convenient workout, which are things people are really starting to appreciate," explains John Hines of bellicon USA, one of the premier manufacturers of high-end rebounders. "In many ways, Americans are less healthy now than they were before the fitness boom of the '70s and '80s. Our lifestyle has changed a lot in 40 years. People are more inactive than they used to be, which also makes us vulnerable to a host of health problems."

Most consumers realize they need to find exercise that is enjoyable, in order to make it a habit. This varies for everyone, but rebounding classes are filling up for a reason — many folks agree that bouncing on a trampoline is fun!



Speaking of Sweating...

Women who have avoided exercise for fear of injury or pain have another option in rebounding — just as women who want to avoid the discomfort of sweating behind their breast form have a better option: **Amoena Energy Cosmetic**.

This new addition to the Amoena breast form portfolio features the temperature-equalizing technology *Comfort+*, which pulls heat away from the body and stores it inside the form, as well as a back design, which encourages airflow around the form.

In fact, a study published in the journal *Orthopädie-Technik* in November of 2014 gives several proof points that Amoena Energy breast forms perform better than other manufacturers' breast forms when under heated conditions. Dr. Dirk Muscat of the University of Applied Sciences, Rosenheim (Germany) conducted research using infrared cameras to show how well the breast form holds heat



inside, away from your body (see the images on page 19).

Besides heat technology that makes working out more comfortable, Energy Cosmetic boasts a very thin layer of silicone on the front that looks so real, even in the sheerest bras, it's nearly invisible and very difficult to tell it apart from a natural breast.

"I love the Energy Cosmetic," says Sonja, a 50-year-old woman who wears Amoena breast forms. "I am very active — I play tennis almost every day — and have always loved wearing my Amoena Energy breast form because it helps me perspire less. I was excited to hear that Amoena now has a breast form that's even more natural-feeling, but still has the Energy features I love — and the lighter weight is an added bonus! I wear it all day, even while playing tennis, and my bra and I stay dry. I love the color, touch, and how it looks so natural under my clothes — I really do feel like myself again."



Lymphatic system: Understand the flow

Your lymphatic system is a part of your circulatory system, carrying fluid from tissues to lymph nodes via a network of its own vessels. Lymph fluid is very similar to blood plasma but contains disease-fighting white blood cells (lymphocytes), waste products and cellular debris, along with protein and bacteria.

The major difference between the cardiovascular system and the lymph system is that the lymph system doesn't use the heart to pump its fluid. Motion is typically slow and lacks pressure. Lymphatic circulation can be stimulated by manual drainage (massage), muscle contraction and aerobic exercise. Walking, dancing, swimming, hiking and Pilates are all healthy options, but according to popular wellness literature (note that there haven't been any definitive scientific studies to date), the rhythmic bounce of rebounding allows lymph valves to open and close simultaneously, and this can increase lymph flow significantly.

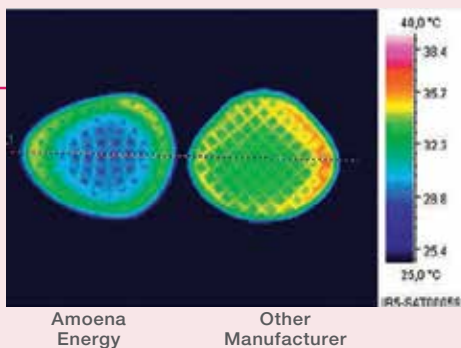
"People with any existing health issues need to talk to their doctor first before beginning any new type of workout," advises

Hines. It's also recommended that people with lymphedema wear compression garments when exercising. But proponents of rebounding and its resultant lymph-moving say the benefits are numerous:

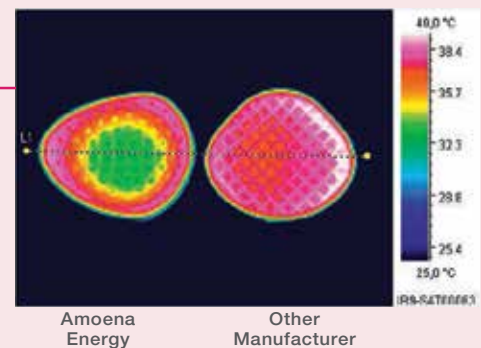
- Cleans out toxins such as dead and cancerous cells, other wastes, infectious viruses and metals
- Strengthens the immune system by removing antigens
- Protects the joints from hard landings and fatigue (it's been called the second-best low-impact exercise, after swimming)
- Improves balance and coordination
- Works the heart more efficiently; 20 minutes on a rebounder is said to compare to 1 hour of running
- Brings out your inner child — jumping is a fun workout!

Working up a sweat without wearing down your joints — *and* feeling like a kid again? Sounds like something we should all try! ■

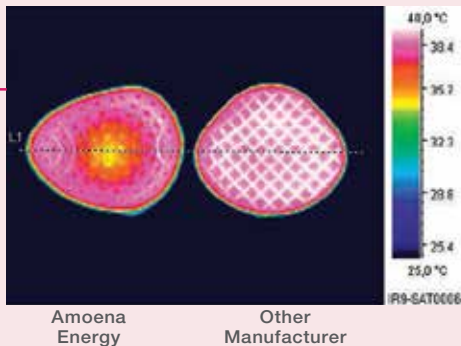
After 30 minutes of heat



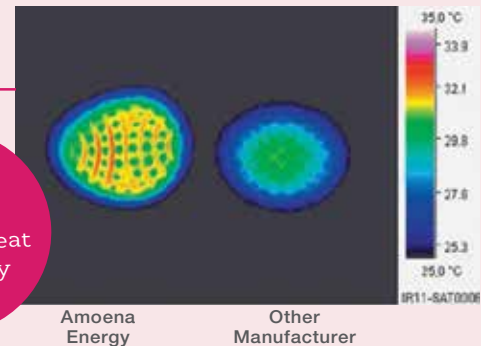
After 60 minutes of heat



After 100 minutes of heat



After 20 minutes of cooling



Amoena Energy stores the heat so you stay cooler.

[tasty trend]

DESSERT PERFECTION

The utter delight of eating a French macaron... and a bit about making them, too

Just *viewing* a selection of the now-ubiquitous dessert, the French macaron, is an exercise in delight. The rainbow of colors, the tempting creamy middles, the perfectly round caps! You linger there, taking in the sight for a few moments while you try to decide which flavor will be the most delectable. (Hint: There is no right answer.)

And then, the tasting!

Oh, my. A very delicate, whisper of a crunch from perfectly whipped meringue, and the “ahhhh” of finding the soft, smooth filling.

But looks and taste are just two of many reasons the macaron is trending (along with specialty cupcakes, cake pops and whoopie pies) as one of the go-to desserts for elegant tables and bakery cases.

“Macarons are the perfect small, cute, flexible dessert,” says pastry chef Katie Arceo, co-owner of Thumbprints Baking Co. in Seattle. “They’re small enough to delight all the people who are loving small desserts lately — dessert tables have quite taken over weddings and celebrations — they can fit into any theme with matching colors and flavors, and they can be decorated and dressed up,” she explains.

And speaking of trending, they’re the only mini-dessert that’s gluten-free in its original recipe. The outer shells, in case you don’t know, are made with egg whites, sugar, and almond or other nut flours. (If you truly can’t have gluten, do check the filling to make sure it doesn’t contain flour. This is rare — fillings are typically buttercream, jam or ganache, none of which contain gluten.)

It’s tempting to call French macarons a “healthy” dessert, although Arceo won’t go quite that far. “Healthy might be a bit of a stretch, because of the amount of sugar in the shells, and sometimes the butter in the fillings.” But they’re so small — eating one or two has to be healthier than most other cookies or cakes!

For interesting flavors, you can’t beat a macaron portfolio. The grand pâtisserie of Paris, Ladurée, is famous for coloring macarons, and turning them into filled cookies. That spark of genius changed macarons forever and launched them to their current “celebri-cookie” status. Tastes range from cappuccino and dark cocoa to grapefruit, passion fruit, matcha green tea (really!), and honey-lavender. These floral, fruity, rich confections are gracing dessert platters the world over.

It’s the delicate technique required for making macarons that deems them so special. The recipe isn’t overly detailed or ingredient-heavy: just sugars, nut flour, egg whites, and cream of tartar. But even seasoned bakers say it takes a lot of practice. “These are the most finicky thing I have ever made,” Arceo admits. “They require absolute precision; the egg whites must be whipped to just the right stiffness, you must fold them into the dry mixture just so — no over or under-mixing — and you have to pipe them, which discourages a lot of people.”

We’re sure you wouldn’t mind letting a bakery solve those dilemmas for you, however! Recommended: www.thumbprintsbakingco.com ■



What Kind of Macaron are You?

Take our Facebook Quiz, then Post and Share your results!
amoena.us/amoenalife

Coated in coconut? Not these macarons!

If you’re confused because the macaroon you remember involved an abundance of toasted coconut, you’re not alone. Our writing staff had to sort out the “macarons” versus “macaroons” situation, ourselves! For starters, note the spelling difference. A coconut macaroon has a moist, dense and chewy consistency, while the French macaron is light and airy.

A few causes of this cookie-consumer confusion?

- Both have origins in Italy, but the macaron traveled to and was perfected in France
- Both are made with egg whites and sugar
- Both are dainty little desserts, perfect for a sweet treat!

YOUR FASHION IMAGE

CHOOSE WISELY

You can be flirty, fun and stylish without sacrificing your health

Personal fashion choices are a stamp of individuality that defines your image – at least to people who don't already know your sparkling personality. Think about the women in your life: the friend who's known for colorful, dangly earrings... the sophisticate who's always pressed and precise in classic black... the athlete who can get away with a messy ponytail and still look amazing. Right or wrong, style plays a role in defining us.

But even fashion decisions should be carefully thought out, because some of the trendiest styles could cause health problems if you go overboard with them. Consider these pros and cons.

1 My, oh, my Manolos and Louboutins

A pretty pair of heels will “up” anyone's fashion quotient, but your back, knees and feet themselves will likely suffer. Podiatrists shake their heads in dismay when we women continue to choose stilettos over sensible shoes. Thankfully in 2015, fashion gurus have declared gladiator sandals and flat-bottomed boots *the* hot look! If you must, wear high heels only for short bursts of time, and bring a pair of supportive sneakers to wear during travel to and from your dressy event or important meeting. **Fashion Verdict?** *Con.*

2 Head to the haberdasher

One of the runway trends for 2015 was big, floppy and sometimes downright weird hats. While most of us don't cap off our looks with Dr. Seuss-style headpieces on a daily basis, wearing a



Flat-bottom boots – HOT look!

1



Floppy hat FUN!

2



Handbag happiness!

3



Fashion flexibility!

4

floppy topper isn't such a bad idea when we're outdoors in the sun. For picnics or beach days, a lightweight, shade-making chapeau can keep you cool and protect your delicate skin. **Fashion Verdict?** *Pro!*

3 Keep pocketbooks pocket-sized

Handbag styles go in and out of favor regularly, but when the heavy tote is on runways, as it is this year, watch out. We're tempted to tuck armloads of stuff into our everyday bags — over time, this damages posture. After breast surgery, it's even more critical to avoid hanging a heavy purse on the affected side — it can aggravate or cause lymphedema. Sorry, pretty big bag: **Fashion Verdict?** *Con.*

4 Contact Multi: More choices for you

Amoena's new **Contact Multi** pad is an accessory every style-savvy breast form wearer should have: A silicone pad featuring the same secure adhesive used on Amoena Contact attachable breast forms. The pad can be adhered to any Amoena triangle-shaped form, which allows that form to be attached to your chest wall when you want to. Besides giving a feeling of lighter weight (attachable forms lessen the pull on your bra straps), it allows you some flexibility with what you wear. Lower neckline? One-shouldered top? Go for it!

Amoena does recommend that Contact Multi be worn with a bra for complete support. For freedom in your clothing choices, the **Fashion Verdict?** *Definitely Pro!* ■

For more on Contact Multi, visit amoena.us/amoenalife

Amoena Cosmetic Collection

A new class of light breast forms
inspired by Mother Nature

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Amoena Cosmetic
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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.

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CIRCLE**



Will your book be next?

This training is amazing and was perfect for getting my book on track. Beverly's knowledge of what it takes to get a book written is impressive. She consistently over delivered each step of the way and personally taught me five perfect ways to get an immediate return of my workshop investment. If you want to write a book about breast cancer, take this workshop! You will not regret it.

—Janet D.

For over three years I have been trying to write a book about our legal rights for breast cancer survivors. Beverly brings it! Her passion for helping me get my book completed is true. More than this, I learned everything I needed to step into the life I want as an author to help survivors. Thank you Beverly for believing in me and helping me to help my fellow sisters.

—Susan M.

I knew I wanted to write a book about saving a marriage when diagnosed with breast cancer. Beverly helped me add a new component to my book; my husband will be giving his viewpoints about his experiences. This is a tell all book about our fights, the good, the bad, and the ugly. We were promised to learn how to break down the writing process, and this training did just that and so much more. I love this lady's system. My book is almost done. Wahoo!

—Maddie R.

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My *New* Beginnings After Cancer

BY GINA COSTA, CPC, ELI-MP, ACC

Like you, I am a breast cancer thriver and I have also been a caregiver. My journey into creating new beginnings started long ago when I was a child and had a voice but felt it was never heard, meaning I felt like I was always shut down and never allowed to express my viewpoint or to fully be myself. Certain rules and beliefs were imposed on me that weren't truly mine. In that regard, I have always had a yearning to help others realize their own voice.

One of the most difficult and excruciating times in my life that made me stop and reflect on how I was living was over 14 years ago when I became my mother's caregiver. I was pregnant with my first child and my mother was dying of ovarian cancer. I walked every step with her through her cancer experiences, including her chemotherapy treatments when she developed an infection that ultimately took her life.

I lost my mother, who was also my best friend, on one day and then three days later gave birth to my daughter. I literally handed my newborn to my in-laws, took a shower and went to my mother's wake and funeral the next day. Afterwards, I found myself in a state of grief-induced post-partum depression. I remember my husband asking my doctors: "Will I ever get my wife back?" and then I thought to myself: "Will I ever get my life back?" Well, I got it back and started creating new begin-

nings in my life.

I finally found my way forward with the help of intense therapy, medical professionals, the support of my friends and family and my own inner drive and determination; I vowed to turn all of my negative life experiences into positive ones and to help others who had similar hardships. I got deeply involved in the cause. I immediately went for genetic testing and became an avid fundraiser for women's cancers in an effort to cope with my grief and to keep my mother's memory alive by personally raising over \$100K for research to find a cure.

After that, my sister and I became very diligent about our health because we always had this feeling in the back of our minds that every ache and pain we had was a sign that we had cancer. Ten years after my mom's passing, my sister was diagnosed with breast cancer, and a year after her diagnosis, I had my own diagnosis of invasive lobular breast cancer.

I often refer to my diagnosis as being hit by a bolt of lightning, meaning this wasn't only about my cancer diagnosis, but was a sign to change my life. And that is exactly the conscious choice I made at the time - to reassess my life and look within for answers.

In the past I would have hid but instead the first thing I did after accessing my situation was to gather the support of my friends and



I remember my husband asking my doctors: „Will I ever get my wife back?“ and then I thought to myself: ‘How can I get **MY** life back?’ Powerful stuff indeed... not only did I get **MY** life back, I was able to create **New Beginnings After Cancer**.

family around me. I even reached out to my children's teachers and the administrators at their schools so that they could keep an eye on my children when I wasn't able to be present for them. This gave me the time to be with and experience all of my emotions (ones like anxiety, anger and overwhelm) so that I was ultimately able to release them and get to a place of acceptance in where I was in my cancer experience. I was also able to distinguish what I could control in my life, e.g., taking a proactive role in my recovery, from what I couldn't - the newness of this life situation and all of the thoughts, feelings and emotions that immediately came to mind that came with it, but to realize I had a choice to change my perspective on how I could approach and process all of those thoughts, feelings and emotions, which allowed me to regain control once again.

I was then able to create the space for self-love and self-care, something I now believe is crucial to heal and survive. I let go of the guilt

and worry attached to my survival needs. I finally realized at 46 years old that this was my time to heal and to give up control to others so they can step up and into my life. I also acknowledged that it was time to stop being a people pleaser and to begin exploring what it feels like to speak up for myself and receive more from life. As women, we find it hard to let go of all of the “doing” for others and we neglect ourselves in the process. This was huge for me and when I realized I finally had to start putting myself first. I also reached back to that promise to myself to turn all of my negative life experiences into positive ones.

Right after the last of my reconstructive surgeries, I stumbled on the benefits of coaching. I met a coach by chance and she knew I had a passion for the cause and a desire to serve and support others. She provided me with some information on how I could further my passion. Shortly thereafter I started my training and became a certified professional life coach with a focus and passion of working with breast cancer survivors.

Coaching helps turn survivors into thrivers, by creating awareness and thereby freeing themselves from their emotional pain and allowing them to open up and make choices on how show up in life in a higher energy levels every day. It will also create awareness around what is blocking you from attaining well-being in all areas of your life. With the coach asking the client empowering questions, it provokes thought and insight for the client. In addition, the coach can provide resources and make the client aware of options so that the client can gain clarity around what their ultimate goals are.

Life coaching has taught me:

- Change is constant and we have a choice on how we manage it.
- Creating sustainable change is about going to the core to find the answers to our own questions.
- Unhealthy behaviors are re-trainable.
- We all show up in different energy levels every day and we have to recognize them and decide if that is the place we want to be. When we figure that out, it becomes healing.
- The possibilities that I can create are endless. I also learned how important it was to ask myself some deeper questions:
 - What relationships in my life feel draining and which feel healing and healthy?
 - What is it that I really want?

- What needs to change?
- What can I let go of?
- How have I merely coped in my life up until now?
- How do I want to manage my life going forward?
- What is that true voice inside of me guiding me to do?

No one teaches us that we have choices, yet the choice to change my life for the better was the most liberating and freeing experience of my life. I just had to learn how, and that is what life coaching taught me. It taught me that I can take my life challenges, such as my cancer experience, and turn it into a something new, which for me means living my life in flow not force, and just showing up as myself, making choices that are in alignment with my values. And yes, while I may never be the same as I was, I have the power to create my new me. Cancer does not define me, it is merely an experience in my life.

After my breast cancer experience, coaching gave me the confidence to follow my heart, my intuition and my dreams. Success is all about how we define it.

There were things I knew that I wanted to change in my life and my cancer experience brought that awareness to me. My life felt out-of-control, and with coaching I would have realized a lot sooner that I have a choice in how I show up in life every day, in my challenges and in my experiences. I looked at my relationships, my career and how I was communicating with others and was able to create sustainable and life supporting change in all of those areas.

I knew it wasn't therapy that I needed, because that's focusing mostly on the past and I had lived in the past for far too long. What I needed was someone to move me forward during my cancer experience and help me to live the life that I longed for even though I didn't know how to even describe this new life yet.

My diagnosis was a wake-up call for me! Life is too precious and short and I wanted to start creating the life I wanted (a life I could embrace and love with no more settling), letting go of all the fears over all the cancer that was surrounding me, living in the present moment and enjoying more of life and love of myself to bring that from the inside to the

outside and to others around me. I wanted and needed to be my authentic self in all life situations, not just some of them.

As a result of all this soul searching and getting core-level honest with myself, my life started to blossom, I found a life and career that I am passionate about, I found joy again and most of all, I found my authentic self. I discovered my WHO, the truest, deepest expression of myself - the self that creates my reality based on my choices and values and not the ones that were imposed on me as a child, so that I could begin living my life based on my choices and values and not the ones that were imposed on me as a child.

With a growing population of breast cancer survivors and the trauma and overwhelm that surrounds a diagnosis, I unapologetically share the benefits of coaching because it is what turned my life around. Coaching changes lives.



I see it in myself and I see it in the lives of my clients. The greatest gift coaching has given me is the ability to turn my life challenges into new beginnings and gave me the permission to make my own choices based on my own values and beliefs – the ones that I know are true for me because they come from my heart and my intuition. This is a skillset that I will now have for the rest of my life.

Gina Costa CPC, ELI-MP, ACC is a Certified Professional Coach, Energy Leadership Index Practitioner and an Associate Certified Coach with the International Coach Federation. She helps breast cancer survivors cope each step of the way with emotional and physical challenges so they can gain confidence and control of their lives again. Her coaching sessions are done over the phone. Her priority is to objectively, actively, and intuitively listen to what the client is saying. Gina uses the Core Energy Coaching™ Process to help each client understand how to have their best life. Gina teaches each client the different levels of decision making and how their individual core-levels of energy and how to shift their life into a new place.
gina@newbeginningswithgina.com
www.newbeginningswithgina.com



pain, prayer PURPOSE

BY JANIE METSKER, RN, CBPN-C

On September 11, 2001, I was sitting in my living room watching a morning talk show when they interrupted to say that an explosion had taken place at the World Trade Center in New York.

As I sat watching, I saw a plane fly across the screen and hit the other building. I could not resolve what I had just seen. What had happened? Of course, as the grim details became known, we were all in a state of shock and mourning. The world would never be the same. We learned that we are not invincible. We would no longer take freedom for granted.

Just six days later, devastating news crashed into my personal life and I will never be the same. I would no longer take my health and my life for granted.

I had a biopsy on a lump that I was sure was nothing. My mammograms had all been normal and an ultrasound showed that the lump I was feeling was "normal breast tissue." I wanted to make certain what it was and requested a biopsy. The memory of my husband and the doctor talking to me in the recovery room still plays in slow motion in my mind. My husband took my hand while the doctor said, "It was cancer. We're going to have to do more surgery." My life would never be the same again; I truly felt that everything around me including my life was coming to an end.

I could no longer watch the news. I had to focus on my immediate health needs.

And yet, this world event and my diagnosis were bound up and linked together — it was the most terrifying time in my life.

After consultations and more decision making, I began my medical treatments.

I was one of those women who experienced severe chemo-induced nausea and vomiting. There were not as many medication options then as we have now for this. I knew my husband was struggling too. The day after I came home from the hospital after my surgery, he was laid off from his job of 18 years. We suddenly did not have health insurance. He had gone back to school to change fields because the industry he was in was declining. He is one of the most steady, faithful guys you will ever meet. So this is one of the most tender stories about my cancer treatment that I rarely share, because I cannot share it without crying. I was given medication the first few days after treatment that kept me pretty sleepy. I was in that state between being awake and asleep and felt my husband's hand on my back. He was crying

and praying for me. I knew then that he was afraid too. It's a really tender spot emotionally for me because it showed me the depth of his love and that he was afraid of losing me.

This journey has not been easy. While I was in the hospital having the procedure for the TRAM flap reconstruction, I had a dream one night that I was laying in a casket and I heard the words, "you are not going to make it"; "you are going to die", "you will never see your children get married." A close friend was staying with me that night and when I woke up I was crying and in a panic. My friend spoke healing words of hope to me. I needed that so desperately.

Out of a sheer act of my will I chose to trust. I began to pray Luke 17:5, "The apostles said to the Lord, Increase our faith," and in Mark 9:24, "I do believe, help me overcome my unbelief." I believed God, but was honestly crying out in my weakness for God to supply me with belief where I was lacking.

This helped me to realize one of my fears about my life was based in a deeply rooted core belief that I needed to take care of everyone and without me, my family would fall apart. It's a horrible responsibility and something



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that I have had to continue to work through and cancer was probably the first time I realized that I'm not responsible for keeping everyone happy and getting along. Ultimately, it is about control and giving that up and just accepting life with all of its bumps, bruises and warts! The cancer started a letting go process within me — letting go of my expectations for myself and to stop holding myself to an unhealthy standard that I would never ask of anyone else.

The fear associated with dying became my catalyst for living fully. I've said it a thousands of times since my cancer, "It's a great day to be alive".

Even though I was a nurse, I hadn't realized that the medical treatments would cause my hair to fall out, including my eyelashes and eyebrows. This was especially devastating news to me because my son was getting married in May and I knew I wouldn't have hair. I was bemoaning the fact that we would always look back at the wedding pictures and be reminded

igator does, I loved it. I found a job as a nurse navigator and it was a beautiful fit for me. I love being there to bring a hopeful lifeline to any woman who gets the devastating news that she has breast cancer. My goal is to support and guide her through a very vulnerable time. I have been a Breast Nurse Navigator since 2009 and have had the joy and privilege of helping hundreds of women.

I had a patient a few months ago who was struggling physically and emotionally. I sat down with her and she was very tearful as she stated, "I just want my life back." The deep connection that we experienced in that moment was powerful. She is now through her treatment and thriving. She is healthy, happy and actually glowing. As my life intertwines with other women on their journey, there is an emotional exchange that infuses life back into me.

I am passionate about helping other women. I wanted to get healthy and LIVE! I felt that a healthy diet and exercise were important components of this. That is why

the feeling that after participating in the eight-week class, they felt life was back to normal. That opened my eyes to the power of sharing our hearts, struggles, stories and passions for living.

I believe in the power of celebrating LIFE and that is why I started an annual survivor birthday party celebration. Everyone placed candles in the cake for the number of years since their diagnosis. When I saw all of those birthday candles on the cakes and what they represented, it was very emotional. The power and energy of connecting women to thrive is what makes me tick! I love it! It energizes me to the point of almost not needing sleep! I know this may sound really weird but I'm not overstating it. One of my patients came with her whole family, kids and all, all wearing matching t-shirts celebrating her last day of chemotherapy. Wow!! That reaffirmed to me that what I was doing was important because it was giving women the opportunity to connect with other survivors and maybe even more



that I was going through cancer treatment. Janel, my daughter-in-law "to be" encouraged me to shift and uplift my perspective — she told me: "No, we will always look back at the pictures and see a strong woman, fighting for her life." Janel is a quilt designer and wanted to make a breast cancer quilt in my honor.

This quilt is very special to me. The nine words carefully chosen and threaded into the quilt reflect aspects of my journey through breast cancer: Hope, Beauty, Strength, Courage, Faith, Joy, Life, Peace and Love.

When I learned what a Breast Nurse Nav-

I was passionate about starting a healthy lifestyle program for women. I knew the power of this in my own life and wanted to share it with others. I learned that it was not only the healthy lifestyle activities, but the connection of women with other survivors. After the first class I gave the gals a survey to fill out what they would change about this program. The overwhelming response was to have more time to share with each other. I took that to heart and I believe that was the success of the program. This was validated in the quality of life study I did where there was a real increase in

importantly, to find their life.

I am especially excited about a new chapter that I just began on September 8, ironically, almost 14 years to the day of my diagnosis on September 17 when I thought my life was in total devastation. I am now the Clinical Coordinator and Breast Nurse Navigator at the Goppert Breast Center at Saint Luke's South in Overland Park, Kansas. I have grown through many experiences and my life has truly been enriched by the courageous women I meet. I look forward with confidence to this new opportunity.

Breast Cancer is NOT a 5 Year Disease

For many women, risk of recurrence continues after 5 years

Recent studies have suggested additional anti-estrogen therapy (beyond 5 years) may benefit some women; however, these treatments are also known to have bothersome and sometimes serious side effects, and only benefit a small number of those treated.



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Talk to your doctor to find out how Breast Cancer IndexSM (BCI) may be able to help you in the important decision regarding another 5 years of anti-estrogen therapy.

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come as strangers,

LEAVE AS FAMILY

For the first time since she was diagnosed, her smile looks authentic and joyful, not a smile that is put on to hide her own worry or make others more comfortable about her journey. Her husband's shoulders are noticeably relaxed- they have been tense since the first chemotherapy. Her children have an exuberance that is inexplicable. They are laughing and splashing in the waves with other children their age and their moms' cancer seems a million miles away. To see this group of 60-70 people gathered together on the beach you would guess that they have known each other for years, not days.



Welcome to the world of a Little Pink Retreat. It is a world of similarity- where a common disease of breast cancer unites families from all over the US and Canada for one week of relaxing and connecting as a family. Little Pink Houses of Hope is a non-profit organization that was started in 2010 when a remarkable woman turned her breast cancer diagnosis into her inspiration. The founder, Jeanine Patten-Coble, recognized that there were many avenues of support for the patient during the cancer journey, but not for family fighting along with her. Little Pink offers free weeklong retreats to families coping with breast cancer. The organization's goal is to give the families a chance to relax, reconnect, and rejuvenate together, as well as become part of something bigger than a support group- the Little Pink family.

In 2015, Little Pink will send approximately 125 families on a once in a lifetime vacation completely free of charge.

Retreats began in North Carolina and have expanded into Alabama, Delaware, California, Florida, South Carolina, and the US Virgin Islands. Retreat locations are driven by generous individuals willing to donate their vacation homes. Each retreat consists of common meals and activities, giving families a chance to connect with other families on the same, or similar journey. "Our Little Pink retreat was a miracle all wrapped up in a big pink bow! My family and I will always hold this place dear to our hearts as this organization gave us so much needed positive inspiration and beautiful memories that will stay with us forever. We are leaving knowing that we are not alone," said a recent retreat participant.

Donations, individual or corporate sponsorships, and volunteers are the backbone to fulfilling the mission of the organization. To get involved with Little Pink, visit www.littlepink.org or email info@littlepink.org. Applications for the 2016 retreat season will be available in December 2015.



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¹ Smith, Charles J. Non-Hormonal Control of Vaso-Motor Flushing in Menopausal Patients. Chicago Medicine 1964;67:193-195

² Constellation Newsletter, Spring – 2002, Volume 2, Issue 1. www.nsabp.pitt.edu/Constellation_Newsletter_Spring2002.pdf



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THRIVING MATTERS

“

If you want others to be happy, practice **compassion**.
If you want to be happy, practice **compassion**.

— DALAI LAMA



Thriving Caregiver Matters

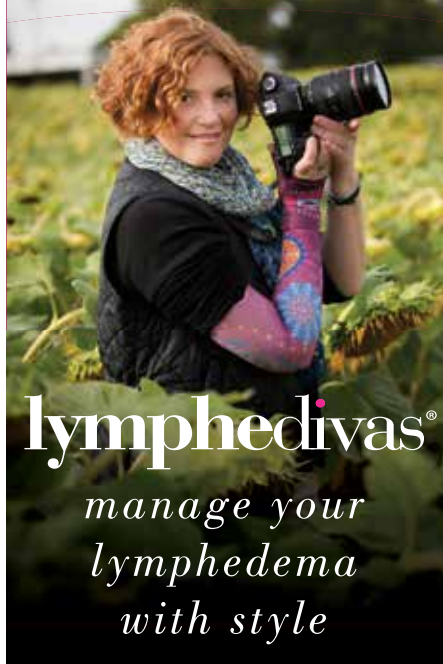
Here are a few tips to spread love with your caregiver:

- ❖ Write a handwritten thank you letter to your caregiver.
- ❖ Tell them you appreciate them.
- ❖ Give them a surprise gift.
- ❖ Encourage them to take up a new hobby.
- ❖ Encourage your caregiver to take time out for themselves every day and not to give up time with friends, social contacts or activities.
- ❖ Ask them: What do you need? How do you feel?
- ❖ Buy, borrow or check out a book at the library on their favorite topic.
- ❖ Provide opportunity to share honest feelings in a safe way.
- ❖ Encourage them to do activities with others.
- ❖ Laugh often with them.
- ❖ If they have pets, encourage time to share their pets.
- ❖ Enjoy time together in an old hobby.
- ❖ Take some new pictures together, start a new photo album filled with your favorite memories.
- ❖ Confirm they are taking care of their health too. Use this as a time to begin or enhance healthy lifestyles for everyone in the family.
- ❖ Arrange for them to have a day at the spa.
- ❖ Do something daring with them, or encourage them to try something new.
- ❖ Honor your caregiver's limits.
- ❖ Watch for signs of depression or burnout and encourage caregivers' support groups or professional therapy.
- ❖ Ask them to share their favorite music with you.
- ❖ Write them a song, draw them a picture.
- ❖ Love and compassion are free; share generous portions daily.

Look for a unique way to thank them, so unique that in years to come they will remember how you cared. **Use this as a time to love more deeply and to live more fully.**



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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.”

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— Mike Sieben, *Sieben, Polk Law Fi*

“We can face a frightening diagnosis like cancer with fear or with faith. Diane Davies clearly chose faith then and continues to now in her years of survivorship. Faith doesn’t wipe out all the fear, but it builds a firm structure of support. In her second book, *Breast Cancer Saved My Life*, Diane shows us the silver lining of gratitude in life’s toughest times. That is a true act of faith.”

— Lisa Valentine, *Breast Cancer Survivor*



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MY LIFE**
Diane Davies

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The loving perspectives shared stimulate peace, hope and insight.”

— Brenda DeMotte, *Grief Counselor, BC Survivor*

COACHING CHANGES LIVES

“I see **IT** in myself and I see **IT** in the lives of my clients. **IT** is not only about our cancer experience; **IT** is how we choose to show up in life on a daily basis.”

HOW CLOSELY DO ANY OF THE FOLLOWING STATEMENTS RESEMBLE YOU?

- ✗ You simply want to express yourself, and be heard by someone who's walked in your shoes
- ✗ You feel overwhelmed
- ✗ You are having difficulty making treatment decisions
- ✗ You feel lost, stuck or isolated in the whole experience
- ✗ You feel guilty about not being able to show up in certain roles of your life
- ✗ Your treatment has ended and you feel like you are about to fall off a cliff and don't know where to turn next
- ✗ You resonate with cancer being a “wake-up call” but you don't know where to start

If you answered “yes” to any of these statements, coaching may be what you've been searching for to create a new beginning for yourself after breast cancer.

As a Certified Professional Coach (CPC), Energy Leadership Index Practitioner (ELI-MP), Associate Certified Coach (ACC) with the International Coach Federation (ICF), and the Founder of **New Beginnings Coaching Services, LLC** — I am dedicated to your new life after breast cancer.

I help women cope with the emotional and physical challenges they experience from breast cancer and to gain confidence and control of their lives once again.



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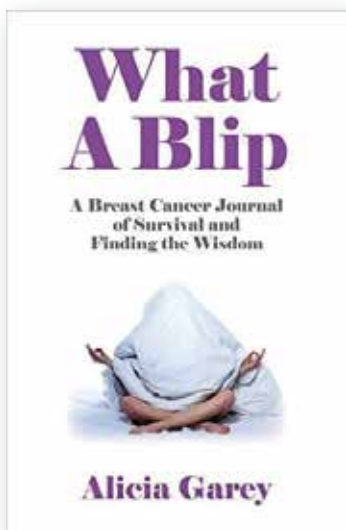
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Journey Unknown is the author's expression of her powerful feelings while undergoing breast cancer treatment. This 2012- 2nd edition includes letters answering the question, "How did my cancer affect you?" M. Barnhart won the 2014 "Words of Inspiration"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



Margaretbarnhart.com

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



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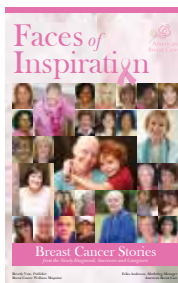
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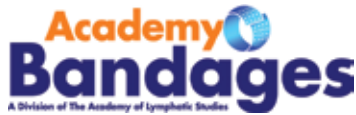
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