



Breast Cancer Wellness

M A G A Z I N E

Empowering MIND • BODY • SPIRIT

Volume 1 Issue 1
Spring 2006

IN THIS ISSUE:

The Power of the Healing Spirit
30 Tips to Reduce your Risk
Laughter: It's A Family Affair
Ask the Breast Cancer Recovery Coach
My Encounter with Breast Cancer:
A Daughter's Perspective
Recipes from Jane Reinhardt-Martin, RD, LD
Caring for the Caregiver
Moments with Mary



Dr. Christine Horner



Mary Olsen Kelly



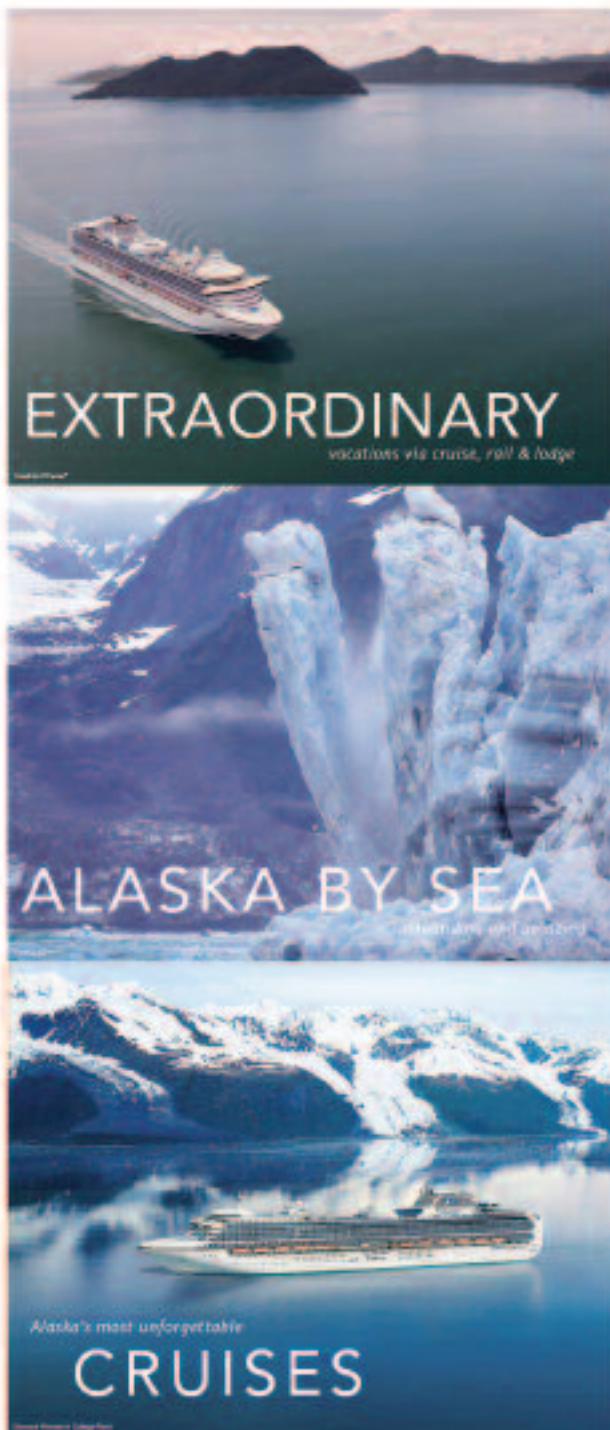
Sonja Christopher



PRSRT STD
US POSTAG
PAID
CANBY, KS
67333
PERMIT #7

ADDRESS SERVICE REQUESTED

Breast Cancer Wellness Magazine
PO BOX 2040
Lebanon, MO 65536



Breast Cancer Survivors Cruise to Alaska!

Dear Breast Cancer Survivors,

Call your family, friends, loved ones, and caregivers, and join us for a rare event of a lifetime with special guest, Mary Olsen Kelly. Mary is a breast cancer survivor, pearl expert, and author of *The Path of the Pearl*. Her newest book, *Chicken Soup for the Breast Cancer Survivor's Soul* is co-authored with Jack Canfield and Mark Victor Henson and will be released in the summer of 2006.

Mary is a renowned pearl expert and brings the wisdom and beauty of the pearl to life, nourishing our spirits, and inviting us to see the challenges of healing in our lives as pearls in the making. Survivors of breast cancer and their families and friends find tremendous healing in these wellness workshops too.

Special workshops designed to empower our mind and our body as well as uplift our spirit of healing will be presented throughout this special seven day event. Mary Johnson of *Make Today Count* will share the most humorous stories about healing that are sure to uplift each of us even in our darkest moments.

Cruise Holidays of Kansas City has been selected to take care of our sailing needs, and the staff of Cruise Holidays are ready to make this cruise an event you will long remember. We will be sailing on Princess Cruise Lines, which is one of the finest cruise lines in the world and you can be assured of first class service as you set sail on this special outing.

BOOK TODAY, the first 50 cabins to book will receive a FREE autographed copy of *The Path of the Pearl*, a picture with Mary, as well as a surprise gift basket valued over \$100.00.

Invite the special people in your life to share in this excursion to explore Alaska, to encourage and to uplift our healing spirits and to celebrate together the moments in our lives. *



**Breast Cancer
Wellness**
MAGAZINE

The Breast Cancer Survivor's Cruise benefits designated area affiliates of the Susan G. Komen Breast Cancer Foundation.

“...explore Alaska, to encourage and uplift our healing spirits...”

BIG SHIP CHOICE, SMALL SHIP FEELSM



"Please join me on this cruise!"

- Mary Olsen Kelly

Co-author of "Chicken Soup for Breast Cancer Survivors Soul"

Itinerary:

Date	Ports of Call	Arrive	Depart
July 7	Seattle		Embark PM
July 8	At Sea		
July 9	Juneau	12:00PM	10:00PM
July 10	Skagway	6:00AM	8:30PM
July 11	Tracy Arm (cruising)		
July 12	Ketchikan	6:00AM	12:00PM
July 13	Victoria, B.C.	7:00PM	12:00AM
July 14	Seattle	Disembark AM	

Tentative Pricing: (Prices are estimates for 2007, exact pricing will be available June 1)

Category	Stateroom	Special Cruise Rates Per Person Includes Cruise, Taxes, Fees, Food, Entertainment & Great Memories
JJ	Inside Stateroom	from \$1,306.00*
DD	Ocean View Stateroom	from \$2,031.00*
BC	Balcony Stateroom	from \$2,199.00*

*Taxes and fees are subject to change

**Call today: 816-741-7417 or
1-800-869-6806 or go to
www.breastcancerwellness.org**



...and celebrate
together the
moments in our lives."


PRINCESS CRUISES
escape completely™

• AFFORDABLE BALCONIES • PRINCESS SERVICE

On the Cover



10 Christine Horner,
30 Tips to Lower
Your Risk of
Breast Cancer



14 Mary Olsen Kelly,
I Am Not Alone



16 Sonja Christopher,
The Journey of a
Survivor

In this Issue

- 6 Welcome
- 7 Resource Directory
- 8 "Show Me the Way Out", by Beverly Vote
- 9 The Power of the Healing Spirit, by Beverly Vote
- 10 30 Tips to Lower Your Risk of Breast Cancer, by Christine Horner, MD.
- 14 I Am Not Alone, by Mary Olsen Kelly
- 15 The Olsen Girls, by Mary Olsen Kelly
- 16 The Journey of a Survivor, by Sonja Christopher
- 18 Laughter: It's A Family Affair!, by Christine K. Clifford, CSP
- 20 Ask the Breast Cancer Recovery Coach, Dr. Talia Miller
- 24 My Encounter with Breast Cancer: A Daughter's Perspective
- 26 Recipes to help boost the immune system
- 29 Caring for the Caregiver, written by Ann Leach
- 30 Moments-with-Mary, by Mary Johnson

Publisher

Beverly Vote
beverly@breastcancerwellness.org

Designer

Angel Smith
angel@breastcancerwellness.org

Advertising Director

Bonnie Phelps
bonnie@breastcancerwellness.org

Contributors:

Laurie Bennett
Sonja Christopher
Christine Clifford
Dr. Christine Horner
Mary Johnson
Mary Olsen Kelly
Ann Leach
Dr. Talia Miller

Published quarterly for Breast Cancer Wellness. Reader discretion is advised. Publisher of The Breast Cancer Wellness Magazine does not endorse or promote any product or services of advertisers of this publication nor does it verify the accuracy of any claims made in the advertisements or articles. This magazine is not intended to replace the care and advice of expert medical professionals. All rights reserved. Reproduction of any information appearing in this publication in whole or in part cannot be made without the express written permission of the publisher.

Do you know someone who has "Made a Difference?"

We are seeking stories about the people in your life who have made a difference in your healing experience. Submit your story to makeadifference@breastcancerwellness.org.

“...We receive fragments of holiness, glimpses of eternity, brief moments of insight. Let us gather them up the precious gifts that they are, and, renewed by their grace, move boldly into the unknown.” pg. 17



Lisa Cox
Independent Representative

Home is Where the Heart (and Your Business) Is

For Silpada Designs Independent Representative, Lisa Cox, this new opportunity was just what she was looking for. Lisa was initially attracted to the quality and quantity of the sterling silver jewelry she could get from hosting a home show or jewelry party. Then, after seeing the kind of money she could make from selling the product herself, Lisa realized that the opportunity to work from home, to set her own hours, and not leave her kids, offered her all of the benefits she couldn't or wasn't getting from her 9-5 job.

"There's more to life than working 60-70 hours away from home every week," said Lisa Cox. "With Silpada Designs I can have a great business, with fantastic income potential and not give up the rest of my life to do it".

Although much of the appeal of the home-based business is in the financial gain, the added rewards and personal satisfaction are what are making the industry explode. "What's best," Lisa continues, "is that there is no formal presentation and I don't feel like I have to be a salesperson."

As women continue to explore their options in the workplace and wrestle to maintain balance in their home lives, the direct selling industry seems to offer the most viable solution. It provides women like Lisa the opportunity to spend more time with their families and a means to contribute to the household income. Lisa can have the rewards of building her own independent Silpada Designs business, the fun of getting together with her friends and neighbors and she can do it all on her own terms.

"I am constantly looking for new representatives from all over the nation to train and set free in an incredible Silpada business of their own! This is my 6th year in the business and I have been blessed with an amazing team of women who share the love of the beautiful jewels and the need to be successful for self-fulfillment and financial rewards...If you are wanting a fabulous career or have friends or family anywhere in the nation who might be looking for an incredible opportunity, please contact me...I give away lots of free jewels for Rep. referrals! Please call me anytime or go to my web site to learn more! Here's to your next Sterling Success!"

**Like it?
Buy some jewels!
Love it?
Book a show &
win free jewels!
Want it all?
Become a rep.
& have it ALL!**

www.lisacoxjewelry.com **(417) 830-6857** Lisacox@earthlink.net
To view a catalog visit: www.mysilpada.com/lisacox • Contact me today!

Arbonne International has products you can trust to support your healthy lifestyle!

- Hormone Balancing Cream
- Anti-Aging Skin Care
- Pharmaceutical Grade Nutritional Line
- Make-up dyed with Plant Extracts
- Aromatherapy

Botanically based, safe and beneficial. Call one of these independent consultants to receive a free sample of our anti-aging skin care system:

Donna Ahrens 417.880.2281
Teri Peerman 417.773.1902
Lois Ulrich 417.300.9380

Michelle McDaniel 417.753.3099
Julie Rascha 417.458.3415
Lori VanWoelden 417.890.9920



PURE SWISS SKIN CARE COLOR NUTRITION AROMATHERAPY
Formulated in Switzerland Made in the USA





“The Breast Cancer Wellness Magazine will explore many healing journeys. In each issue, breast cancer survivors will share their healing and inspirational stories to remind us that healing is possible.”

Dear Friends,

Welcome to the first issue of The Breast Cancer Wellness Magazine: Empowering MIND-BODY-SPIRIT. Each issue will explore how we can strengthen our body, uplift and more deeply connect with our spirit, and engage the powers of the mind for healing.

When I was diagnosed with breast cancer over thirteen years ago, I wanted the shortest and easiest way possible back to my life, and I desperately wanted my healing answers now. My picture perfect life of the American personal and professional dream had come to a traumatizing standstill when the diagnosis was given at age 38. My beautiful life as I knew it was being threatened to its very core. I didn't know how to heal, what authentic healing looked like, let alone how to create a true healing experience for myself. I didn't have a role model for healing, and the truth was, I didn't want any one to know how afraid I was. After all, I was a successful business woman that was used to making executive decisions every day.

Little did I know that some great lessons about living, loving, and becoming well would come while facing this disease and contemplating my death. Little did I know that I would learn that the healing journey would teach me that reaching out benefits both the giver and the receiver. Little did I know that each step of the way was teaching me to see the spiritual aspect of all things, and yes even in disease and death. The healing journey continues to teach me the difference between self empowerment and self sabotage. It also taught me that I had to give up my perception of what I thought my American success story should be.

To this day, I experience an intense sobbing feeling every time I hear of a woman dying from breast cancer as there is something deep within me that says we can stop this killer. I have four grand daughters and it is my profound desire that all breast cancer will be eradicated before it reaches their generation. I pray for no woman to be traumatized from a breast cancer diagnosis and for her to know that she can be empowered from the experience and not overcome by it.

The Breast Cancer Wellness Magazine will explore many healing journeys. In each issue, breast cancer survivors will share their healing and inspirational stories to remind us that healing is possible. Future issues will include the power of prayer and meditation, what our fears are trying to teach us, the power of guided imagery, the importance of proper detoxification, nutritional therapy, the importance of balancing your pH, hormone therapy, emotional support, the benefits of journaling, ways to uplift our healing spirit, healing principles for breast cancer, what nature has already provided for healing, music therapy for breast cancer, life purpose, the best and latest medical services and information, and many more topics.

My prayer and invitation is for each of us to experience healing and wellness to the fullest.

Wellness Blessings,

Beverly Vole

Publisher, Breast Cancer Wellness Magazine



If you know of breast cancer patients or survivors that you would like to receive this FREE quarterly publication, please send their name and complete mailing information to beverly@breastcancerwellness.org.

If you would like to submit a story about a breast cancer patient, survivor, husband, family member, volunteer, nurse, doctor, neighbor, or friend that makes a difference, please send the article to makeadifference@breastcancerwellness.org. We will print these articles as space allows.

www.breastcancerwellness.org

Resource Directory

**Advertise in the
Breast Cancer
Wellness
MAGAZINE**



For information
on advertising
contact Bonnie
at 417-581-3438



**A
Woman's
Touch**

*Post-Mastectomy/
Lumpectomy/
Compression Products*

30A Fox Chase
Cartersville GA 30120
Phone: 770-606-9293
www.awomantouchfitting.com

MARY KAY

Christine Tibbs
Independent Beauty Consultant



881 W. Birch
Nixa, MO 65714
417-725-2144
christinetibbs@earthlink.net
www.marykay.com/christinetibbs

Beauty Plus

Hair Products, T-Shirts,
Sportswear, Handbags
Hair Extensions, Wigs
Costume Jewelry, Etc.

1105 E. Commercial
Springfield MO 65803
(417) 869-9233
BeautyPlus99@yahoo.com



**The
Persimmon
Tree**

- Antiques •Clothing
- Home Decor •Jewelry
- Distinctive Gifts •Personal Service

In Historic Downtown Ozark MO
"Where shopping is a pleasure once again!"

209 N. 2nd St
417-581-5123



**Alternative
Health Care
Center**

Dr. Michael Coxter

Chiropractic Rehabilitation
Scoliosis • Acupuncture
Nutritional Counseling
Natural Hormone Replacement

617 N. Jefferson | Lebanon, MO
417-532-2986

Judy Modglin
Certified Wellness
Home Consultant



NIKKEN
INDEPENDENT
WELLNESS
CONSULTANT

- Living Water
- Hepa Air Filtration
- Magnetism
- Far-Infrared
- Whole Food Nutrition
- Exercise
- Weightloss
- Fruit Nectar
- Sleep Systems

(417) 443-2090
amexcited@juno.com
www.5pillars.com/modglin

potential to flourish

**Enhancement
for U**



Call Susie Stephens
417-818-3493

Skin Care Products that Work
Enhancement Make Up
E-Medical Device Designed for
Acne/Scar Removal & Scars
Nipple restoration

www.enhancementforu.com
5604 S. Campbell Ste 108, Springfield MO

Dixie's Country Cookin'
Personal Chef Service by Chef Dixie Lee Hart

I can assist you and your family during your time of recovery by preparing healthy, wholesome meals in your own kitchen. I do all shopping, preparing and cleanup. For more information about how my personal chef service can help you:



Email:
DixiefromMO@aol.com
Phone: 417-869-2023
Cell: 417-860-3045
<http://dixiescountrycookin.cochef.net/>

{FOR OPTIMAL HEALTH}

Glyconutrients: Supports a strong immune system which is critical in fighting cancer.

Sue Holterman CMT
"Breast Cancer Survivor"
and Consultant
sholter2@hotmail.com
573-338-1255





Show Me the Way Out

Written by Beverly Vote
13 year breast cancer survivor

Mary Ann thought she had everything going her way

Until breast cancer was to change her every day.
In anguish, Mary Ann cries out, her pleas full of doubt.

She was in a dark hole with no light to show her way out.

She thought she had hope when a doctor walked by.

Why didn't he understand her tear filled cry?

He wrote her a prescription and went on his scheduled way.

But her hopes and her direction were still in dark dismay.

Again, Mary Ann cries out, her pleas full of doubt.

This time a priest nearby heard her shout.

He walked to the hole Mary Ann was in.

I hear your cries, I will pray for your sin.

Bless you my child, he had to say,

And gave three Hail Marys to anoint her way.

Once again, Mary Ann cries out, her pleas full of doubt.

Quietly a stranger responds,

"I know your fears inside and out.

I know the secrets hidden within.

I know too well this hole that you are in."

The stranger jumped without hesitation

Into the hole filled with so much tribulation.

Bewildered, Mary Ann cries out, her pleas full of doubt.

What have you done, why are you here?

I appreciate your grace,

But now we are both in this dark, dark place.

"Shhhsssh," says the stranger to Mary Ann.

"I hear your cries, your pleas full of doubt.

I have been here myself, as a survivor showed me,

I will show you the way out."

"Show Me the Way Out" is the mission statement for the
Breast Cancer Wellness organization 🏠

The Power of the Healing Spirit

Written by Beverly Vote



"There is a light in this world...a healing spirit much stronger than any darkness we may encounter. We sometimes lose sight of this force... where there is suffering and too much pain. And suddenly the spirit will emerge... through ordinary people and answer in extraordinary ways. God speaks in the silence of the heart when we listen."
- Mother Teresa

There are many dark moments that come from the diagnosis of breast cancer. Yet in each of these dark moments, shimmers of light and new hope for the healing journey can be experienced. Perhaps it is only when we are in fear and in darkness that we allow ourselves to reach out for help and to see our life and our life's course anew. Perhaps the darkness serves as a backdrop to see our greatest light for healing. Perhaps it is our fears that finally allow us to connect to a greater source both outside of ourselves and within ourselves.

One of my darkest moments after being diagnosed with breast cancer occurred after the mastectomy and after my loved ones had returned to their daily work routines. Even though every one that I could possibly be needing was only a phone call away, I felt that I was all alone and that I didn't have any strength to overcome cancer. I could no longer pretend to be strong and I was overwhelmed with fear. I broke down and sobbed and the gush of fears and tears uncontrollably came pouring out, all in the solitude of my home with each sob echoing across

the walls and reminding me over and over how vulnerable and afraid I was.

I was afraid I would never feel feminine again, and even with a loving and supportive husband, I was afraid for my marriage, I was afraid for what this experience was doing to my children, and I was afraid I was going to die.

Finally after such uncontrollable retching of emotions, I stilled myself and caught my breath, and it was then that I heard a small flock of birds singing outside of the window. I do not know how long these beautiful creatures had been there, but I immediately somehow knew they were there for me in my time of need. This profoundly peace-filled realization that birds were there for me and to sing to me in my time of darkness is still a wonder-filled memory to this very day for me. This experience became one of my most empowering lessons for listening, and for living.

It was through their songs that I connected to the possibility that wellness for me was possible. It was through such simple, yet beautiful chirping, that I connected to a knowingness that the healing

way would be shown to me moment by moment, day by day, and that I did not need to ever feel alone.

It couldn't have been an accident that later in my healing journey I came across these captioned words of Mother Teresa. When I read her words the first time, I immediately remembered the day when I *thought* I was alone and I *thought* I was too depleted to heal and yet a beautiful flock of birds arrived at such a perfect time to reach me with a language that was beyond my conscious thoughts. God's use of his birds helped still my fears so that something deep within me could be reached so that I could believe there was a way for me and that my healing journey was waiting on me to take the first step.

Today, I bask in knowing that the power of the healing spirit lies in any given moment that we allow ourselves to connect with it, and that the healing answers come in whatever form the receiver is able to connect with at the time.

I am forever grateful for the wisdom of Mother Teresa on listening as it continues to help me for my healing course. 🕊

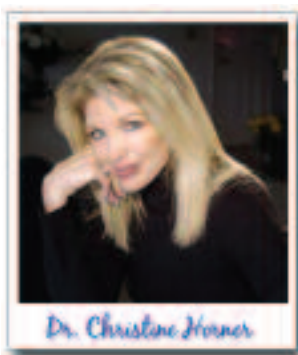
After all you deserve the best!

Light, Cool and Comfortable

See the latest in a premium line of post-mastectomy products—innovative light weight forms, comfortable fashion bras, post-mastectomy swim wear by Carol Wior, and so much more!

Airway

800-848-0154 www.airwaymit.com airway@urgicalappliance.com



30 Tips to Lower Your Risk of Breast Cancer

Written by Christine Horner, MD

As a plastic surgeon, I witnessed the horrors of breast cancer almost everyday while taking care of my breast reconstruction patients. Then, this disease became too personal-it claimed the life of my own mother in 1994. At that moment I vowed to go after her killer. My goal was to see if this disease could be stopped before it ever started. What caused it to start growing and threw fuel on its flames? So, I searched through the collection of medical research--and found the answers. There, I discovered thousands of studies that pointed out exactly why we have a breast cancer epidemic—what we are doing and not doing that contributes to birthing and feeding this monster beast. My new book, *Waking the Warrior Goddess: Dr Christine Horner's Program to Protect Against and Fight Breast Cancer*, describes every natural approach that science shows helps to drastically lower a woman's risk of developing this disease and for women who have breast cancer, increases the likelihood that they will live a long healthy life.

Tip #1:
Eat fresh, organically grown fruits and vegetables—especially cruciferous vegetables—every day.

These plants—particularly those in the cruciferous family (broccoli, cauliflower, cabbage, kale)—are filled with a variety nutrients, vitamins, and plant chemicals that act as powerful natural medicines against breast cancer.

Tip #2:
Eat organic whole grains every day.

Whole grains are rich in cancer-fighting antioxidants, vitamins, trace minerals, fiber, and lignans.

Tip #3:
Avoid all health-destroying fats. Consume health-promoting fats every day.

Saturated animal fats, trans fats, partially hydrogenated fats, and hydrogenated fats fuel breast cancer, whereas healthy fats—especially omega-3 fatty acids found in flaxseeds—offer protection.

Tip #4:
Eat 2-3 tablespoons of ground flaxseeds every day.

Flaxseeds are the richest plant source of omega-3 fatty, are high fiber, and contain one hundred times more cancer-fighting lignans than any other known edible plant.

Tip #5:
Eat soy-based whole-food products several times a week.

Women who eat the most whole soy foods, such as tofu, tempeh and miso have a 30 to 50 percent lower risk of breast cancer.

BREEZES SWIMWEAR

Swimwear for the Entire Family

Located in Naples Florida, Breezes Swimwear is a full service swimwear shop specializing in cup-size and mastectomy suits. For your convenience, we also carry a full line of accessories like cover-ups, sandals, purses, and jewelry. Come visit us on the web!

www.BreezesSwimwear.com

FREE SHIPPING!



Christina, V-Neck Halter Mastectomy Suit

Tip #6:
Eat Maitake mushrooms or take them as a supplement.

Maitake mushrooms stimulate the immune system, and stop tumors from growing, cause them to shrink, and prevent them from spreading to other areas of the body.

Tip #7:
Drink green tea every day or take it as a supplement.

Women who drink green tea have a much lower risk of breast cancer-and if they get breast cancer, their chances of surviving are much greater.

Tip #8:
Consume turmeric every day.

Turmeric, a potent antioxidant and anti-inflammatory is considered the #1 anti-cancer spice.

Tip #9:
Eat at least one clove of garlic several times a week.

Garlic is extremely high in antioxidants and selenium, boosts the immune system, lessens the formation of carcinogens in the breast, prevents toxins from damaging our DNA, and stops breast tumors from growing and dividing.

Tip #10:
Include Wakame or Mekabu seaweed in your diet.

Wakame and Mekabu seaweeds are high in the mineral iodine, which research shows is more effective at killing breast cancer cells than many common chemotherapeutic drugs.

Tip #11:
Take a vitamin supplement every day.

Certain vitamins-especially vitamin B12, folate, vitamin D, and vitamin E-help to crush the growth of breast cancer.

Tip #12:
Get adequate amounts of selenium every day.

As little as 200 micrograms (mcg) a day of this antioxidant lowers your risk of breast cancer-and most other types of cancer-by 50 percent.

Tip #13:
If you are over age thirty-five, take supplemental coenzyme Q10 (CoQ10) every day.

CoQ10 is a natural vitamin-like substance and powerful antioxidant that is essential for the production of energy in our cells. It also stops the growth of breast cancer and dramatically shrinks tumors.

Tip #14:
Take an herbal anti-inflammatory several times a week.

Research shows that women who take an anti-inflammatory an average of three times a week, especially one that inhibits the COX-2 enzyme, have a 50 percent lower risk of breast cancer.

Tip #15:
Nix red meat.

Woman who eat the most red meat have an 88 to 330 percent higher risk of breast cancer.

Tip #16:
Avoid refined sugar—use a natural sweetener such as Stevia instead.

Sugar is cancer's favorite food. The more of it you eat, the faster cancer will grow.

Tip #17:
Keep your body-fat low.

Fat cells manufacture estrogen, notably after menopause. That's why obesity is thought to be responsible for 20 to 30 percent of all post-menopausal breast cancers.

Tip #18:
Rarely, if ever, drink alcohol.

Even half a glass of alcohol a day increases your risk of breast cancer, so it's best to avoid this dangerous beverage completely.

Tip #19:
Never smoke tobacco products.

Research shows that women who smoke or inhale passive smoke; have as much as a 60 percent increased risk of breast cancer.

(Continued on p. 12)

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

www.SofteeUSA.com

or call

1-866-605-8585



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

Tip #20:
Don't take birth control pills or hormone replacement therapy (HRT), except in rare circumstances determined by your doctor and only for a brief time.

Long-term use of birth control pills has been shown to increase the risk of breast cancer. HRT increases the risk of heart disease, strokes, blood clots, gallbladder disease, endometrial cancer, ovarian cancer and invasive breast cancer.

Tip #21:
Use only nontoxic cleaning products in your home and office.

Cleaning supplies are almost always filled with health-damaging chemicals, so use nontoxic cleaning instead.

Tip #22:
Keep your home as toxin-free as possible.

Toxins are everywhere—in your water, clothing, furnishings, construction materials, dry cleaning, personal-care products, lawn and garden products, insect repellent, flea collars, paints, wallpaper, carpet, tile, particleboard. Assume that everything is toxic unless it is labeled otherwise and choose its nontoxic solution instead.

Tip #23:
Take a week or two, once or twice a year, to purify your body.

Detoxing works! Just one five-day series of the Ayurvedic purification procedures known as panchakarma has been shown to cut your load of toxins in half.

Tip #24:
Go to bed by 10:00 P.M. and get up before 6:00 A.M.

Melatonin, the sleep hormone, is a powerful antioxidant that arrests and deters breast cancer in many ways. Staying up past 10 PM, alcohol and electromagnetic fields (EMFs) cause melatonin levels to drop.

Tip #25:
Minimize your exposure to electromagnetic fields (EMFs).

All electrical appliances and wires produce breast cancer-promoting EMFs—all you have to do is stand just a few feet away from them to avoid them. Hair dryers produce more EMFs than any other household appliance, so use low a EMF hairdryer instead (www.lowemf.com).

Tip #26:
Embrace thirty minutes of aerobic activity every day.

Just thirty minutes of aerobic activity three to five times a week can lower your risk of breast cancer by 30 to 50 percent.

Tip #27:
Practice a stress-reducing meditation every day.

Stress has been found to contribute to about 90 percent of all illnesses, including breast cancer. Research shows that the daily practice of a type of meditation, called Transcendental Meditation or TM, can lower your risk of all diseases by as much as 50 percent.

Tip #28:
Practice stress-reducing breathing techniques every day.

The regular practice of special breathing exercises called pranayama improves stress-hormone balance, blood pressure, and heart rate, and lowers cholesterol.

Tip #29:
Take an herbal adaptogen every day to lower your body's response to stress.

Certain herbs called adaptogens, for example ginseng, ashwagandha and holy basil lower your bodies' response to stress.

Tip #30:
Take care of your needs.

Research shows that women with breast cancer tend to give too much at the expense of their own needs. So take of your needs first, stay healthy and then you'll have more to offer others. 🐶

Christine Horner, MD is a board certified and nationally recognized surgeon, author, professional speaker and a relentless champion for women's health. She spearheaded legislation in the 1990s that made it mandatory that insurance companies pay for breast reconstruction following mastectomy. She is the author of the new book, *Waking the Warrior Goddess: Dr. Christine Horner's Program to Protect Against and Fight Breast Cancer*. Dr. Horner worked in collaboration with Enzymatic Therapy to create "Protective Breast Formula" a combination of 7 different supplements that powerfully promote breast health. For more information go to www.drchristine-horner.com and www.protectivebreast.com.



Christian Health Care Hospice
Soon to become Regional Care Hospice
New Name - Same Great Caring Service

- Patient Care and Quality Service
- Free Intervention Program, Education, Support
- Full Comprehensive Program •Licensed Medical Doctors
- Serving 25 Counties in Missouri

Comfort. Loyalty. Trust.
Christian Health Care Hospice
1-800-280-5139



Apollo makes a world of difference!

Apollo paves the way for anyone experiencing hair loss due to chemotherapy, radiation or alopecia.

- Unique Patented Procedures
- Exclusive Hair Care Products
- International Award Winning Stylists
- Call today for your free analysis.

1031 E. Battlefield Ste #218
Springfield, MO
(417) 882-4411 (877) 771-4411
www.apollohairsystems.com



Cancer Involvement Program

"When I heard the diagnosis of cancer, I was in shock. And although I went through the motions of doctors' appointments, tests, and letting friends and family know, it wasn't until the nurse was putting a chemo line into my arm that I realized this was real. I really did have cancer!

"Then came the whirlwind of questions. Was it time for me to die? What does it all mean? What do I do? How will I feel? At some point, I knew in my gut that I would not die from this, and that the journey, while hard, would be a positive, learning experience.

"Doctors and nurses put me on a hectic schedule. The chemo was exhausting and my mind was awash in chemicals that made it hard to focus. So many things were being done TO me or thrown AT me. Directions had to be followed. And so many decisions had to be made.



(Dr. Jost, teaching a patient how to get the most from her guided imagery program.)



But the emotions. Glad to have caught it when I did. Angry at the whole situation. Wanting to deny it was even happening. Grateful for the many people around to support me through it. Over and through it ALL, I felt fear...fear of dying, of pain, of losing a part of me...fear of never being the same!

Guided imagery was a way for me to become empowered in my fight for life, in my healing. I felt as if I could be the architect of my own recovery from the inside out. I could use my mind, my heart, and my imagination to bolster my immune system and the healing process. This imagery helped me to focus again, helped to silence all the questions and fears. All I needed was this positive calming atmosphere, so that I could allow myself to breathe deeply again. And to think it was all waiting there for me ... inside me." - Cathy Durand

Includes an informative book, interactive journal, and 9 guided imagery recordings in CD or cassette.

**Retails for \$169.99
But mention this ad
and get \$50 OFF**

Cancer Involvement Program

Call (314) 821-8102

to get the most out of your program today!



**Caring for and serving
customers
after Breast Surgery
for Over 30 Years**

**We offer the largest selection of
Mastectomy Bras and Breast Prostheses.**

**Wide Ranges of Styles and Sizes
32AA - 48H**

Jodee®
...because we care

**Call us and our staff will be glad
to help you with any questions.**

(800) 821-2767



I Am Not Alone

Written by Mary Olsen Kelly

There are only two ways to live your life. One is as though nothing is a miracle, the other is as though everything is a miracle. -Albert Einstein

"Hi . . . am I the first?" I asked tentatively as I entered the room, and she immediately came toward me, hands outstretched in welcome.

"I'm Leatrice Nakamura. Did you call me?" Her eyes were soft warm brown, her smile quick and sincere.

"Yes, I got the information from the hospital. I'm Janice." I nervously brushed long blond hair over my shoulder.

"Oh yes, Janice. Welcome. I'll be running the group tonight."

A tall Caucasian woman walked into the room, her head wrapped in a bright magenta scarf. She smiled at Leatrice, then at me.

"Hi, Joanne. This is Janice; it's her first night."

Joanne took a seat, cracked open her water bottle and had a long drink. "I'm trying to drink eight glasses a day, but it's really hard. Some days the water tastes like a metal doorknob."

"I know," Leatrice replied, her midnight black hair bobbing as she nodded her head. "Try lemonade, or Gatorade. Some days it's easier to get down than water."

Two Asian women walked in. One was quite young, the other in her fifties. The older woman said, "I heard about the group from my doctor."

"Welcome. Let's begin."

Joanne raised her hand, "I'll start. I just did my second round of chemo last Thursday. I'm on A.C. for four rounds: Adriamycin and Cytosin. I'm stage two; three lymph nodes positive. I'm having trouble with my port...it kinked up and really scared me. I was afraid they wouldn't be able to use it for the next round. The port is a godsend; it saves my veins from collapsing like my friend's did. That's why I want to keep it working perfectly. Usually I'm really happy with it."

Are you going to drive while you go through your treatment?" Leatrice asked.

"I have to, since I can't get any time off from work."

"Be careful of the seat belt then; it can really rub on your port. I had a piece of sheepskin wrapped around the seat belt, and that really helped...kept it from rubbing," she said. "I went through breast cancer thirteen years ago, I had a radical mastectomy. And I'm doing fine."

I looked at her in awe. She was filled with such energy, health and vitality! I marveled at the way she had graciously welcomed everyone, making each of us feel comfortable and safe. I said, "It's really inspiring to meet women who have been through this and are doing great. I look at you and begin to believe: if you can do it, I can do it."

She looked at me kindly. "Why don't you tell us about you?"

"I'm Janice, just diagnosed two weeks ago. I go in for surgery next week. I don't know yet if I need to have chemo? I won't know until after the tumor and the lymph nodes are checked out. I'm having a port put in next week, and really nervous about it." I looked quickly from one woman to the next. "I had a lumpectomy two weeks ago but have to go back in for more surgery Wednesday because they didn't get clear margins the first time. The tumor was bigger than they thought it would be. They need to have a section of healthy tissue around the tumor to have a clear margin." Suddenly, all the tension and fear I'd been holding came flooding out and I began to cry.

"I'm really confused...still in shock, I think." I struggled to talk as the tears flowed down my face. "I just can't believe this is really happening."

Leatrice pushed a box of Kleenex over to me. "It's still so new," she sighed.

Another woman spoke up. "I'll go next: I'm Sandra, twenty-eight. I was diagnosed with stage three, several tumors in each breast. I had a double mastectomy four months ago and going to have reconstruc-

tion as soon as possible. I don't know why this happened to me; I have no history of breast cancer in my family. I think you can drive yourself crazy trying to figure out why. There is no why. What is, is. You just have to face it and get on with it."

Another woman said, "I'm so hot!" and she reached up and took off her baseball cap, along with the wig she wore underneath. "Whew, that's better! I can't handle this thing." Her head was covered with fine downy fuzz about a quarter of an inch long.

"Hey! Look at that! You have hair, girl." Leatrice was laughing.

"It's starting to come back in...finally. I'm sick of this wig. I went in for my last chemo four weeks ago, and been in radiation for a week. I go every day, takes about ten minutes, it's no sweat. After chemo, anything is a piece of cake if you ask me."

"How long do you have to go to radiation?" Janice asked.

"Thirty-three treatments, about six to seven weeks, then I'm done...I hope." She brushed her hand over her head and smiled, "It's really coming in soft. Like a baby."

I must have been staring at her, because she turned to me, "The best thing is if you shave your own head. Don't wait for the disease to take your hair. Do it yourself. It will make you feel much more powerful, like you're the boss, not the cancer."

"Thanks," I said.

Soon the two hours were over. I felt elated; my first breast cancer support group had been so powerful. I'd learned about ports and wigs and clear margins. I'd seen the proud beauty and strength of these women, and felt as though I was being heard and understood in a way that none of my friends or family could provide. Only someone who had walked the path could give me the answers I sought. After months of searching, I had found a sanctuary, a temple of wise women to guide and train me. I was not alone. 🌻

The Olsen Girls

Written by Mary Olsen Kelly

Light tomorrow with today.
-Elizabeth Barrett Browning

My little sister turned fifty today. The one I carried around, she: one-year-old, me: two-and-a-half. I told everyone, "My baby. This is my baby."

She of the naturally curly blond ponytail and big blue eyes; "Oh, she looks like a princess," strangers would exclaim. My brown eyes downcast, I nodded, brown hair bobbing.

Always calm and observant, she would sit in the middle of the living room, serene and quiet as I ran around the room, a four-and-a-half-year-old doing cartwheels, turning somersaults, singing show tunes, kicking up my heels—anything to get attention and applause. At three-years-old, she already knew she was loved, she was enough, and didn't have to work for it.

She had a pretty singing voice, though she didn't think so. I taught her songs so we could sing harmony. We put on shows in the garage, big productions with make-up and costumes gleaned from my mother's cast-offs. In the backyard we would perform acrobatic feats of wonder using the garden hose and creating a circus for all the neighborhood kids. We were a team. We were sisters.

We discovered books together and became bookworms, each checking out fourteen books a week from the local library, and reading all twenty-eight before they were returned and exchanged for a new tower of fourteen each. We worked through Mary Poppins, Little Women, Jack London and all the Oz books, the Shoes books (Ballet Shoes, Skating Shoes, etc.) and *A Wrinkle in Time*. We loved fantasy and stories about girls who were heroes.

Neither one was popular in high school; we were both smart, and fell into the geeks and hippies segment of the teenage caste system. Bored with normal activities, we opened our own fashion boutique at fifteen and thirteen, designed and sewed all our own clothes, and with the help of our friends we filled a whole

store with our creations. We even made costumes for rock groups.

College for me, Europe for her, then we came together again in the early 70's to open a bikini shop in Maui. We could do anything, we were sisters, and a team.

Relationships and marriages followed, years of working in the theater for me, years of working in publishing for her. We were always connected, always close.

Then I was diagnosed with breast cancer three years ago, and she dropped everything to come and be with me and help. She cooked hundreds of meals and froze them, cleaned our house top to bottom, and went with me to scary chemotherapy treatments. At forty-eight-years old, I finally learned what she had always known; that I was loved, I was enough; I didn't have to work for it.

I'm fine now, and she and I talk every week from 3,000 miles away. We're a deeply connected team, and our husbands joke about how lucky they are to have married the Olsen sisters.

How could she be fifty? How could I be almost fifty-two? Well, that's the magic, she is really still my baby, and we're still singing songs together, putting on puppet shows in the garage, reading books and now traveling the world. Every time I think of her, whether we are together or apart, we are all these things. She has been there with me, through all of it. We know all the secrets . . . we were there. Together.

I threw a big party for her fiftieth birthday. Everyone was asked to bring a skit or poem or song. We learned the song "Sisters" from White Christmas and performed it at the party; at the end, the crowd applauded and someone yelled, "Do it again. We want to hear it again!" So we did. And I'm sure we'll do it again and again over the next fifty years. The Olsen Girls never quit. We're a team, forever and ever. We're survivors. We're sisters. 🐾

Nu Essence
**MASSAGE
DAY SPA**

4730 S. National B-7
Springfield, MO 65810
417-881-7771

Rejuvenating the Spirit Naturally



- ✦ 2 Hour Chocolate Indulgence # Calories # Guilt
- ✦ On Site Chair Massage
- ✦ Hot Stone Pedicures
- ✦ Couples Massage
- ✦ Microderm Facials
- ✦ Day Packages
- ✦ Private Parties

**FOR GIFT CERTIFICATES
AND APPOINTMENTS
CALL 881-7771**



Natural Market

1727 S. Campbell
(Two Blocks North Of Bass Pro)
831-5229

Mon - Fri: 9-8, Sat: 9-7
Sun: 12-5

Check out MaMa Jean's complete line of vitamins and supplements, all at discounted prices, and we now carry a complete line of natural skin care products. We also have a large selection of ORGANIC produce, and we have over 650 bulk food items, including herbs, spices, teas, grains, beans, cheese, and more. Compare our prices to local grocers and see how much you

At MaMa Jean's, a healthy lifestyle is affordable!



THE JOURNEY OF A SURVIVOR

Written by Sonja Christopher

Walking nude past the large bathroom mirror and seeing what a life-time of gravity had done to my already weighty breasts was not a sight I relished. So I would lift them to a more acceptable height as I regarded my profile going to and from the shower.

This largely unconscious vanity led to a most bizarre discovery...

At my annual physical two years earlier, my internist had told me that since I had no history of cancer in my family, I could get a mammogram every two years, instead of annually. So here I was, two years to the month later, discovering that when I lifted my left breast, instead of rounding smoothly it had a large horizontal crease across it. I knew this wasn't normal, but I figured it would go away, as would the phenomenon of its mysteriously outgrowing my bra! There was just no room in my mind that as a healthy, tennis-playing, nutritionally conscious 60-year old would ever have something malignant growing in my body.

Several weeks later, the changes to my breast hadn't gone away, and soon I was to hear that shocking, gut-wrenching, unbelievable diagnosis that happens only to other people: "Invasive breast cancer with a 5 cm tumor..."

For the next 6 months, in partnership with the medical community, I focused my mind and energies on beating cancer. My treatment included an aggressive regimen of neoadjuvant chemotherapy (Adriamycin and Cytosan), followed by lumpectomy, lymph-node dissection, and 37 treatments of radiation. Some of my personal coping mechanisms included: Learning everything I could through

reading and talking with others in order to gain some semblance of control in an otherwise out-of-control situation.

Joining a support group and availing myself of the services of other cancer support organizations.

Last, but certainly not least, keeping a sense of humor — black though it became at times! I'm reminded of Oscar Wilde who, on his deathbed in Paris, gazed at the ceiling and sighed: "That wallpaper is awful. One of us has to go."

Thinking positively about the outcome, and reinforcing this by listening to tapes and attending a symposium where speakers gave us hope and inspiration through their example.

Making nutritionally conscious food choices, as well as taking appropriate vitamins and supplements.

Remaining socially and physically active, including four nights a week performing demanding roles in musical theater productions.

Last, but certainly not least, keeping a sense of humor — black though it

became at times! I'm reminded of Oscar Wilde who, on his deathbed in Paris, gazed at the ceiling and sighed: "That wallpaper is awful. One of us has to go."

Six months later, with my formerly straight hair beginning to reemerge as tight curls shot with silver, I finished my last radiation treatment and considered myself cured. It has now been eight years since diagnosis.

However, cancer irrevocably changed my life: Following this turn of events came divorce, relocation to a retirement community, and depression followed by a deeper spiritual and psychological exploration than I had ever taken before. Finding myself again, only now stronger than ever, I began reaching out to others in my own need to heal, and a serendipitous series of events occurred that led to my participation in the very first series of CBS's television show *Survivor*. Besides being the oldest female on *Survivor* to date, I became "The First Survivor Ever Voted off the Island"! However dubious this distinction may be, it has amazingly provided a platform from which I can give back to others the hope and support that was given to me. Speaking and appearing around the country has provided an opportunity to reassure others with cancer and their families that not only can you survive but that you can thrive! On a

local level, personal phone calls offering encouragement to those newly diagnosed provide welcome hope.

It's always fun to contrast my two survival experiences, that of a survivor on a deserted island off the coast of Borneo, and that of a cancer survivor: Rats running over you at night? Hey, I'd take this any day over a diagnosis of a potential killer running through me! Privacy invaded by those ever-present TV cameras? What about those frequent medical exams where strange hands pat and probe areas reserved for those who at least take you to dinner first?! Poisonous snakes on the island? I remember a liquid poison snaking from an IV into my arm — potentially lifesaving, but, oh those side effects! Dirty hair and no shampoo? Try no hair. Not enough to eat? How about not being able to eat — or gagging when you try? Hot weather and dry skin? If you're woman on chemo, try hot flashes and dry everything else. Painful sunburn? Very much like radiation burn. Being the first one voted off the island? Compared to real survival, it was a piece of cake!

It takes courage to go through a diagnosis and treatment for cancer; I can only imagine the courage it takes for loved ones and caregivers to go through it with us. And thank goodness for cancer support organizations and those angels who financially support, volunteer at, and staff these centers of education and hope. We know who the REAL heroes are, and it has nothing to do with prime-time television.

As for my own journey with cancer, I close with the words of Sarah Mores Campbell who said, "We receive fragments of holiness, glimpses of eternity, brief moments of insight. Let us gather them up the precious gifts that they are, and, renewed by their grace, move boldly into the unknown." 🐉

© Sonja Christopher, 2006. All rights reserved.



**Focus
ON HEALTH™**

Quantum Biofeedback Therapy
 Stress/Pain Management Cayce/Reilly® Massage
 Edgar Cayce Remedies Reiki/Energy Therapy
 Fred Eagles LMT/CBT/Founder MO #2002017980

Therapies for Pain, Fibromyalgia, Smoking, Anti-Aging, Headaches, Immune System.
 417.885.7010 • 1722-W S. Glenstone • focusonhealth.us



WAKING THE WARRIOR GODDESS
**DR. CHRISTINE HORNER'S PROGRAM TO
 PROTECT AGAINST & FIGHT BREAST CANCER**

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

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


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

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


Only \$24.95 (US\$)
Waking the Warrior Goddess is available at bookstores and health food stores everywhere, or call toll free 800-571-8090 to order.

Basic Health

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



The Cancer Club®
 Humorous and helpful products for people with cancer



Products include: books, video tapes, ornaments, audio cassettes, custom jewelry, t-shirts, coffee mugs and more!

Don't Forget To Laugh!™

The Cancer Club®
 P.O. Box 24747, Edina, MN 55424-0747
 Phone: (952) 944-0639 • Fax: (612) 922-0195 • (800) 586-9062
 christine@cancerclub.com • www.cancerclub.com



Laughter: It's A Family Affair!

Written by Christine K. Clifford, CSP

Three days after undergoing breast cancer surgery in December, '94, I heard the doorbell ring downstairs from my place of rest in my bedroom. "Mom!" screamed my second-grader Brooks, "More flowers for your breast!"

It was a turning point for me, his innocent statement which brought laughter to my already developing self-pity. After all, as a young child of fifteen, I had been forced to watch my mother crawl into bed with a diagnosis of cancer at the age of 38. In the months that followed my mother's radical mastectomy, I, along with my brothers and sister, watched in horror as she sank into a deep, clinical depression.

She stopped caring for her personal hygiene-- stopped washing her hair, shaving her legs, brushing her teeth. Eventually my father, a physician, unable to deal with my mother's depression, left my mother. She died in my arms at the age of 42. I was nineteen years old.

I made a pivotal decision that day as I lay in bed, that no matter how many weeks, months, or years I had left on this planet, that I would celebrate every day as a gift. I decided no matter what happened to me, I would not allow my family members to live in the fear I had as a child, that every day might be my last. I realized that humor would be the compelling force to pull me through.

Once I started searching for signs of humor, I found it all around me. One day I was sitting on our deck reading the paper, my bald head gleaming in the morning sunrise.

Brooks, along with several neighborhood children, had pitched a tent in the backyard and spent the night outside. In their innocence and ignorance, as the kids woke up one by one, they started their morning conversation. Of course, since I couldn't see them in the tent, they assumed I couldn't hear them either.

"Brooks," began Rishi, our neighbor from India, peering from the mesh windows of the tent, "What's the matter with your mom again?"

"She has cancer," Brooks responded.

"Is she going to die?" I heard him inquire.

"No...I don't think so," said Brooks.

"You know, Brooks, her head looks like a baseball. Do you think she'd let us autograph it?"

Families can be a great source of comfort and humor in tough times. Unfortunately, what often happens when we hear a loved one has been diagnosed with cancer is that we don't know what to say, or we don't want to say the wrong thing. So, often times, we don't say anything and pull away from the patient who so desperately needs our attention.

Humor is a great connector of people. I know I needed people, especially family members, around me as I faced my journey with cancer. Therefore, it is often the patients

themselves who need to "set the tone" and let family members know the timing is right to bring laughter back into their life.

How can we accomplish this? It's simple: there comes a point in the life of most patients when they realize that they can't change their situation, but they can change their attitude. They want their life to get back to normal, and humor is an important ingredient in the recovery process.

Set The Tone to let family members, friends and caregivers know you are ready for laughter again. Share a funny story about something that happened years ago with your family. Rent a funny movie and ask your family to watch it with you. Cut out a cartoon from the paper that brought a smile to your face and mail to to your family members with a note that says, "I'm doing much better now. Thanks for your support."

Keep The Momentum Going to encourage humor with your family members. If you've read a funny book that filled your heart with laughter and joy, pass it around to family members with a note on which parts you found particularly humorous. Tell a joke you've recently heard, or send family members an article that tickled your funny bone.

It's Like A Rubber Ball: It Comes Bouncing Back To You! Once you've opened to door to humor, it's contagious. Family members and friends will realize that laughter is the best medicine they can provide you. After all, learning to laugh at trouble radically increases the amount of things there are to laugh at.

Take time, make the time every day to love, learn, explore, care and live with your family members. And, by the way, don't forget to laugh! 🤪

Christine K. Clifford, CSP is CEO/President of The Cancer Club, a company that markets humorous and helpful products for people with cancer (www.cancerclub.com). She is the author of four books including Not Now...I'm Having a No Hair Day!, Our Family Has Cancer, Too! Cancer Has Its Privileges: Stories of Hope &Laughter, and her newest book, Your Guardian Angel's Gift. (800)586-9062. Don't forget to laugh! ™



Beautiful Bras Hard To Find Sizes And Complete Line Of Mastectomy Products

We now carry a new line of bras in larger hard to find sizes.

Quality fabric gives support and are very stylish too.

New Light Weight Breast Prostheses
Breast Forms in all Styles & Shapes

Mastectomy Bras
Large Selection
Many Styles - Sizes - New Colors

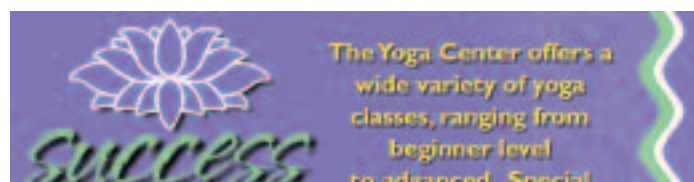
ABC Certified Training 14 years
Breast Cancer Survivor 26 years
Professional Sensitive Service
Your privacy is always assured



TMO OUTLET
702 S. Monroe
Lebanon, MO. 65536
Phone 417-568-3404
www.moments-with-mary.com



L.A. WIGS
Special Care For Cancer Patients
HIGH QUALITY • LATEST FASHIONS
Ponytails, Wigs and more...
Extensions, Human, Synthetic and more...
1710 E. Sunshine • Springfield MO.
(417) 882-8300 • www.lawigs.biz



Success naturally!
Yoga and Image Center
www.successnaturally.com
The Yoga Center offers a wide variety of yoga classes, ranging from beginner level to advanced. Special classes offered for chronic issues and survivors.
• Introductory Yoga classes through Level III • Wall Ropes
• Pre/Post Natal Services • Private Sessions • Corporate Classes
• Baby Yoga • Children's Yoga • Restorative Yoga
1317 E. Republic Road | 417-877-YOGA (9642)



Ask the Breast Cancer Recovery Coach

Dear Dr. Miller,

What is a breast cancer recovery coach? What are the principles of Psychoneuroimmunology (PNI), and how do they apply to healing breast cancer?

-Beverly Vote, Publisher of The Breast Cancer Wellness Magazine, Lebanon, Missouri

Thanks so much for asking, because breast cancer coaching is a unique profession, unfamiliar to most readers. As the cancer recovery coach, I help empower survivors to become thrivers by utilizing proven methods to enhance physical, emotional and mental well-being - while eliminating the obstacles to beating breast cancer.

Breast Cancer Recovery Coaching, which occurs by phone, is a collaborative, supportive relationship designed to help achieve goals, solve problems and make lasting changes to create an extraordinary, healthy life.

The focus of this synergistic coaching partnership, is the practice of the clients using their personal power to treat and beat cancer and regain optimum health.

The powerful phone program, From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer is based on the ground-breaking work of highly regarded doctors and other professionals.

Assessments, dialogues and many cutting-edge tools and techniques such as EFT(Emotional Freedom Technique) are utilized to deepen and support life and health changes. For detailed information, readers may want to visit my websites or contact me for a complimentary phone consultation. www.BreastCancerCoach.com and www.StopBreastCancer-Recurrence.com.

The principles of psychoneuroimmunology - The Body, Mind, Spirit Connection (PNI).

According to Institute of Noetic Sciences (IONS) Journal, August 2003, "Learned optimism can be self-fulfilling. People who hold a positive attitude are "more effective in the world, stay healthier, and heal more quickly . . . " Your mind affects

your body's immune system functioning. Simply put, when your mind is reprogrammed to believe your body is healthy, you can create healthy cells which overcome the proliferation of cancer cells. When stress factors are reduced, your body is more likely produce strong healthy cells. Repressed emotions are triggers to the hypothalamus, pituitary and adrenals, which affect autonomic nervous system functioning and immune competence. When dealt with effectively, these feelings are an aide to total healing because they no longer deplete your immune system.

People who believe in a power greater than themselves tend to be more trusting and relaxed in dealing with breast cancer. Their thinking isn't limited to what is occurring right now. They see the larger picture, filled with possibilities. Cancer can then become a turning point in their lives.

Regularly applying techniques and principles such as gratitude, appreciation and forgiveness, also enhances immune system function. The body and the mind, in conjunction with spiritual principles, work together to create optimum health.

Some of the classic books on this subject are Love, Medicine and Miracles, by Bernie Siegal, MD., Anatomy of An Illness by Norman Cousins, Healing Words by Larry Dossey, MD., and Cancer As a Turning Point by Lawrence LeShan, Ph.D. My powerful program, From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer applies these proven technologies to help stop and beat breast cancer.

Dear Dr. Miller

My mother died of breast cancer and my aunt has been diagnosed with breast cancer; how can the principles of PNI apply

to me so that I never have breast cancer? Also, I am recently divorced after 28 years of marriage; does divorce play a role in developing breast cancer?

-Janice, Petersburg, Indiana

Dear Janice,

I appreciate your asking this question because awareness itself, is a form of prevention. Stress, heredity, environmental hazards and toxins - in, on and near your body, have an influence on your immune system. So keeping your body, mind and spirit energized and optimistic, will influence your ability to stay healthy. You may want to have genetic testing done to determine whether you carry the hereditary gene that shows a predisposition to breast cancer. However, even if the gene is present, there is no need for alarm.

Simply follow the guidelines for preventing cancer, perhaps also choosing to increase your daily intake of some nutritional supplements shown to effectively treat cancer.

Divorce scores very high on the stress scale. So clearing any unresolved emotional issues related to this life-changing event and any underlying fears or concerns about cancer, along with maintaining a very healthy life-style, are effective means of applying psychoneuroimmunology to your life. And be sure to remember to do your monthly self-exams. Although not preventative, they give you the "upper hand" (excuse the pun) to detect any changes in your breasts. Early detection can eliminate the need for traditional treatments if tumors are found, and also make a cure more viable.

For more information on prevention techniques, you may want to participate in the free Teleclasses (Seminars by phone) offered by the Breast Cancer

Support Center, www.BreastCancerSupportCenter.org of which I am the founding director. Best wishes to you.

Dear Dr. Miller,

I was misdiagnosed by my doctor and my situation is now very grim. I am awaiting the results of my last medical tests to see if the cancer has spread to my bones. I take morphine daily to help with my pain. I was diagnosed in 1999. I received chemotherapy, but no surgery or radiation. Is it too late for Psychoneuroimmunology to apply to me?

-Sheryl, Colorado Springs, Colorado

Dear Sheryl,

I'm sorry to hear about your misdiagnosis. It's never too late to apply the principles of psychoneuroimmunology. Your body will respond to mind techniques such as guided imagery, visualizations for pain-free living, and EFT (Emotional Freedom Technique). Your spirit will respond to applying the Universal Laws to your life and you relationships, healing any unresolved conflicts, upsets or misunderstandings.

There are also numerous nutritional supplements with specific protocols which have been shown to aid pain relief and recovery. This is especially possible for you, since you haven't had the harsh effects of radiation in your body.

Listening to positive and humorous messages through books-on-tape, in music and on videos or DVDs, will also impact your body-mind in a very positive way. Emotions and moods directly effect immune system functioning. A sense of humor gives you the chance to perceive and appreciate the incongruities of life while providing moments of joy and

delight. These positive emotions can create neurochemical changes that will buffer the immunosuppressive effects of diseases and stress.

"The simple truth is that happy people generally don't get sick." Bernie Siegel, M.D. I know you'll continue to regain your strength and your health.

Dear Dr. Miller,

I am a six year breast cancer survivor. I was physically active before being diagnosed with breast cancer, and everything I read tells me that physical activity reduces the risk of breast cancer. I have also always been careful that I eat balanced meals every day. Since the diagnosis, I divorced my husband, moved to a new city, and am making a new relationship with someone that I am very interested in. He seems to fully accept me, scars and all, but I still worry that breast cancer may repeat itself. I would have never guessed to have breast cancer in the first place if it hadn't been for my shower BSE. How can I overcome this worry about breast cancer returning?

- Tonya, Springfield, Illinois

Dear Tonya,

First of all, thank you for mentioning Breast Self Exams (BSE). Cancers found early are usually very curable, and monthly self exams are often considered to be the best method of early detection. It sounds as if you are covering the basics of wellness with exercise, healthy eating, and supportive relationships.

It is so normal to have some worry about recurrence after experiencing breast cancer. There are many specific actions, including daily meditation or prayer time, which also support staying healthy.

(continued on p. 22)



Visit us on the web!
www.thefamilyrx.com

HOME MEDICAL SUPPLY 725-9222

Ozark 581-6310 Joplin 623-3800

Strafford 736-2698 Hollister 334-9006

Fair Grove 759-6300 Forsyth 546-8200

Sparta 634-2060 Willard 742-0029

Rogersville 753-2046 Republic 732-8070

Nixa Crimson Plaza 724-2601 Ozark Healthcare 581-6813

Home Medical Nixa 725-9222 Nixa Stone Crest 725-2624

Springfield 823-7878 Marshfield 859-5150

Branson West
272-8966

PHARMACY • GROCERY • PHOTO

anewdawninc.com (239) 985-7300'"/>

Taking supplements which are recommended to enhance immune system functioning is also important, as well as following particular nutritional plans, since eating "balanced meals" may not be the complete answer regarding prevention of recurrence.

For a good source of specific suggestions regarding food and supplements you can visit my website's learning pages, where several excellent resources are listed. You may want to participate in a free teleclass, "Preventing Breast Cancer and its Recurrence - Wisdom for Survivors and Thrivers. These are offered at no cost on a regular basis. To register, visit the Breast Cancer Support Center, www.BreastCancerSupportCenter.org.

You might also want to experience the power of EFT. (Emotional Freedom Technique) It's a simple process of tapping the acupuncture meridians to relieve your worries or anxieties about recurrence. A free downloadable PDF file showing the basics of EFT is available on my website.

Being in a healthy supportive relationship also is health enhancing. You didn't mention how long ago your divorce occurred but I feel it is important to mention that often people enter new relationships without healing the issues that created the difficulties or challenges in their previous relationships. When this happens, all the unresolved issues from the past, are brought along into the new relationship, often sabotaging the possibility of happiness and ease. So I highly recommend coaching or workshops and seminars, to clear up the past, before entering a new relationship. Feel free to contact me for a complimentary relationship coaching session.

Taking positive actions, releasing energy depleting emotions, and surrounding yourself with positive people and situations, will help you avoid recurrence.

Dear Dr. Miller,

Three years ago I was diagnosed with breast cancer at the age of 30. I attend a support group in my area. I am so scared that my bout with breast cancer is not over. I know I am lucky to have survived three years, but why isn't chemotherapy, radiation, and surgery enough for this to

be over? I am tired of hearing how aggressive my type of breast cancer is. I want to live to be ninety years old. I am scared, but I am also tired of always worrying about this, it is like I can't go through any day without it always worrying me. My son is four years old, and I want to live to see my grandchildren. I go to every scheduled doctor's appointment, I have learned how to do breast self examinations, and even though I will take the prescriptions my doctors recommend, I do not want to be on drugs the rest of my life. In fact, I just don't feel well, and I don't know if it is the cancer or the drugs. How can you help me?

-Lori, Olathe, Kansas

Dear Lori,

It isn't easy to have a young child and to be hearing that your cancer is "aggressive". I support you in showing everyone how aggressive you can be about creating wellness for yourself! Taking traditional medical advice often means including drugs in your recovery regimen. This may cause discomfort.

So an action you'll want to consider, is discussing nutritional support and dietary changes with your doctor. If your doctor isn't "up" on these, perhaps you can consult with a medical practitioner who understands the role of complementary medicine in healing breast cancer. Or a cancer nutrition expert can give you suggestions regarding diet and supplements.

If you decide to use complementary treatment options, acupuncture is one that has elevated nausea and discomfort for many women during and after chemo. Other forms of bodywork are also helpful.

You mention attending a support group. This is helpful - if you leave there feeling more alive and energized. If hearing other people's stories depletes you, then you may want to consider getting a different kind of support.

There are also numerous chat rooms online in which you can participate to receive support.

It is normal to worry, and as you know too much of that is unhealthy.

Utilizing the services of a qualified therapist or cancer recovery coach, will help you to alleviate the worry and confusion

and give you the ongoing support you need to be worry-free and healthy.

I understand how strongly the medical profession believes that drugs are the answer. Being on drugs is a choice. You can continue to read and gain knowledge of the "gold-standards" in alternative treatments. At some point, you may want to consider choosing using non-pharmaceutical treatments. There are two excellent e-books which address this issue and have links to all the resources they list. You can access them from my website.

You can be more aggressive than the cancer! You can create the healthy long life you desire.

Dear Dr. Miller,

I was just diagnosed with breast cancer in November and had a mastectomy January 10. I am still in shock at the statistics of this disease and that this happened to me. There is no history of breast cancer in my family, so how could this have happened to me? I am scared at the statistics for me, my children, and my grandchildren. What can I do to help make a difference?

-Sharon, Tulsa, Oklahoma

Dear Sharon,

Statistics, although powerful media information, are not very useful when you consider an individual, their lifestyle, exposure to toxins (both internally and externally) and their attitude and emotional intelligence.

Think about this. If the statistics say 90% of all women will get a new car in their lifetime, and you decide you are not going to get a new car and you take appropriate action, then what difference does it make that 90% are going to get one! The mind is trained to worry and fear. This analogy may help you to ease the mind a bit.

But if you can feel the sensations associated with worry in your body, then you will want to release them so that you are not affecting your immune system function with this additional stressor. Phone coaching, psychotherapy, bodywork, and many other complementary tools are available to help you. Some useful types of bodywork include acupuncture, Reiki,

Healing Touch, Rosenbody and massage. There are so many types of massage, it may be useful to "interview" the therapist before making an appointment to determine if what is being offered in the particular form of massage, sounds like it would benefit you. Basically the goal is to remove the energy blockages from your body. EFT, Emotional Freedom Technique, is great for this because as you tap on your own acupressure meridians, you are releasing the blockages from your body. And it is available by phone so you don't have to travel anywhere.

Some cancers have inexplicable causes. Even if you follow the guidelines I teach for prevention, you are still exposed to toxins in the air from exhaust fumes and other environmental influences that you might not be aware of. And some cancers appear without a verifiable explanation. However we do know that stress is a major contributing factor, as it was in my case 14 years ago. Decrease stress by becoming emotionally intelligent and finding suitable ways to release the stress. Enhanced communication skills, physical activity, getting sufficient deep sleep and taking responsibility for your life choices, all help.

There's a lot you can do to avoid becoming another statistic. Eat healthy organic foods, exercise regularly, avoid toxins, check for heavy metals in your blood or do cleanses if toxins are present, use cosmetic and body products that contain only organic natural ingredients, avoid unhealthy fats and synthetic hormones, increase flax oil intake and other nutritional support products, stay away from electromagnetic frequencies such as those from overhead power lines, transmitters, cell phones (use a head set with a EMF control device) and alarm clocks near the bed. These actions all help avoid recurrence. For more information on this topic, please check the schedule of free teleclasses available from the Breast Cancer Support Center. Access that information through the web.

To ask your questions of the Breast Cancer Recovery Coach, please email to: askthecoach@breastcancerwellness.org.

Information on this site is provided for educational and informational purposes only, and is not intended to be a substitute for medical consultation. Please consult an appropriate health care provider about the applicability of any treatment plans or suggestions, with respect to your own symptoms or conditions. Dr. Miller is not a medical doctor and makes no claims as such. ❧

Dr. Talia Miller is the founding director for the Breast Cancer Support Center. A certified hypnotherapist, holistic wellness coach, speaker and author, she has over 35 years of professional experience and is a long-term breast cancer survivor herself. She offers private retreats, and seminars by phone and in person, to teach prevention and recovery techniques.

Her phenomenal program, From Survivor to Thrive - The Breakthrough Program for Beating Breast CancerT helps women use the body-mind-spirit connection to heal from breast cancer and prevent breast cancer recurrence.

Dr. Miller may be contacted through her websites www.BreastCancerCoach.com, www.BreastCancerSupportCenter.org and www.StopBreastCancer-Recurrence.com or by email Director@BreastCancerSupportCenter.org to schedule a complimentary phone consultation.

She coaches survivors to become thrivers!



Sue Torbit,
Executive Director

What if you could *get paid...*
And have *more fun,*
flexibility and
freedom in your life?
With **BeutiControl®**
You Can!

Call today...417-724-9617

SPA/Relaxation • Color Analysis • Skin Care/Cosmetics • Image Makeover

BeutiControl®
www.beutipage.com/suesimagestudio
e-mail: suetorbit@yahoo.com



*Naturalwear flatters you
with feminine romance...*
Postmastectomy brassiers and breast
forms keep the romance in intimate apparel.

We Carry a Large Selection of Wigs at Great Prices!

Just For You
3914 E. 23rd, Suite 105, Joplin, MO • 417-621-0193

Over the West End of Joplin in Shopping Center • convenient parking
owned & operated by the Mrs. Ruth-Jul, Joplin, MO

Naturalwear
"come"



My Encounter with Breast Cancer: A Daughter's Perspective

Written by Laurie Bennett

My first true introduction with breast cancer was while I was wandering and lost at a local hospital. My mother was due for radical mastectomy surgery and I had driven my younger teenage brother to the hospital.

As we entered the hospital we could not find my mother, nor could we find my family. We decided we would stay in her room, thinking she would arrive back to the room after the surgery. No one knew we were there, and we could not locate our father. We were in fear. We stood looking out the hospital window in silence for hours. Finally, a nurse came in and instructed us to the surgery waiting room.

When I arrived, three floors down, my world began in spin in slow motion. Shortly after finding our family, the doctor sent us to a family room where he stated my mother's condition. I remember two things. Prognosis was not good, and my father's questions to the doctor. "What are my wife's chances for survival? What are the chances my daughter will get this?" My shoulders were just loaded with more weight that I could bear and I could not comprehend breast cancer.

Being a first-born and being her only daughter, I had appointed myself caretaker for my family as my mother was wheeled into her hospital room. I gasped at the ghostly white face, the thick ointment that covered her eyes, and the discoloring around her chin from the mouth tube. I was thankful she was not conscience as I did not want her to see my emotion. "Be strong, Laurie," is what I kept telling myself, but my heart was unable to bear how weak she appeared. I buried my fear and would not let anyone around her until after I began to clean her face. I remained with her, day and night, as much as my father would allow. My mother's hospital room had a bounty of beautiful fresh flowers. Her family, her co-workers and her friends overwhelmed her with support and love. On the last day of her stay, she advised me to take 3/4 of the flowers to other cancer patients at the hospital. "They need the love, I have

been given," she stated. So, with the help of a nurse, I delivered her flowers, her balloons and represented her the best way I knew. It gave me glimpse of hope that the woman of class, that I knew her to be, was not completely affected by the disease.

Because I was newly married with infant daughter at the time of my mother's illness, I would drive to her home and help her with her drainage tube, watch her cry when she looked in the mirror, watch her sleep, and screen all calls. These tasks were both detrimental and therapeutic for me. I did not share my heart, emotions, and questions with anyone, including my father, as I could see the bewilderment on his face. I would not burden anyone, as I watched them crumble with their own grief. I simply functioned, carried on with tasks and remained enveloped by caring for my family.

"Who does the daughter talk to? She believes she hurts her mother's heart when she talks with her mother. Her mother is dealing with enough already."

As caretaker, I immediately threw myself into serious volunteering for the American Cancer Society. I joined the local ACS chapter board of directors with one goal. Cure for Breast Cancer! This surprise attack, named cancer, was not going to happen to one more person. I was a very young woman with a one-track-mind mission. At 20, I was the youngest on the board, by thirty or more years. My all-or-nothing, first-born, type

A personality would leave me, exhausted and confused. However, after four years of intense serving, I learned that I could only raise money and possible awareness for the ACS. I would not find a cure. My mother, myself and my daughter still remained vulnerable.

I do not remember much from those two years of illness and treatment. There simply are not many memories for me. I can not tell you the month, nor the year my mother was diagnosed. I can not tell you the season of her chemotherapy treatments. I can not tell you the exact age of my first daughter during this time. I can not tell you if I was employed or not. I simply do not remember.

For many reasons, I have never opened my heart completely to the impact and intensity that I felt during my encounter with breast cancer. First of all, I know that my mother would be deeply hurt if she were to know that I was very alone during that time. It was not her job to be there for me and carry my burdens, and being the mother that she is, she would grieve to think that she let me down. She did not let me down; in fact, she brought me up, because she decided to live, after I know that she contemplated death and the planning of her funeral.

Second, I still acknowledge the impact of breast cancer in my family. I notice emotional pain still within my father when he speaks of her illness to a stranger, although thirteen years have passed. I see my brother face his fear that the disease can return. I listen to my aunt question me about her sister's health, when she will not dare to ask my mother. I often give the reply, "She is doing wonderful, thank you for asking," to various friends at the local market.

My mother will tell you she is thankful for the disease that changed her. She believes she can give hope to women that face the same situation. I watched her look beyond herself at the hospital room and give away her flowers to strangers. I am still watching her look beyond herself and give encouragement to strangers.

However if truth be told, I felt selfish talking about my emotions. I am sure many daughters feel the same. Who does the daughter talk to? She believes she hurts her mother's heart when she talks with her mother. Her mother is dealing with enough already. She knows her heart is safe with her father, but he has no answers, as he is your mother's husband and still has his own concerns and his own questions. Her husband is a great listener and her heart is safe with him, but he feels helpless.

She has friends, but she is the strong friend, and the person her friends come to, rather than the friend in need. Besides, her friends' mothers have never had breast cancer. Therefore, I am finding that, unless the daughter has sisters, she does not have anyone to talk to. The daughter is within....lost...hurt.... alone...wounded.

Healing for me began when I allowed the Lord Himself to go within to begin to heal my heart. I have since realized that women are going to be effected by breast cancer because.... we have breasts. This causes a fear and causes a peace. I remain in fear when I attempt to solve myself all problems of breast cancer. The fear of the real, intense, raw emotion of cancer causes me sometimes to want to hide in a shadow.

However, knowing that women are indeed affected by breast cancer, I can now see that I can indeed handle the raw, intense, real emotion. I choose not to be stuck in that dark shadow. I choose to walk through.

Daughters of breast cancer patients need to realize that they too need to allow their hearts and fears to heal. No matter how many years or days have passed since you watched your mother face her challenge, I want to encourage each to begin to move. When I learned how to move through the shadow of breast cancer and allowed God to heal as I surrendered my helplessness emotion, my fear, and my inability to fix it, he revealed Himself as the 'One that Understands'. Surrendering my heart and all my emotions and having courage to voice and acknowledge them

brought forth a healing that is real, effective and sustaining.

My prayer life became and remains a safe, no holding back, tell all, of emotional release. I found a place of peace, rest and assurance, at the altar of praise to my Messiah. My fears and tears were wiped away by her mother's Creator, as I thanked Him for my mother's life and placed her in his arms, rather than trying to carry her, myself, and my family everyday. The Good Book became my place of comfort and hope. I was understood, healed and provided answers to my many questions.

This was not a process that happened in one day, and yet it was. Day by day, I choose to allow God in my heart and work. Morning by morning, I surrounded my mind with verses and songs of healing and hope. I chose to vision my life victorious, where I had no vision before. I journaled all prayers, believing that God could indeed handle my mess of emotions, and writing provided clarity of mind. Allowing God in my heart and seeking Him brought me to a place of security, balance, and rest. I was weakened by breast cancer and he caused me to be strong once again. He lifted me.

I am healed from the confusion my heart and mind felt from the encounter I faced with breast cancer. I am no longer spinning three floors down; rather I am lifted with gratitude and hope. My breast cancer prayer journal is now full and stored away and my faith is renewed, restored and revived. 🏠

Laurie Bennett lives near Lebanon Missouri with her husband Brian and her three daughters, Lindsey, Brooke, and Faithe. She is a devout Christian and a certified aromatherapist. Laurie can be reached at blbennett@socket.net.



The Image Center
Hulston Cancer Center

The largest selection of mastectomy supplies and other necessities for those undergoing treatment.

Our caring, attentive staff will help you select the exact items that meet your individual needs. Stop in and look around, before or after surgery.

The Image Center
inside Hulston Cancer Center
3850 S. National Ave.
Springfield, MO 65807
417/269-5257 or
1-877-HULSTON

HULSTON CANCER CENTER
CoxHealth

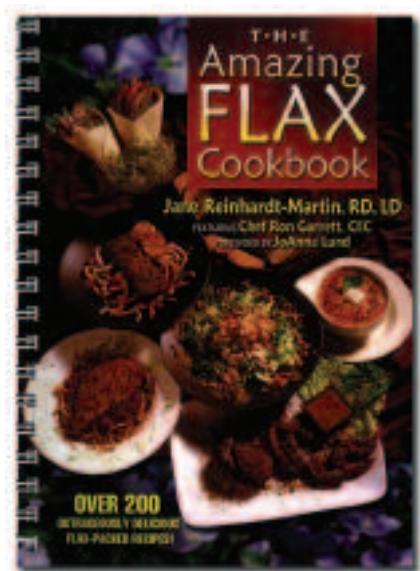


Ariel's Pottery Haus
By Fine European Treasures

Unique European gifts and decor.
Featuring Polish Pottery, Haba Toys,
Contemporary European crystal and jewelry.

101 E. Brick St. | Ozark, MO | 417-561-1700
just north of the historic Ozark square
www.arielspotteryhaus.com

Recipes to help boost the immune system



Many studies are being done to consider the value of flax in our diets for the fight against breast cancer. As a survivor in search of what I could do in addition to my medical regime, my quest continually came across flax as something to be added to a breast cancer patients diet. Thus I started another quest to learn what flax was, where it was grown, where to buy, how to use it, and what benefits I could expect from using it. It was from the experience itself of adding flax to my diet that I immediately started feeling stronger. I have not read that flax is the cure-all for breast cancer, but I have had favorable responses in my body by regularly using flax. However, it is absolutely recommended that each patient and sur-

vivor check with their nutritionist and physicians for their own dietary needs in their fight against breast cancer.

The book, "Flax Your Way to Better Health", by Jane Reinhardt-Martin, a Registered and Licensed Dietitian in Moline, Illinois (www.flaxrd.com), helped me understand what flax was, how to use it, some of its acclaimed benefits, and when and how to refrigerate flax. This understanding helped me enough so that I could easily and confidently add flax to my diet, and I now use it every day for more than just adding ground flaxseed to my oatmeal or my yogurt. I recommend both of these books as a great way to get started to adding flax to your diet every day.

The following recipes are from Jane Reinhardt-Martin's book, "The Amazing FLAX Cookbook". I have personally enjoyed the following recipes and have even explored my own derivatives of them. I hope you enjoy them too.

Sue's Applesauce Muffins

Preparation time: 15 minutes

Baking time: 15 - 20 minutes

Yield: 12 muffins

1/2 cup raisins
1/3 cup apple juice concentrate
2 ripe bananas, sliced
1/4 cup canola oil
1 teaspoon vanilla
1/2 cup unsweetened applesauce
1 whole egg
1 cup whole wheat flour
1/2 cup ground flaxseed
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 tablespoon cinnamon

1. Preheat oven to 400 F.
2. In small bowl, combine raisins and apple juice concentrate. Heat mixture in microwave for 1 - 1 1/2 minutes, or until raisins are soft.
3. In blender or food processor, mix bananas, oil, vanilla, and egg.
4. In large bowl, mix together flour, flax, baking powder, baking soda, salt, and cinnamon.
5. Pour liquid mixture and raisins in dry ingredients, and blend until moistened.
6. Coat muffin tin with non-stick spray.
7. Put batter in muffin tins. Bake for 15 - 20 minutes, or until brown.

Nutrition Information Per Muffin

Calories 162
Fat 8 g
Fiber 4 g
Carbohydrates 22 g
Omega-3 Fats 1726 mg
Calcium 43 mg
Protein 4 g
Cholesterol 18 mg
Sodium 132 mg

Stuffed Pita

Preparation time: 35 minutes

Yield: 4 servings

4 ounces herbed feta cheese, crumbled
6 ounces chick peas, drained
4 ounces low calorie Italian dressing
2 tablespoons flax oil
1 teaspoon fresh lemon oil
2 tablespoons toasted flaxseed
1 whole tomato, diced
1/2 cup cucumber, peeled,
seeds removed, diced
1/4 cup red onion, diced
2 pocket pita, whole wheat
4 romaine lettuce leaves

Nutrition Information

Calories 323
Fat 18 m
Fiber 8 g
Carbohydrates 31 g
Omega-3 Fats 5383 mg
Calcium 187 mg
Protein 12 g
Cholesterol 25 mg
Sodium 672 mg

1. Combine all ingredients, except pita and lettuce, in bowl. Let marinate covered for 30 minutes in refrigerator.
2. Cut pita bread in half. Place lettuce inside pita bread and 1/4 filling.

Mike's Basic Fruit and Veggie Smoothie

Yield: 2 cups

For those of you who are new to veggie-based smoothies, you may find it best to start out with just one carrot in the mixture. The flavor can be intense!

2 oranges
2 apples
1 to 2 carrots
2 tablespoons ground flaxseed

Nutrition Information

Calories 402
Fat 8 g
Fiber 19 g
Carbohydrates 84 g
Omega-3 Fats 3876 mg
Calcium 202 mg
Protein 7 g
Cholesterol 0 mg
Sodium 16 mg

Use your juicing machine to liquify the fruits and veggies for your base, then add the flaxseed and you're ready to roll! This makes a great base, to which you can add all sorts of extras!

(continued on p. 28)

Flax Seed
Breast Cancer

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

www.goldenflax.com

Nature's Gem Premium Omega3
Golden Flax Seed Starter Kit

100% Whole Flax Seed Basic Starter Kit with KILIPS Flax Seed Grinder

\$49.95

Includes FREE SHIPPING!


NORTH AMERICAN
NUTRITION

North American Nutrition
PO Box 456
Warroad, MN 56763
800.387.5516

Taco Salad

1-1/2 cups shredded lettuce
2 tablespoons Roasted Tomato Vinaigrette dressing (shown below)
1/4 cup fat free refried beans
2 ounces Mexican Flax Meat (shown below)
1/ cup salsa
1/4 cup diced tomatoes
2 tablespoons green onion, chopped
1/4 cup tortilla chips
sour cream, optional

1. Place lettuce on large plate or bowl and toss with dressing.
2. Top with beans and meat.
3. Garnish with salsa, tomatoes, and onion.
4. Place chips around the outside of bowl or plate, and serve.

Nutrition Information

Calories 497
Fat 23 g
Fiber 17 g
Carbohydrates 56 g
Omega-3 Fats 4716 mg
Calcium 154 mg
Protein 23 g
Cholesterol 47 mg
Sodium 796 mg

Roast Tomato Vinaigrette

Preparation time: 60 minutes Yield: 9 tablespoons

2 tablespoons balsamic vinegar
salt, to taste
1/8 teaspoon black pepper
1/4 cup roasted tomatoes
3 tablespoons flax oil
3 tablespoons extra virgin olive oil

1. Preheat oven to 350 F.
2. Slice 2 plum or Roma tomatoes 1/4 inch thick, lay on baking sheet, season with salt and pepper, and bake tomatoes approximately 60 minutes, or till dry.
3. Let tomatoes cool before chopping.
4. Mix vinegar and chopped tomato in small bowl.
5. Slowly add flax and olive oil, mix with wire whisk, and serve.

Nutrition Information Per tbs

Calories 84
Fat 9 g
Fiber 0 g
Carbohydrates 1 g
Omega-3 Fats 2694 mg
Calcium 1 mg
Protein 0 g
Cholesterol 0 mg
Sodium 1 mg

Julie's Breakfast Smoothie

Yield: 3 cups

1-1/4 cups skim milk
1 frozen banana, sliced
1 cup fresh or frozen strawberries
1/2 cup yogurt (use your favorite flavor)
2 tablespoons ground flaxseed

Nutrition Information

Calories 399
Fat 10 g
Fiber 11 g
Carbohydrates 59 g
Omega-3 Fats 3969 mg
Calcium 668 mg
Protein 22 g
Cholesterol 14 mg
Sodium 254 mg

Both of Jane Reinhardt-Martin's books can be purchased by linking through www.breastcancerwellness.org website. By mentioning that you receive the Breast Cancer Wellness Magazine, all shipping and handling costs are waived. If you would like to share your healthy recipes for the Breast Cancer Wellness Cookbook, which will include recipes of all kinds in addition to flax, please send to healthyrecipes@breastcancerwellness.org. Your recipe might be selected to appear in future issues of The Breast Cancer Wellness Magazine; breast cancer patients and survivors will appreciate your contribution.



CARING FOR THE CAREGIVER

Written by Ann Leach

Being told you have cancer changes your life in a matter of seconds. It also changes the lives of the ones who love and care for you. I know. My mother was diagnosed with cancer in 1984 and died in 1987. Her diagnosis set us both on a journey to unknown land.

My mother was a patient active; she actively sought out information and made lists of questions for her doctors.

I did my best to support her on the journey and like Don Quixote with Sancho by his side; we fought the windmills of chemo, radiation, lost appetite and nausea.

While I was more than willing to become the primary caregiver for her, I found it frustrating that I didn't know more about what to do to help her. I read books and did Internet research, and became tired. Very tired. No one ever mentioned a support group for me, questioned me on my feelings or suggested I might want to give myself a break from the endless rounds of doctor appointments, home health nursing visits and numerous (and well meaning) phone calls from friends and family.

In retrospect I see now what I didn't see then. It is important for the caregiver to get support for the emotional roller coaster ride of cancer, not just for your own sake, but for the patient's. Indeed, my mother begged me to get more rest and to take care of my health. "If you get run down and sick then you can't be around me and I need to have you here for help with copying insurance forms, dusting the furniture, running to the drug store, answering the phone, etc., etc., etc.," she would say. I am sure you know what she meant. Yet, are you taking care of yourself?

As we meet in future issues of this newsletter I will share some tips for coping that helped me. We'll look at the emotions of caring and I will do my best to assure you that you need not feel guilty for leaving her to go to a movie, get a cup of coffee or pick up a magazine. I'll remind you that your life counts too and that she still wants you to live it and we'll find the small steps to make that happen with grace.

For now, begin with 5 minutes of quiet. Get up, go to the bathroom and close the door if you need to or perhaps find your way to the back of the coat closet. Go wherever you can find a quiet place for just five minutes of time alone. You might read three pages of a new book or simply sit with a warm washcloth to your forehead, whatever is relaxing and calming

for you, do it for just five minutes. And take a few deep breaths!

You have been given the gift of time with your loved one. With proper care of your needs and emotions, your time can be a blessing to you both. I support you in finding the balance between caring for her and caring for you. See you next issue! 🐝

Ann Leach is a life coach and writer. She is the founder and former director of the Cancer Support Network in Bloomington, Il. and has facilitated hundreds of support groups for cancer and AIDS patients. She currently resides in Joplin, Mo. where she works and volunteers as a facilitator for a depression support group. She can be reached by e-mail at annleach@ipa.net.



Healthy Gourmet Dining
Our Food is to Live For!

<ul style="list-style-type: none"> • Tea Room • Gift Shoppe • Ladies Luncheons • Princess Tea Parties • Special Events • Church groups welcomed 	<ul style="list-style-type: none"> • Live Bee Tours • Raw local honey • Allergy Relief Products • Fundraisers & Corporate Gifts • Gift Baskets While You Wait
---	--

2516 South Campbell, Springfield, MO
417-869-0233 • www.HoneyHeaven.com



In Book Stores
August, 2006

www.breastwishes.org



Moments-with-Mary

Written by Mary Johnson

Hello, I am Mary Johnson, a breast cancer survivor of twenty-six years. Although the years have come and gone, it seems like only yesterday I was facing a bleak and unwelcome journey in my life.



Losing a breast and hearing the word cancer changed my life forever. From that day on I became someone new. The person I was disappeared, the new woman I became I knew nothing about. The doctors explained that my cancer was in the advanced stage, 6-12 months might be pushing the time I had left. Knowing this, it was now time for me to read and learn all I could about breast cancer and the functions of the human body. This became my new beginning. Listed below are four steps I researched and intensely tried on myself, and it worked!

The first thing I did was to check my body's pH reading. Was I acid or alkaline? I learned why this was so important for me to know.

Then I found ways to improve my diet and discovered which foods could help repair my body.

The next step was to research vitamin supplements. I studied and became aware of the vitamins my body actually needed, how many to take, and what brands were best for me.

Last but not least I knew that the toxins in my body played a big role in my breast cancer. I learned how to remove these toxins from my body while making my immune system stronger and better.

Knowledge can be our wealth, it was mine. When asked I have shared my information with others throughout the years. I am not a doctor and don't pretend to be, but I know what helped me to get better and give me twenty-six more wonderful years with my family. I stay

very busy. Helping and lending a hand whenever possible to people who feel they can't go on or just need to talk about their illnesses.

I write monthly articles for a publication called Moments with Mary and a newsletter called, Make Today Count for those individuals who have life-threatening illnesses. I own and operate a small store that I started 19 years ago. We carry a little bit of everything; craft items, sewing and quilting supplies, vitamins, herbs, health books, greeting cards, breast forms and bras for mastectomy patients and special bras for ladies who have a hard time finding larger bra sizes. The name of the store is TMD OUTLET at 702 S. Monroe, Lebanon, MO. 65536

Working with cancer patients and their families is important. Helping the ladies pick up the pieces of their life after under going a mastectomy is hard at times, but since I too went through the same kind of surgery and faced many of the same problems I know where these ladies are coming from and where they soon will be headed. That is why I became ABC Board Certified. Fitting the ladies correctly with a good breast form and bras is important, but helping ladies feel whole again is rewarding and seeing them smile warms my heart. Each of them becomes a part of my life and I a part of theirs. Visit my web site at <http://www.moments-with-mary.com>. Look for more information on the four steps mentioned above in the upcoming issues of Moments with Mary, until then healthy blessings to all. 🌸

Your Journey To Wellness Begins Here

With

Liquidity™ International

Unprecedented Wellness Products

Organic & Aloe Vera Based
Foundational Nutrition, Skincare, Topical Wound Care,
Weight Management & Sports Therapy

For: ♦ Better Health
♦ More Energy
♦ Total Wellness

Call
1-417-883-0043

For More Information
or Contact One of
The Liquidity Associate
Partners Below

Start Now! With Our
Universal Wellness
Trio! Nourish,
Oxygenate And
Detoxify The Body.
It's Safe, Stimulant
And Laxative Free,
Simple And Effective.



Becky Bergmann
beckyb3k1@sbcglobal.net
liquidity.myvoffice.com/beckybergmann

Carol Chalfant
ccr1pley@aol.com
liquidity.myvoffice.com/ccchalfant

Karla Irvin
iwannabrch@yahoo.com
liquidity.myvoffice.com/optimumhealthlink

Laura Lacey
lauraf1@sbcglobal.net
liquidity.myvoffice.com/lauralacey

Carla Mitchell
luntynots4u@netzero.net
liquidity.myvoffice.com/carlamitchell

Karen Buckman
kbjuly13@yahoo.com
liquidity.myvoffice.com/healthenhancement

Dorothy Mitchell
d.mitchell9479@sbcglobal.net
liquidity.myvoffice.com/dorothymitchell

Cynthia Pearlman
health1st@getgoon.net
liquidity.myvoffice.com/cpearlman

Dr. Dee Telling
healthsourceinc@sbcglobal.net
liquidity.myvoffice.com/healthsource



LIQUIDITY
INTERNATIONAL

YOUR LIFE IS OUR BUSINESS

Natural Cellular Defense

Waiora's Natural Cellular Defense has been scientifically formulated to help support a healthy immune system, remove heavy metals and toxins, and balance your body's pH levels.

Key Health Benefits:

- Supports a healthy immune system.
- Helps remove heavy metals and toxins from the body.
- Helps balance pH levels in the body.
- 100 percent natural and non-toxic.
- Safe for long-term use (no side effects).

An Expert's Advice- "One of the greatest benefits of Natural Cellular Defense is its ability to rid your body of toxins—the same toxins the EPA, FDA and CDC have declared dangerous. Eliminating these toxins not only helps strengthen your systems and bolster your health, it can help save your life."

-Rick D. Blochemist, Fla.

Marie DeArmon

- **24 Years as a Cancer Survivor**
- **23 Years with a Natural Health Private Practice**
- **32 Years Nursing Background**



Marie DeArmon has been a nurse since 1974 and a Natural Health Practitioner since 1984. Marie is an Herbalist, Iridologist, Reflexologist, Nutrition Consultant, Biological Terrain Clinician, and Body Worker. Marie encourages you to Rediscover Your Youth™ with Natural Cellular Defense by Waiora.




Independent Distributor

(417) 753-8880

healthoptions@hughes.net

The Most Important Supplement You'll Ever Take!