



Breast Cancer Wellness

M A G A Z I N E

Empowering MIND • BODY • SPIRIT

Volume 1 Issue 2
Summer 2006

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and Cancer Wellness

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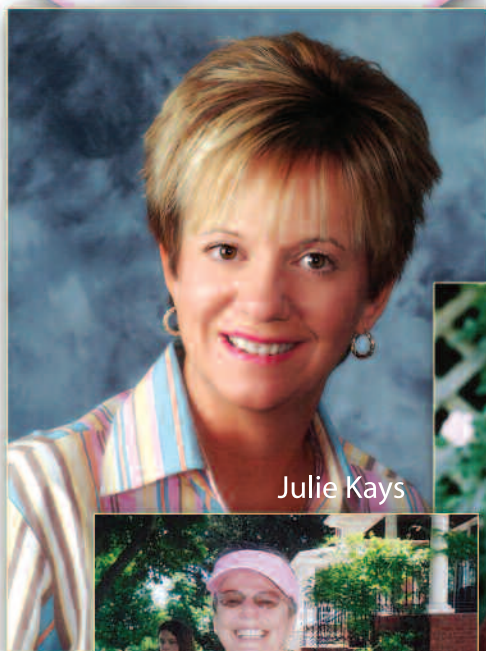
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Ask the Breast Cancer Recovery Coach

Healing Images for Your Body/Mind

The Importance of pH Balance

FREE



Julie Kays



Sandy Jost, PhD



Linda Perdew

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“With a single phone call, I learned to appreciate words like ordinary, mundane and routine.”

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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.



Dear Friends,

I thank each of you for the many compliments on the first issue of The Breast Cancer Wellness Magazine: Empowering MIND-BODY-SPIRIT. Your appreciation means so much as we bring you stories of inspiration, healing, hope, and wellness.

The Breast Cancer Wellness organization is a teaching and wellness ministry. It is a non-profit that is founded in the principles of helping women find meaning, strength, and choices in her healing experiences. It embraces and honors the many forms of healing including medicinal, complementary, and holistic.

We have been asked what the significance of the Breast Cancer Wellness logo is; the logo

of the dove and the ribbons represents the spirit of the dove as a messenger of hope, truth, and empowerment for a balanced and deeper healing experience.

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

Wellness Blessings,

Beverly Vote

P.S. There is an article about the benefits of flax seed for breast cancer on the website of www.goldenflax.com; check it out for your own discernment.



Show Me the Way Out

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

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.

www.breastcancerwellness.org



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!"

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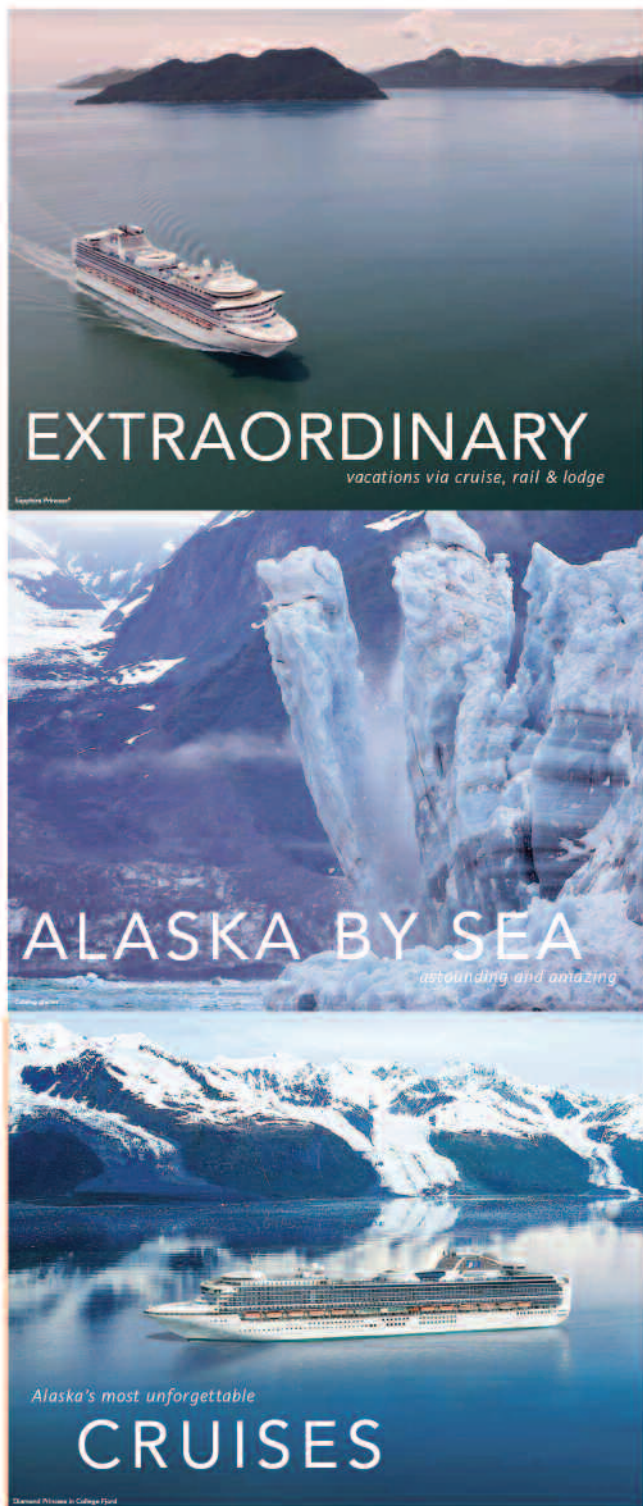
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Dear Breast Cancer Survivors,

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.

Great Southern Travel has been selected to take care of our sailing needs, and Shelly Williams and the staff of Great Southern Travel are ready to make this cruise an event you will long remember. We will be sailing on Princess Cruise Lines, *Golden Princess*. Princess Cruise Lines 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.

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Breast Cancer Wellness MAGAZINE

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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	

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BC	Balcony Stateroom	\$2,046.00*

*Taxes and fees are subject to change. Ocean View Stateroom may be obstructed view, ask about pricing.

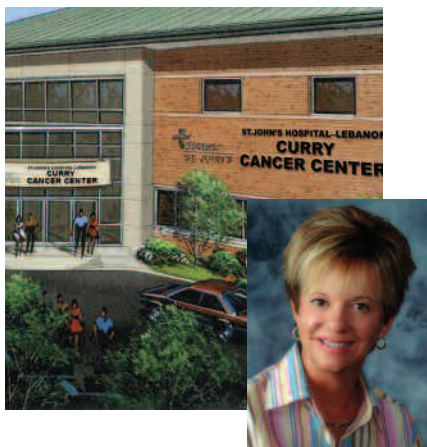
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Meet Julie Kays, Advocate for Community and Cancer Wellness

"Anyone who has beaten any kind of cancer needs to be out there and be an advocate and say "Look! I beat it. It can be beaten," says Julie Kays. "Having breast cancer IS a life changing event, but it doesn't have to be a totally negative event."

Julie is a two time cancer survivor. Julie had ovarian cancer at age 16 and breast cancer at age 32.

At the time that Julie and Greg Kays were scheduled to be on their Hawaiian honeymoon, Julie had to be scheduled for a double mastectomy. Instead of being on a honeymoon, they were learning how to manage Julie's drainage tubes as a result of her mastectomies. Even personal grooming was a challenge due to Julie's temporary double limitation of mobility from surgery. Instead of dreaming of what their future held together for them,

they were clinging to each other for what time they might have together.

At a time Julie should have been basking in the romance with her new husband on the Hawaiian islands, she was bonding with her new husband in ways that fiction romance novels would never understand, as what was occurring in Julie's life was reality, the difficult reality was that she was a newlywed having a double mastectomy at what should have been a peak time of her life.

Julie was being challenged by incredible odds, odds that weren't in her favor

because her mother, grandmother, great-grandmother and great-great grandmother have all died from female related cancers. Her own mother died of breast cancer over 30 years ago.

Yet, to meet this petite woman, you meet a very large presence and a woman that believes each of us can make a difference for living. She doesn't live in denial, but in a strong belief about herself, her family, her community, and God, and that each of us can find the strength to face the disease head on. When she hears of someone being down, she says to them

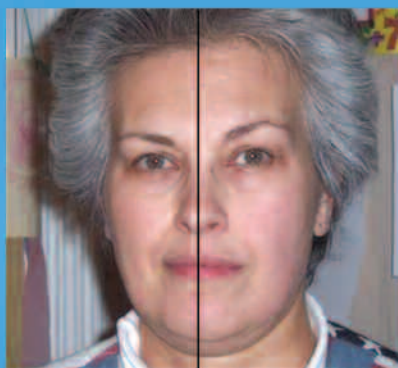
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"Listen, get it together. You can do this. If I can do it, anyone can. I just try to be really upbeat and positive for them."

You hear the strength in her voice as she acknowledges that after beating such tremendous odds in her fight against cancer, Julie will tell you that she believes she can do anything. She says cancer has taught her this.

Julie Kays believes in mammograms and credits her life today to having mammograms and self-exams. Julie says, "Women need to get over the fear of having a mammogram and get in there and get it done. A few moments of discomfort is worth saving your life." Julie feels her mother might not have died from breast cancer had mammograms and breast cancer awareness actions been more available for her.

Even though it has been over ten years since Julie underwent a double mastectomy, she still gets choked up as she discusses other women facing breast cancer. She believes that women do not have to die from this disease, but they can become empowered over their lives.

You can tell Julie still remembers every emotion from her experience over 10 years ago. She says survivors never forget the shock, the challenges, or the terror and that all breast cancer survivors are bonded by the experience, a type of sisterhood that needs no words, no formal membership, yet we each belong knowing we are here for each other, knowing that others CAN get through this, and not just survive, but thrive.

Julie wears the label "survivor" proudly. She just didn't fight the biggest battle of her life twice, but she learned she was a better person because of her fight. She learned how to be strong, and she learned what was important. Julie also wears the label "mom" most proudly. Her daughter Slone has been one of her greatest blessings. With so much deeply rooted history of cancer in her family, Julie felt she had no choice but to have her daughter tested for breast cancer genetics, which the testing resulted in Slone's favor.

Julie Kays is a leader and was a passionate driving force in bringing a new can-

cer center to the community of Lebanon, Missouri (which is located on I-44 and is less than 3 hours from St Louis and less than two hours from Branson). Lebanon's area population is under 15,000, yet this little town has a new hospital and soon will have the new Curry Cancer Center. Julie's understanding of the need for quality cancer services for her community was deeply felt; she helped others see the serious need that exists to fight the country's second leading killer. Through generous donations from many caring individuals as well as the deep generosity of the local Curry family, the Lebanon community will soon be well on its way for cancer health. All communities should be so fortunate to have a cancer wellness advocate such as Julie Kays. Not only does Julie make a difference for living, she teaches each of us how to make a difference and that we can do anything, both as an individual and as a community.

Julie can be contacted at juliekays@earthlink.net.

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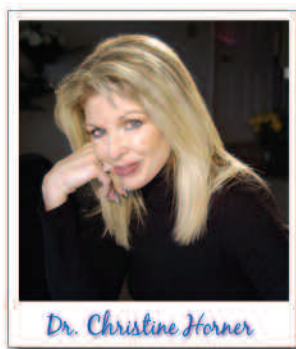
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Natural Protection With Herbs And Spices

By Christine Horner, MD



Certain herbs and spices not only taste good, but are actually powerful medicines that help to protect and promote health. For example, when it comes to warding off and fighting breast cancer, there are two plants with so many healing properties, they stand above the rest: green tea and turmeric. Thousands of studies have been done on these two extraordinary plants revealing their many ingenious ways of keeping us healthy.

The #1 Anti-Cancer Beverage

Research shows green tea is very effective in hampering the growth of at least 11 different types of cancer: cancers of the esophagus, stomach, colon, bladder, prostate, skin, ovaries, and breast. It also reduces the risk of leukemia, non-Hodgkin's lymphoma, and lung cancer in smokers. That's why green tea is considered the number one anti-cancer beverage. You may think the impact of drinking a few cups of tea each day on lowering the risk of these cancers is small. It's not. Cancers of the digestive tract are as much as 68 percent lower in tea drinkers.

Part of the reason why green tea reduces the risk of so many cancers, is because it contains an exceptional blend of powerful anti-inflammatories and antioxidants. It also holds within it, the remarkable ability to amplify the power of enzymes in our liver that detoxify toxins and

carcinogens. Researchers believe most of the health benefits of tea come from substances in it called "polyphenols." There are 3 polyphenols that are considered most important: gallic acid (GC), epigallocatechin (EGC), and epigallocatechin gallate (ECGC). Of the three, ECGC is the most potent.

Lowering the Risk of Breast Cancer

Japanese researchers found that women who drink green tea have a lower risk of breast cancer, and women with breast cancer, live much longer than women who don't drink this miraculous health tonic. For instance, women with stage 1 or 2 breast cancer, who were green tea drinkers before they were diagnosed, were found to have a much better prognosis. A 1998 study found drinking green tea lowers the risk of breast tumors metastasizing, and stops them from recurring, or coming back, after

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they have been treated. Several studies show the polyphenol in green tea, ECGC, inhibits the growth of breast cancer, and decreases the incidence of the cancer metastasizing to the lungs. A Japanese study of rats with mammary tumors found that 93.8% of the rats given green tea survived, compared to only 33% of the rats who weren't given green tea. The rats that were given green tea also had smaller tumors than the other rats.

Scientists have mapped out 7 different ways that green tea combats breast cancer. This stellar brew increases the number of protein binders in the blood so that less estrogen is available to attach to receptors in the breast. It also lowers estradiol levels, and increases the number of estrogen and progesterone sensitive receptors in breast cancers found in post-menopausal women. This is important, because tumors with receptors sensitive to these hormones respond better to treatment and have a better prognosis. This extraordinary elixir also helps to block the growth of new blood vessels into the tumor — a quality that is technically referred to as “anti-angiogenic.”

If you are on chemotherapy, green tea is able to enhance the effectiveness of your chemotherapy while at the same time protecting against many of its dangerous side effects. Japanese researchers, Sugiyama and Saduka, published several studies between 1998 and 2003, showing that green tea and some of the individual components in green tea, increase the concentration of chemotherapeutic agents like doxorubicin and Adriamycin in tumors 2.1 -2.9 times, while decreasing their levels in normal tissue. The results are that when green tea is consumed while taking these chemotherapy drugs, tumors have been found to shrink more than they usual do when these pharmaceutical chemicals are given alone. In addition, the organs that are commonly damaged by these anti-cancer drugs, like the heart and liver, are protected from

injury by drinking this dynamic green decoction.

Making Green Tea

Green tea comes from the tea plant, or *Camellia sinensis* of the family Theaceae. It is processed by steaming the leaves at high temperatures. When the leaves are prepared in this way, the important health-promoting substances in the tea, called polyphenols, are preserved. Remember, polyphenols are thought to be responsible for most of green tea's health benefits. Some of these polyphenols are destroyed during the processing of black tea. This is the most probable reason why green tea has been found to have more potent medicinal properties than black tea.

To create the best tasting and highest medicinal quality cup of tea, it is recommended to steep your tea bag or loose tea in hot water for about 3-5 minutes.

How Much to Drink

For the maximum protection, it's recommended to drink 8-10 cups of green tea a day. If you were wondering, green tea does have some caffeine. But there are substances in the tea that seem to modify the effects of the caffeine. Most people don't experience the side effects of caffeine when drinking green tea. The caffeine also appears to be an important component in enhancing green tea's anti-tumor effects. If you don't think you can drink this much green tea each day, you can take a green tea supplement. Two 250 mg tablets a day are recommended.

Turmeric

Turmeric is so powerful at protecting against and fighting cancer — scientists consider it the number one anti-cancer herb. Over 1300 published studies have documented the many amazing and diverse healing properties of turmeric including the ability to significantly reduce your risk of breast cancer as well as many other types of cancer. Research shows it has good effect against at least 8 different cancers: cancer of the lung, mouth, colon, liver,

(continues on page 12.)

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kidney, skin (melanoma), breast and leukemia. **There are 5 general properties of turmeric that make it such a good cancer fighter.** First, turmeric breaks down toxins in the liver and prevents carcinogens from forming. Second, turmeric is a powerful anti-inflammatory. This is an important anti-cancer defense because inflammation plays a key role in the formation and progression of many cancers. Third, turmeric is a powerful antioxidant – 300 times more potent than vitamin E. Antioxidants protect against cancer by destroying cancer-causing oxygen free radicals. Forth, turmeric stimulates the immune system. A healthy active immune system is essential for fighting off most diseases and illness including cancer. Fifth, turmeric helps to emulsify fat and promote weight loss. Obesity increases the risk of many types of cancer including breast cancer.

If you have cancer and need to take chemotherapy, turmeric can be extremely beneficial too because it can help to enhance the effectiveness of chemotherapy against your tumor while protecting your organs from its damaging effects.

Turmeric and Breast Cancer

Turmeric has several ways it specifically

helps to prevent and fight breast cancer. **First**, it can block breast cancer-causing toxins. For example, DDT and chloradane mimic the estrogen molecule in our body (Too much estrogen has been found to be the primary cause of breast cancer. Estrogen attaches to estrogen receptors on the breast cells and causes them to start dividing. The faster cells divide, the higher the risk of breast cancer. Breast cancer is cell division out of control.) That means these pesticides act like estrogen in our body with one big difference: they act much more powerfully than natural estrogen. When these chemicals attach to the estrogen receptor, they cause breast cells to divide much more rapidly than natural estrogen does. Turmeric can decrease the estrogenic effect of these pesticides and help to block them from attaching the estrogen receptors in the breast.

Second, turmeric “down regulates” the estrogen receptor. That means when the estrogen receptor is “turned on” by estrogen, the response will not be as great and breast cells won’t divide as rapidly as the normally would. **Third**, turmeric inhibits or blocks an enzyme called COX-2 that has been found to play a key role in the initiation and progression of breast cancer. The COX-2 enzyme is responsible for a

long list of dangerous effects. It stimulates tumor cells to divide, prevents tumor cell death, stimulates the growth of new blood vessels into the tumor, makes the tumor better at invading the surrounding tissues, blocks important tumor suppressing effects of the immune system, increases the risk of metastasis or spread of the tumor to other areas of the body, and increases the production of a molecules that can cause mutations in our genes that will lead to cancer. Turmeric is able to block all of these effects.

How to Take Turmeric

Turmeric is prepared by soaking and then drying the root. The root is then ground into a powder. Powdered turmeric can be found in the spice section of most grocery stores. It is also a key ingredient in most curry powders and some Ayurvedic “churna’s” or standard mixtures of healing spices used for cooking. Remember to buy “organically grown” turmeric to avoid any harmful chemicals and pesticides. Add about 1/4th teaspoon to vegetables, soups, grains or other dishes near the end of cooking. Turmeric should be cooked but not over-cooked. You can also take turmeric as a supplement. One thousand milligrams a day is the recommended dose. -

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.



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Survivors Week 2006 is a new component of the "Cook for the Cure®, Presented by KitchenAid" program, which has raised over \$3 million for the fight against breast cancer since 2001.

Created to give those with a passion for cooking a way to support the fight against breast cancer, Cook for the Cure decided to organize a fundraising event that actually celebrates the lives of survivors, rather than focusing on death and the disease. With the help of Komen Affiliate events held nationwide, we raised over \$23,000 by auctioning off 10 spots for breast cancer survivors to join us in Tuscany April 9 - 15 for a week-long celebration of life and food at Toscana Saporita Cooking School.

For most of the 10 survivors, a week at a cooking school in Tuscany is an item that has long been on their "life list." United by their passion for cooking and fierce determination to overcome adversity, these women counted down the days to their departure.

Here is a little bit about some of them:

Barbie Eisenberg, a 3-year survivor who is 59 years old, enjoyed being "in the company of nine other women who are sisters by breast cancer."

Gary Sibigroth, husband of 62-year-old Darlene, is one of the husbands and co-survivors who came on the trip. Twenty-three years after Darlene's first diagnosis, Gary shared his thoughts with Darlene and other Komen supporters at an event: "I have never told anyone, until now, how scared I was at the time, yet I knew that I would have to be the best dad [my stepdaughters] ever had, and do whatever it takes to bond with them, and be there for them forever and always."

Pat Reed, a 10 year survivor who is 52 years of age felt "this trip was a great way bond a group of women who share common experiences, even though every story is different. It was a trip that we will all carry with us the rest of our lives."

Denise Osborn, an 8 year survivor who is 54 years old felt volunteering to help the cause was imperative after her recovery: "After battling breast cancer, my body was weak; but my soul was empowered. I realized how important it is to be healthy enough to give service to others."

To learn how you can be part of this family of fun and learning for the breast cancer cause, go to: www.cookforthe cure.com

Coming soon! Schedule of Wellness Empowering Workshops on the July 7-14, 2007 Alaska Breast Cancer Survivors Cruise www.breastcancerwellness.org.

Are you eating foods that pack a breast-cancer fighting whallop?

Find out more in our next issue from featured columnist Dr. Kim Dalzell, holistic oncology nutritionist, as she provides practical, therapeutic, whole-food nutrition advice for optimal healing.

To learn more about Dr. Dalzell, visit www.challengecancer.com.



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“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.

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



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Lynda Perdew Goes the Distance

Lynda Perdew knows heartache and some of the most difficult life challenges on their deepest levels; she has experienced the loss of two children and divorce. Her mother was a breast cancer survivor. Lynda herself is a three time cancer survivor.

(left) Lynda happily wears her medal for finishing last in the 2006 Mother's Day Walk for Breast Cancer.

She survived cervical cancer, lung cancer, and recently breast cancer. In addition Lynda had a serious accident which required major back surgery and both of her knees had to be replaced. Here is her compelling story:

When my doctor told me that I had breast cancer and that I had to have a double mastectomy, I took out my date book and I showed him my schedule. I told him, "Look Doc no where on my schedule does it say take time out for breast cancer, but it does say work at Disney World, The Happiest Place on Earth." He got a good chuckle out of that and told me that I was going to be okay and that he loved my outlook on life.

I have always had a wonderful group of supportive friends, I also have my internet friends that I met over ten years ago on the Oprah internet chat room. We have a reunion once a year. When Deb Randall from my Oprah chat group invited me to her support group's annual Mothers Day walk for breast cancer in Jefferson City, Missouri, I agreed. I had never participated in a walk or run for breast cancer, and I thought, sure why not. This was the first time I was able to meet Deb Randall in person after chatting with her for ten years on line. It is amazing how we reach people in the world, thousands of miles apart, yet only fingertips away, that make a difference in our lives. At 9:00 a.m. the day of the breast cancer walk/run, there were over 250 other breast cancer survivors, and their support friends and family including sons and daughters waiting to begin this annual event. Even though I had recently lost over 150 pounds, I had never participated in anything like this, but I knew I had to do this. So I walked along and boy does it give you time to reflect on your life.

I did a lot of thinking and I heard my mother's voice tell me like she had told me many times before "Lynda never start anything you can't finish". There were several people lined up the walkway to help show each of us where the next turn would be, and as I walked down the path I noticed I was not walking alone as my friends and my mother were walking this walk with me. No, they weren't there in body, but in spirit. As I continued this walk for breast cancer, several people told me they could call someone to pick me up if I was too tired to continue, but I couldn't do that as I had to finish. It took me one hour and nine minutes to finish. I didn't finish FIRST, or SECOND, or THIRD, but I did FINISH. I finished LAST, but I finished with tears in my eyes knowing this was something else that not that long ago I would not have been able to do. There are times in my life that I know I am the only one that can make a difference in my life, taking one step on a time, not even knowing where the next turn in the road is, but knowing there will be someone there to help me make that turn or to help me in the journey of healing. I know I am not alone. I know the way will be shown to me, and I know I can do this. For me, life is about going the distance in each of life's challenges. Perhaps I have had more challenges than others, perhaps not, but we each have roadblocks that we CAN overcome, yet I am learning that help is always there in walking the course of life.

When I was in the hospital facing lung cancer, my mother came to visit me. Not only was I facing a grave health condition, but my husband had just announced to me that he was divorcing me and leaving me for another woman. I told my mother I just wanted to die. I had survived the loss

of children, and cervical cancer, but I had always struggled with my health and at one time I was taking over 35 medications, and now something as serious as lung cancer and my husband wanting a divorce. Living was just too much for me. I had written to my mother to be taken off of life support. Her response to my 'last' request was "if you are looking for sympathy you can find it in the dictionary between s... and syphilis". Well, it seems maybe my mother knew me better than I knew myself. She told me I was going to get better and get out of the hospital and come live with her in the mountains. That new beginning, up in the mountains with her there for me was the medicine that I needed that the doctors couldn't give me. We bonded as mother and daughter as we had never done before. We had never been close until that time. She and I had become best friends, and then suddenly, a phone call changed my life once again, my best friend, my mother was taken by a massive heart attack at age 62.

Since the divorce and surviving lung cancer, my life has changed a great deal I have married a wonderful man, Don, my soul mate. We are both retired and enjoy traveling together. We enjoy the sunrise and the sunset and everything in between as we travel the country in our RV.

I know I have my own journey, my own experiences, and my own reflections upon my life. Even with the heart aches I have experienced, I am still going down the paths of life with both my spiritual and living friends by my side. Going the distance the best I can, one step at a time, one milestone at a time.

*Lynda can be reached at
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WARNING: Humor May Be Hazardous to Your Illness

By Christine Clifford Beckwith, CSP

The subject of humor and its healing powers has been written about, researched, analyzed, recommended and embraced since the beginning of time. With “alternative therapy” as the buzzword of the 90’s, I like to think of laughter as a “complimentary therapy” in conjunction with traditional and alternative medicines for the new millennium.

Yet I’m often asked, “Christine, I can’t think of a single thing that is humorous about my illness.” When someone makes that observation, I challenge them to close their eyes and think about: what is the number one thing that makes YOU laugh?

I hope that just thinking about laughter brings a smile to your face. There are all kinds of things that make me laugh: animals, children, jokes, memories, visual stimulation, even awkward situations. The year I was diagnosed with cancer, my husband and I decided to take a break from my treatments and the cold, Minnesota winter. We flew to Scottsdale, AZ where there was a professional golf tournament going on, “The Tradition” on the Senior PGA Tour. John and I bought tickets, and we were standing on the third tee, watching my three idols in golf tee off: it was Jack Nicklaus, Raymond Floyd, and Tom Weiskopf. A gust of wind came up and blew my hat (and my hair!) right off my head into the middle of the fairway. The gallery went silent, and my golf idols stared at me as my hair was in their flight path. I took a deep breath, slipped under the ropes, wandered into the middle of the course, and grabbing my hat and my hair, turned to the golfers. “Gentlemen,” I offered, “the wind is blowing left to right”.

They say the laughter could be heard all the way back to the clubhouse, and I realized that once again, laughter is the best medicine.

Webster defines laughter as “that which expresses amusement, mirth, contempt, fear by inarticulate, explosive sounds which result from the forcing of air from the lungs, usually accompanied by convulsive muscular movements, especially of the face.” If I didn’t know better, I’d say that’s what I used to look like when I was going through chemotherapy! Regardless, it sounds like a good, healthy workout to me!

Certainly laughter is not an emotion that most people think of when they try to define dealing with chronic illness. However, the process it takes to get through most treatments of chronic disease is a long process; usually a minimum of six months to often years. If you don’t find laughter in that amount of time, you will simply dry up.

Think about how you feel when you laugh... you feel pleasure; you feel release; you feel good; you feel satisfied; you feel happy; you feel healthy; you want to do it again!

The other day an elderly gentleman, completely bald from chemotherapy approached me and asked, “Christine, do you notice anything

different about me?” “No, I can’t say that I do”, after looking him over high and low. With that he replied, “I’ve parted my hair on the other side!”

Can you remember the first time you laughed after hearing really bad news? I recall thinking that I might never laugh again, so deep was the pain and shock of hearing those three little words... “You have cancer.”

My first response was to cry, for three days, without stopping. Then slowly, laughter crept its way back into my life, and I realized: I will laugh again. Sometimes the impossible just takes a little bit longer.

Have there ever been things in your life that you’ve always wanted to do, but for a variety of reasons, you just never get around to doing them? Then something like cancer comes into your life, and you decide, “I better start doing those things.” One of the things I had always wanted to do was take a hot-air balloon ride. So I loaded my family into the car, and off we drove at 5:30 a.m. for our “adventure”. We went up in a hot-air balloon, and it was a fabulous experience. I highly recommend it. When we landed, we were each given a “certificate of achievement,” along with a glass of champagne. *(continued)*

But what really tickled me was that on the bottom of the certificate there was something called "The Balloonist's Prayer". I'd like to share it with you:

The winds have welcomed you with softness.

The sun has blessed you with his warm hands.

*You have flown so well and so high
That God has joined you in your laughter
And set you gently back into the loving arms of Mother Earth.*

Take the time, make the time to do those things you've always wanted to do. After all, you deserve it. And oh, 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!™



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Ask the Breast Cancer Recovery Coach

Dr. Talia Miller coaches survivors to become thrivers! Part of her work includes teaching the principles of Psychoneuroimmunology (PNI), which includes the study of how the mind, body, and spirit are directly connected.

Dr. Miller,

How do prayer and meditation affect the principles of PNI?

David Vote, Lebanon, MO

Dear David,

Prayer and meditation are two powerful methods used to quiet the mind, relax the body and allow the inner wisdom, or Voice of God, to be heard. Since our bodies, minds and spirits are connected, not just within ourselves, but among all of us, prayer will influence the field of consciousness in which all thoughts are created. And this can affect healing and wellness.

If other people are thinking powerfully in the same way, all those thoughts attract to each other. What makes prayer work, is the feeling that is behind the thought.

PNI explains how our thoughts create our current situation, and if those thoughts are positive, the cells in the body respond with vibrancy and health. It's really about vibration. Every cell vibrating in harmony with the others.

Prayer sets us up to be in harmony with the Universe, with God, with each other. The body responds. It has to. Thoughts are real.

The caveat here is that you don't always receive what it is you have been praying for in the form or time frame you think you want. I personally believe and have consistently experienced, an order and intelligence to the Universe, and that is the prevailing power.

Meditation affects PNI in that the quieted mind is a stress-reduced mind.

We know that the body is far more likely to build its strong immune responses, if it is relaxed and relatively stress free. Meditation is one powerful method to help the immune system regain its strength so that the confused cancer cells can be easily overtaken by the healthy cells. More over, it relaxes you, so that you can glean the bigger picture such as the gift in the situation — the problem turned into an opportunity. When the mind is quiet, we can see/know from a broader perspective. This too, helps the healing process.

I appreciate the depth of this question and feel that you might benefit from reading some books which would delve into this mystery with greater detail.

Dr. Candace Pert, in her classic book, *Molecules of Emotion* discusses how our thoughts and feelings are mediated by the same brain chemicals that regulate our immune defenses. There are many articles about the power of prayer, and from reading them you will be able to derive your own conclusions.

In summary, through meditation and prayer, we can choose to create an environment for our minds that quiets our system, so that our bodies receive the health we desire.

Dr Miller,

After reading the Breast Cancer Wellness Magazine and your response to me in the first issue, I noticed how angry I felt about my mother dying from breast cancer many years ago. I felt there were things she could have done to improve her situation. I am not a breast cancer patient or survivor, but I wonder why I now feel anger

years later.

-Janice, Petersburg, IN

Dear Janice,

First of all I want to commend you for actually being aware that you are feeling anger. Noticing the feeling, sitting with it without trying to change it, often unveils lots of insightful information. That's an art in itself—staying with the feeling in its pure form without attaching a story or reason to it. What is important here, is that you create an opportunity for yourself to explore the anger more fully.

I have some thoughts about what may have triggered the anger, but unless we were to have a phone coaching session, it would be conjecture on my part.

Yet, to be complete in my response to you, I will suggest, and it is only a suggestion—that perhaps your anger rose up in response to your understanding your mother's cancer might have been either prevented or effectively dealt with using alternative and complementary methods. This might have prolonged or even saved her life.

Often there is a sense of helplessness as a daughter watches her mom suffer through the cancer experience. We can't control our loved ones decisions. I wonder whether you allowed yourself to experience anger when your mom was dealing with the breast cancer; when she was dying? Sometimes we have delayed reactions.

I really encourage you to go inside yourself for more specific answers. I would be happy to offer you, and each of our readers, the opportunity to schedule a complimentary phone

coaching session to uncover and clear the issues that stand in the way of your feeling joyful and free. Just contact me by email or phone.

Dr Miller,

Is there a process of applying my thoughts to help me heal? If so, what are they?

Mary J, Waynesville, MO

Dear Mary,

This is a wonderful question which each of our readers could benefit from. Since your mind influences your body, you'd do well to keep your thoughts positive and light. However that doesn't mean that you would deny thoughts or feelings that that are "negative". Thoughts and feelings move and change. Denying them causes them to gain energy and affects your body's ability to heal or to remain healthy.

The trick is to not let yourself get stuck having a thought over and over, thinking about the past, or worrying about the future. This is one way your thoughts help you heal, by choosing them wisely. The only place where your thoughts can make a difference, is right now, right here, in this moment. And this moment, And this moment. See what I mean? Every moment is fresh and you can only impact your health right now, not by regretting the past or worrying about the future. Positive thoughts, right now, create a different future. A healthy future.

How thoughts affect your healing is a huge topic. I teach 6 week classes on this concept and it is one of the 12

components of my powerful program, *From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer*.

Often you have to uncover the beliefs beneath the thoughts and expose them, reevaluate their usefulness, and transform them, to positively affect your health.

One process I frequently utilize is Emotional Freedom Technique, EFT. By tapping the acupressure meridians of the body, you can permanently release thoughts and beliefs that are smoldering beneath the surface, contributing to cancer. You can find out more about EFT, and even download a free 79 page manual, by visiting the Learning page of my website, www.BreastcancerCoach.com/learning.html.

Another process of using your thoughts to heal, involves "finding a better feeling place." You notice the thought that doesn't feel good. "I might die" for example, and begin to replace it with thoughts that feel better than it does. "I'm not a statistic, I'm me—a strong woman. I have effectively dealt with challenges before, and I can do it now, even if I don't yet know how. Many people have won this battle before me, there's no reason why I can't also win. I can get help and support from experts who understand the healing process. They can teach me what I need to know to beat this cancer", etc.

Any or all of these thoughts, or ones similar to them, help you heal. With practice you begin to automatically choose thoughts that support your well-being, your healing, and give our attention to them.

(continued on p. 22)



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(continued from p. 21)

Another technique involves visualizing. You learn how to think differently by teaching your mind new ideas, new thoughts. You imagine the sounds, smells, ideas, feelings, look and touch, etc. of the situation as you desire it to be, rather than think about how it is now. You create a better now. Your body will follow your new positive thoughts. Healing will prevail.

My clients have joyfully experienced numerous processes like these, some hypnotherapeutic ones, which we create specifically to facilitate their desired outcomes.

At a minimum, just choosing any thought, about anything at all, that feels good to you, and substituting that for the fear (or what we call "negative" thought), will positively impact your health.

I wish you much success in learning how to apply some of these possibilities to

your own life. There are many more, too numerous to share in this column. Perhaps I'll write a feature article in a future issue.

Dr Miller,

I have had breast cancer since 1994 and it has now metastasized for the 6th time. I have always lost my hair going through chemo. This time I am doing the chemo differently. Instead on once every three weeks, I am going every week for three weeks and one week off. I just completed my 22nd chemo with Taxol and Carboplatin. My hair has thinned but I am not bald! My oncologist said that I should have lost my hair within 3 weeks. I am NOT complaining as I am thrilled not to have to wear a wig! Any answers other than I have just been lucky?

-Linda, Miami, Fl

Dear Linda,

What a great role model you are for other women to realize that hair loss is not always a result of chemo! Not knowing what complementary treatments such as nutritional supplementation, acupuncture, and other forms of bodywork you might be using, I really don't know the answer. Maybe you are a strong visualizer and have been practicing seeing your hair being beautiful throughout the months of treatments!

Once you have completed all the chemo, you may want to investigate less caustic forms of treatments using nutritionally based cancer fighting products, to end the cycles of metastasis.

Thanks for letting us know that hair loss can be avoided, even if it's a mystery as to why!-

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 Cancer 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.

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Healing Images for Your Body/Mind

by Sandy Jost, PhD

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

Science and medicine are advancing every day, but in the meantime, it is up to you to empower yourself with all the things you can do to help your body tap into its own innate wisdom that allows you to heal.

If you have not heard of “guided imagery” before, perhaps you have heard of “visualization,” or “meditation,” and of course “prayer.”

Although they all technically differ from one another, they do overlap in one very important respect: they all hold the ability to change “core beliefs” in ways that support the body and encourage healing to occur.

Even the word “healing” takes on different definitions from one interpretation to the next, but our ability to heal has more to do with being able to live each moment with gratefulness, no matter how many moments on the clock that happens to be!

So what do guided imagery and core beliefs have to do with healing?

Well, your body is constantly “listening” to your core beliefs. And although you may believe that this means you should think only “positive” thoughts, in actuality nothing can be farther from the truth!

Being optimistic and happy on the surface does nothing to help you deal with those inevitable fears that are being told to bury themselves even deeper within you, where they continue to do their damage through the subconscious mind.

Since 90% of all thought is SUB-conscious, it is best to take seriously your ability to communicate with the body and mind at this deeper level, but do it

with a purpose! This is where guided imagery, meditation, or deep prayer can enter in.

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

Guided imagery is a way to bridge this gap, and communicate with your body in a way that goes deeper than your “conscious” thoughts (which usually can't help but focus on all those stressors in your life anyway).

I had a patient once tell me: “At the time when I felt my worst ... when I was tired beyond words and so sick from chemo that I didn't want to do a thing ... I could STILL listen to my imagery tapes ... I actually craved listening to that imagery ... for this was what enabled me to go deep inside, to the place where I still knew that I was healthy!”

If you always have thoughts and worries running through your mind, and you want to do something for your health but don't know quite what to do, then guided imagery is for you. With practice, you can reach the place where your body and mind are communicating with the immune system about what is “wrong” with the world, while using the language that also says: “Even though it feels like the biggest crisis in the world, there's also a way to stay connected to all that is ‘right.’”

Guided imagery is as easy as listening to a soothing voice while curling up in a

comfortable chair with a set of headphones. The words express deep stories for the body, using relaxing metaphors or symbols that help the bodymind to uncover creative solutions.

Some people “hear” their experience of imagery more than “see” anything. Some people don't see or hear much at all, yet “perceive” their imagery through all the other more subtle senses. But if you can close your eyes and somehow count just how many windows you have in your home, then you too can experience imagery in whatever way feels just right for you.

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

Your choice of imagery and metaphors can be anything you wish — from playful to serious — as long as they coincide with your values, and empower (and therefore strengthen) those healthier core beliefs!

So don't worry about how your immune system works. Your body knows exactly what to do with imagery — especially

when you choose images associated with positive emotions! Simply daydream about something you love to do, and imagine your immune cells “helping you” do it! If you like to play piano, envision more and more “white notes” filling up the room. If you like to swim, picture more and more bubbles lifting you higher and higher with their buoyancy.

Look around to see what metaphors seem to resonate with your life. One breast cancer patient found that she was noticing an unusual number of pictures of beautiful cats like lions, leopards and panthers. She even found a simple note card, which she then bought, that became a perfect reminder of the metaphor she wished to use. The note card held the picture of a confident woman riding on the back of a wild leopard!

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

Whether you envision your immune cells as wild animals, sharks, doves, or cute white bunny rabbits; just make sure that in comparison, the cancer cells of your imagery are easy to overcome, comparably “stupid,” and very “disorganized.” And no matter what, be sure that it is YOU who personally jumps into the midst of your imagery. For it is you who needs to fearlessly “lead the way!”

Draw your imagery in a notebook. It doesn't need to be complicated! It needs only to be emotionally soothing and supportive of the vision for what your body can do. Make the colors of your cancer cells dull, while the colors of your immune cells vivid and bright.

Find ways (such as the note card) to bring your imagery to life. Your work need not be worthy of framing, yet you should know without a doubt that imagery IS worthy of whatever time and energy you put into it!

You are already communicating with your body through imagery every moment,

and you already have an internal image of your cancer cells and your immune cells, whether you have given it much conscious thought or not! So rather than let your fears do the communicating ... take charge of your imagery! Tell your body what you want it to know: that you support it whole-heartedly, and you believe that it's wisdom is very worthwhile.

In fact, not only is the wisdom of your bodymind worthwhile ... but no matter what conventional medical treatment you choose, it is really only your bodymind's wisdom that knows how you can truly heal!

Dr. Sandy Jost holds a doctorate in psychology and master's in nutritional biochemistry, but she's known most for her down-to-earth and playful style of teaching, which provides the perfect background for furthering holistic health. Her first pleasure (besides her loving family, of course) is that she is the author of multiple books and CDs designed to help others add the power of their mind to various health issues, from cancer treatment to weight loss. Then in her “spare” time, she is an adjunct instructor of Washington University, board member of the St. Louis Cancer Foundation, and founder of Healing Images.™ Dr. Jost does all that she can as a researcher, teacher, and writer to further our understanding of the bodymind connection and what she simply calls “whole body listening.”

*Sandy Jost, Ph.D. Helping people to better understand their own minds!
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Dr. Jost would love to hear from you about whatever images and metaphors help you through treatment. There is no image too simple or complex, common or rare! Please send an email of your story to SandyJostPhD@charter.net. -

Too easy to be true? NO ... it's actually very powerful for you!

1. Think of just one “healing image” that resonates personally with you in an emotionally intense and positive way: perhaps an activity you LOVE to do, a place you LOVE to go to, or an event you'd still LOVE to experience! This image can evolve over time. But for now, just pick one for which you can enjoy the thought of immersing your mind.
2. Locate a spot in your home or somewhere outdoors that you find to be peaceful and comfortable (although not so comfortable that you easily fall asleep), and go there at a time when you can completely relax and not be disturbed.
3. Spend 5 minutes purging your mind of all disruptive thoughts, by writing down your anxieties, angers, worries, or fears on paper without censoring a thing, and then ripping it up completely when you're done!
4. Spend at least 10 to 20 minutes focusing on your chosen “healing image.” If your mind is too frazzled to focus, then listen to a guided imagery recording that gives your mind something to focus on. Just be sure that any image you use is emotionally soothing to you.
5. While you're focusing on this “healing image,” tune in to its details and amplify the emotions, taste, sounds, sights, and feel of it; and imagine exactly what it is like in reality (because your body will interpret this image as your reality)!
6. Then finally, take 5 to 10 minutes (or as much time as you like) to write, draw, or in any other preferred way express the imagery you just experienced. This will now take the “healing image” and further “cement” it into your bodymind to continue its magic.
7. Repeat this process as often as you can, but at the very least, do it once each day. Don't make it a chore. Make it a gift to your self. For it is as precious a gift as anything can be ... that gift of a “healing image.”-



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Jordan, Amelia and Tabitha Frahm, June 2006.

Children Might Not Understand Death but They Understand Love

By Amelia Frahm, 10 year breast cancer survivor

Hanging in my closet amidst the every day clothes I choose each morning, for what my teenage children refer to as our boring, routine existence, are a toddler sized ballerina costume and a pair of miniature sized cowboy boots. This is the costume my daughter wore the day I discovered my breast cancer.

It's been over a decade but in my memory it was only yesterday. I was sitting on the living room sofa, watching two chubby cheeked toddlers as they danced, laughed, argued, and competed for who would sit on Mommy's lap. My four year old daughter attired in black tulle and gray cowboy boots pushed her two year old brother aside and jumped her boots first on to my lap. By two, her brother was accustomed to getting out of her way, but I put one hand out to catch my daughter and the other hand on a breast to protect myself. I felt a lump in my breast.

With a single phone call I learned to appreciate words like ordinary, mundane, and routine.

While my peers were still deciding how many children to have, I was suddenly forced to consider what would happen to my family if I died of breast cancer. Not until then did I realize how truly blessed my life had been, or the enormous significance of having been brought up in a religious home inspired with a belief in God.

My faith gave me the courage to make some uncomfortable choices and what many back then viewed as non traditional decisions. Such as signing a Living Will which assured that my loved ones would not be put in a situation where they would have to make a life or death medical decision on my behalf, making certain everyone knew that if I died my organs were to be donated to whoever needed them and "gasp" planning my own funeral.

My non-traditional decisions barely raises eyebrows in today's reality TV world but twelve years ago, some of my choices were met with resistance, especially when my young children were involved.

Sure we can all laugh about it now, but had they not thought they were granting the last wishes of a dying woman, my family would have told me to shut up. Dying it appears is the last taboo, opinions are varied, heart felt and even volatile. I was but a scared young mother. So, what did I know?

When it came to my children I knew instinctively a higher power was guiding me so I followed my heart and trusted my mother's instinct. I can only describe that period as a spiritual high.

I did not fib to my children or anyone else I loved. I answered their questions as honestly as possible. Children might not understand death but they understand love. I couldn't promise not to die but I promised I'd love them forever. (And I will.)

I did not shield them from my illness. When well meaning adults hinted that perhaps my children shouldn't see me sick and offered to take them off my hands. I politely declined their offer and ignored the innuendo. My children didn't care how I looked and my heart told me that one day they'd appreciate being told, "Mommy loved you so much; she wanted you with her until the very end." Today my 16-year-old daughter obstinately agrees.

I did not tolerate adults who made my children feel embarrassed by my illness. It is my experience that the best gift any cancer patient can give her family is permission to talk about her cancer prognosis—honestly, openly, humorously, without apology and without WHISPERING.

I ascertained my children would grow up in a Christian home, know God, and learn to pray. One day when they needed it most their faith would give them strength to cope with the unthinkable just as it had their mother.

My young children might not remember their mother but through journals, photo albums, letters, videos and the people I entrusted them to assured me they would remember my love.

Contemplating my own death motivated me to get my affairs in order, say good bye to the people I loved, and consider the legacy I would leave behind. My faith gave me the courage necessary to do it.

God had other plans for me. I did not die but have survived and thrived in so many ways. I have been blessed to see for myself that none of the decisions I made back then negatively affected my children.

My chubby cheeked toddlers are now long-legged teenagers who grew in the night and awoke taller than their Mommy. Kind, respectful children who don't mind helping their mother promote or participate in yet another event designed to promote breast cancer awareness and somehow manage to see


these events as mundane, routine and ordinary. Every day I marvel at how beautiful and well adapted my children have turned out and of course I would love to take credit, but it wasn't just me, I'm not that wise. I simply trusted my instinct, followed my heart, and let a higher power be my guide.

Amelia Frahm lives with her husband Randy, their children, Tabitha and Jordan, a dog named Charleston Chew and a cat called Mocha in Apex, North Carolina.

She's the author of *Tickles Tabitha's Cancer-tankerous Mommy* a book she wrote for her own children. With candor and comic reality she writes about a family like your own family; not the family you think you ought to be— coping with cancer.

Contact Info: Amelia Frahm, Author, *Tickles Tabitha's Cancer-tankerous Mommy*, Publisher, Nutcracker Publishing Company, Speaker 2006 National Cancer Survivors Day Speakers Bureau, Apex, NC, <mailto:nutpubco@aol.com>, <http://www.nutcrackerpublishing.com/>, <http://cancer-tankerousmommy.blogspot.com/>.

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This website provides additional information on Living Wills, Durable Power of Attorney, and Advance Directives: <http://familydoctor.org>-

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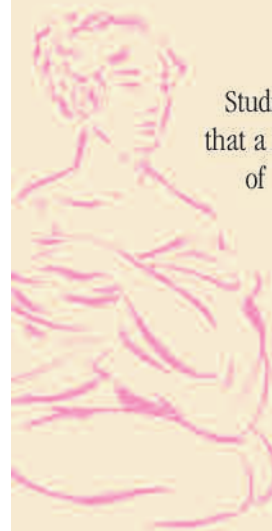
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Moments-with-Mary

The Importance of pH Balance

By Mary Johnson

During my bout with breast cancer years ago, I thought I was eating all the right foods but I was soon to learn that the combinations were wrong. While reading about the different things I could do to help myself, I discovered something important and that was how important our pH balance is.

I purchased some pH testing tape and tested myself daily for a week. I saw that my body was too acidic and I knew that getting my pH where it should be would balance my body and help to build up my immune system. That meant changing my diet to include eating more alkaline foods. The changes I made to my diet and the foods I added with more alkaline helped with my fatigue, bloating, belching, heartburn, insomnia, water retention, constipation and diarrhea. I learned that balanced pH is essential for good health. Here is a list of facts I found very interesting during my research.

1. The pH scale goes from 0 being acidic to 14 being alkaline. A good reading is 7.0 or 7.2.
2. Your body will try to compensate for acidic pH by using alkaline minerals. If the diet does not contain enough minerals to compensate, a build up of acids in the cells will occur.
3. An acidic balance will decrease the body's ability to absorb minerals and other nutrients, decrease its ability to detoxify heavy metals, which can make tumor cells thrive, and make it more susceptible to fatigue and illness. One of the best things I learned to help correct an overly

acid body was how to clean up my diet and my lifestyle.

4. To maintain health, the diet should consist of 60% alkaline forming foods and 40% acid forming foods. To restore health, the diet should consist of 80% alkaline forming foods and 20% acid forming foods. An acidic body is a sickness magnet. What you eat and drink impacts where your body's pH level falls. Balance is Key! Just because a food is acid, it is no indication that it remains acid in the body. It can turn alkaline.
5. Salt, Caffeine, Nicotine, Alcohol and Sugars put your body out of balance.
6. Do you remember hearing that acid rain can destroy a forest and alkaline wastes can pollute a lake; an imbalanced pH continuously corrodes all body tissue, slowly eating into our veins and arteries. An imbalanced pH interferes with all of life itself.
7. Long periods of imbalanced pH levels are not good for the body, nor are they well tolerated by the body. The control of pH is so important that the body has developed strict accounting procedures to monitor acid or alkaline balances in every cell. Body functions such as breathing, circulation, digestion, hormonal production, etc. serve the purpose of balancing pH, by removing or

destroying the metabolized acid residues from the body tissues without damaging living cells. If your pH goes too far to the acid or to the alkaline side, cells become poisoned by their own toxic waste and die.

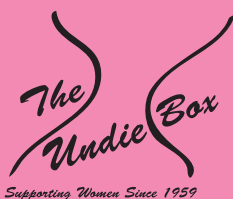
8. Here are a few extremely alkaline foods I have added to my diet: Lemons, watermelons, cantaloupes, cayenne peppers, grapes, kiwis, raisins, pineapples, mangos, dates, apples, carrots, celery, garlic, herbs, most vegetables, and teas without caffeine. My family and I try everyday to drink fresh lemon water with our meals. If you get the chance read the book, "How to Get Well" by Paavo Airola. You will be greatly surprised what you will learn. Until next time, remember to eat healthy; it will change the way you live and feel. For more information, visit our website at www.moments-with-mary.com.

Notice: This information is meant to be used in conjunction with the guidelines of your health care professional or physician. I am not a doctor.

The information in this article is only to share with you what helped my family and me. The material in this article is for educational purposes only.

A balanced pH has been a blessing for my family and me. www.moments-with-mary.com -

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Caring for the Caregiver

By Ann Leach

When's the last time you went to a movie? Stopped by the gym or gave yourself permission to take an evening walk with the kids? Oh, you have done those things? Great! Now, have you done them with a clear mind and without worrying about your loved one with cancer?

It was 19 years ago that I was in your shoes. Well-meaning friends would say, "Take a break! I will sit with your Mom while you get out for a little while." It sounded so tempting and good! I would allow them to help and run to the store or attempt to have lunch with friends. It was a luxury but I was miserable!

The entire time I was away from my caregiver role, my mind was racing. "What if something happens? What if she really needs something but doesn't want to burden a friend and she's just waiting for me to get home?" I would think over and over and over. So much so, that I realized you are never really away from that caregiver role and that I needed to find another way to cope.

A friend recognized that I could use some help in the 'letting go' department and invited me to join her for an evening meditation class at her church. I was skeptical. Did this mean that I would be so relaxed that I would be out of control and that someone could simply suggest to me that I do or say something I would not be aware of? I was too vulnerable and knew I didn't want that to happen. "No," she said. "Meditation just allows you to quiet your mind so that you breathe easier and clear it of busy thoughts and concerns."

It was true. With meditation I felt more focused on the moment and what it brought to me, rather than trying to manage a million different details at once. I could close my eyes and escape the stress, worry and concern that being a caregiver brought to me at that time. I discovered tapes of music for medita-

tion and I found a comfortable place in the house that became 'my spot' for quieting my mind.

Have you tried meditation? Would you? You wouldn't be alone. Thousands of people have discovered its healing

power and more and more medical professionals are suggesting their patients try it. Why shouldn't the caregiver? It is one more tool we can put in our toolbox for coping. -

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.

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Boost your immune system with every cup of Healthy Coffee you drink, advises Dr. Stuart Hoover, a doctor of natural health and owner of Essential2Health Natural Health Center. Gourmet Healthy Coffee contains the Reishi mushroom (Ganoderma).

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

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

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

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

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

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