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cancer is not an  
automatic death  
sentence.”**

*—Dara Richardson-Heron, MD*

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*Making Integrative  
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Volume 4, Issue 1

Spring 2009

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### ON OUR COVER

**Dara Richardson-Heron MD**  
SURVIVING & THRIVING

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Even as a young child, Dara Richardson-Heron was determined to make a difference for others when she grew up. She initially thought she wanted to be a pediatrician to help children stay well but later learned that her skills were better suited to becoming a general Internist because it was "too painful to see sick children". As an adult, she let her desires, passions, education, and life's experiences lead her toward her current life's work. Today, Dara is the CEO of the Susan G Komen for the Cure® Affiliate for the Greater New York City area.



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Dear Friends,

During these historically unusual times that we are going through, we wonder if the financial sky is falling and if real quality health care for everyone will ever be a real possibility, if health care will be affordable, if it will only be for the elite, what conditions it will contain, and if it will be filled with red tape and fine print. As the world tries to find its new normalcy (we know what that feels like, don't we?), ONE thing remains, and it always remains, that what we value most becomes instantly clear when faced with life's most difficult challenges. And what we value most isn't even a thing.



Behind every great moment in healing history is the essence of compassion. In my personal breast cancer wellness journey, it was compassion that got me through everything. Whether it was the compassionate care of my medical team, or the quiet steady strength from my husband, compassion remains one of the greatest driving forces in life. Behind every great medical discovery, behind every person that works or volunteers for the cause, behind every nonprofit, behind every nurse, doctor, and oncologist, behind every caregiver lies compassion ~ it is the power that transcends the most difficult of human experiences.

What is so miraculous about the laws of compassion is that it doesn't matter if we are the recipient or the giver of compassion, both the giver and the recipient benefit. Even those that vicariously watch compassion in action receive benefit. Compassion is contagious, soothes all fears, does not discriminate, and is absolutely free. Compassion doesn't take an act of Congress to initiate. Compassion is unconditional. Compassion heals. Behind every great leader, behind every great movement in history lies compassion. Compassion is the essence of who we are.

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

Wellness Blessings,

**Beverly Vote**

Publisher / Editor  
16 year breast cancer survivor



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# Happiness IS Essential for Healing

by Beverly Vote, Publisher

*This joy I have - the world didn't give it, the world can't take it away.*

-Shirley Caesar, gospel singer

Perhaps you have seen Marci Shimoff on the national television talk shows including the Today Show and Montel Williams Show. Perhaps you have seen her in the international movie, The Secret, as one of the featured teachers on the Law of Attraction. Most likely you have read one or more of her six co-authored Chicken Soup for the Soul series. But Marci is also a happiness expert, and author of the New York Times Bestseller Happy for No Reason, 7 Steps to Being Happy from the Inside Out. She shares with us why raising our happiness level is essential for those facing the challenges of breast cancer.



Marci Shimoff

**Marci, why did you become involved in the worldwide mission of awareness and wellness for breast cancer?**

Marci: I don't know of anyone that hasn't been touched in some way by breast cancer, whether it is our friend, relative, or colleague. This issue is very close to me and I want to lend as much support as I can. I live in Marin County, California which has one of the highest percentages of breast cancer in America. But it really came closest to home when my best friend was diagnosed with breast cancer at age 34, went through treatment, and had four and half years with a clean bill of health, until the cancer returned and she passed a few months later at age 39. We grew up together since I was 9 and shared three decades of being best friends. We had planned to be old women together.

**As a Happiness Expert, do you think it is possible for a breast cancer survivor to raise her level of happiness?**

Marci: I know it's possible. What I talk about in Happy for No Reason and what I want to encourage breast cancer patients to do is find an inner state of peace and well-being that doesn't depend upon your circumstances. That doesn't mean you are walking around 24/7 with a silly grin on your face or living in some Pollyanna state of denial. What it means is that you have a backdrop of peace and well-being that you carry with you no matter what is

going on, that sense of peace and well-being remains with you.

Research is finding that when we are happier, even in the midst of our challenges, we are more resilient, we are able to bounce back more quickly, and we are able to deal with the challenges at hand in a more creative and effective way. So not only is it possible to be happy for no reason in the midst of an experience of breast cancer, it is actually better for your health.

I want to explain something about our happiness set point. This is important information. We each have a happiness set point. Many of us are familiar with a weight set point, where your weight hovers around the same weight range unless you change something consciously to change your habits. The same is true of our happiness. No matter what is happening outside of ourselves, no matter if it is good or bad, we will tend to hover around the same happiness set point or range - unless we do something consciously to change it. Here are two examples: People who have won the lottery, within a year of winning, they have returned to their original happiness set point. Winning the lottery didn't make them any happier, but the opposite was also true of paraplegics, people who have become paraplegic within a year have returned to their original happiness level. So this happiness set point is the key and that's what we can raise to become happier. ▶

Our set point is 50% genetic—that's the piece you are born with, the other 50% is learned—that's your habits and that is something that you can consciously raise.

So even in the midst of breast cancer, unless you do something consciously different, you will stay at the same happiness set point. What I am suggesting and recommending is that you raise your happiness set point and you will be so much better equipped to deal with the challenges of breast cancer.

#### How do you define happiness?

Marci: Most people would define happiness as what I call happy for good reason. They gather all of the circumstances in their life that they think will make them happy and what makes their life look perfect, then they think they can be happy.

That is a flimsy foundation on which to base one's happiness. Of course, things do happen that don't go our way, we do have challenges that come up. Yet, real happiness and true happiness and lasting happiness, I believe, comes from an inner state of peace and well-being and that is what makes us feel happy for no reason. It is a happiness that doesn't depend upon our circumstances and that type of authentic happiness is what we all are really yearning for.

#### What are the benefits of being happy for no reason?

Marci: Happy people are 1/3 less likely to get sick, they live on average 9 years longer, they have better relationships, they are more successful, and they make almost a million dollars more over the course of their lifetime.

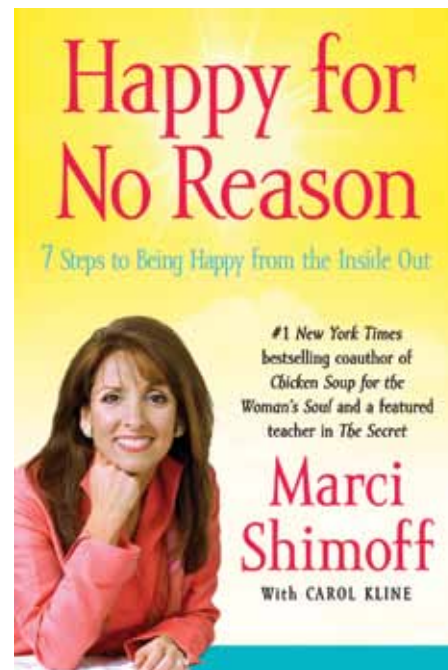
#### How would you recommend for a woman, her family members or caregivers to increase their level of happiness if facing breast cancer?

Marci: What we have found is there are 21 main happiness habits that any one can practice to raise their happiness level and it doesn't matter where you are starting and it doesn't matter what challenges you are facing. These 21 happiness habits deal with the mind, the body, the heart, the soul, our relationships, and our sense of purpose in life.\*

What I suggest is that people start

with just one of the habits. Find a happiness buddy, like you would an exercise buddy, and begin together. For example, one of the happiness habits is to express gratitude daily. Research shows that just keeping a little gratitude journal where you write down 5 things a day that you are grateful for. Within a month of doing this one little exercise, you will have raised your happiness level.

I am talking about very simple things that you can do. There are a total of 21 happiness habits and they have to do letting love lead in your life, letting go of negative thoughts and how this makes the cells in your



body happy. In some indigenous cultures from around the world, when people become unhappy, they would be sent to their local medicine man or medicine woman, sometimes called a shaman. The shaman would ask the unhappy person four questions:

1. When did you stop singing?
2. When did you stop dancing or moving your body?
3. When did you stop sharing stories or sharing with others?
4. When did you stop taking time for silence?

What research has found is that when people are unhappy, it is because they stopped one or more of these four ingredients. I suggest that people do a little bit of these four things every

day. Singing, I really mean singing! In your shower, in your car, it doesn't matter. Start singing! It helps the breath, it helps the lungs, it helps the joy level. Moving your body—get your energy moving whether it is turning on the music and dancing or taking a nice walk in nature, it doesn't matter, just get your energy circulating. Sharing with others—sharing your stories with others, talking with others... connecting with people in your life, including making new acquaintances and taking time to share your life. This helps create oxytocin, which is one of the happiness chemicals in the body. Take some time each day in silence, meditate, prayer, walking in nature. It doesn't matter how you take your silence, just take some time to go inward every day.

There is a story in *Happy for No Reason* about a man named Lester Levonson who created The Sedona Method. Lester was given the diagnosis that he was going to die in a few short weeks. He decided to just go home and do some serious soul searching. He created what he thought was the ultimate tool for personal growth, a way of letting go of all inner limitations, which would become the basis for the Sedona Method that is taught throughout the world today. He used this method for a period of three months. At the end of this period, his body had become healthy again. He had entered into state of profound peace and happiness that never left him. Instead of dying in a few weeks as the doctors had predicted, he lived another 42 years.

There is no question that our thoughts, our feelings, and our happiness levels deeply impact our health and our well-being. Happiness is a fundamental piece of healing and of experiencing more overall wholeness in life.

Thank you Marci for sharing this important message about happiness. No matter what we are facing in life, each of us can benefit by experiencing happiness for no reason. ■

*\*Each of these 21 happiness habits are outlined in Happy for No Reason on pages 278-279.*

*Marci Shimoff is a celebrated transformational leader and happiness expert who has inspired millions ▶*



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**BCWFEATURE**

of people around the world with her message of the infinite possibilities that life holds. One of the nation's foremost motivational experts and a top-rated professional speaker, she has delivered programs for a variety of audiences and organizations, including numerous Fortune 500 companies. For over twenty years, she has received wide acclaim for sharing her breakthrough methods for personal fulfillment and professional success.

Marci is also one of the best-selling nonfiction authors of all time and the woman's face of the biggest self-help book phenomenon in history, *Chicken Soup for the Soul*, which has reached more than 150 million people. She is the coauthor of six of the top-selling titles in the series, including *Chicken Soup for the Woman's Soul* and *Chicken Soup for the Mother's Soul*. Her books have sold more than 13 million copies worldwide, in thirty-three languages, and have been on the *New York Times* best-seller list for a total of 108 weeks, with four titles reaching #1 for a total of twelve weeks. Her books have also topped the *USA Today* and *Publishers Weekly* best-seller lists.

In addition, Marci is a featured teacher in the international movie and book phenomenon *The Secret*, offering her insights on the key principles to creating lasting success and happiness and fulfillment. A popular and engaging media personality, Marci has appeared on more than 500 national and regional television and radio shows.

President and cofounder of *The Esteem Group*, Marci delivers keynote

addresses and seminars on self-empowerment and peak performance to corporations, women's associations, and professional and nonprofit organizations. She received her MBA in organizational behavior from UCLA and also completed a one-year advanced certification program to become a stress management consultant.

Marci is a founding member and serves on the Executive Committee of the Transformational Leadership Council, a group of 100 top leaders serving over 10 million people in the self-development market. Marci is dedicated to fulfilling her vision and life's purpose of helping people to live more empowered and joy-filled lives.

To find out more about Marci's keynote presentations, books, or seminar programs, you can contact her at: *The Esteem Group*, 369-B Third Street #314, San Rafael, CA 94901. Phone: 415-789-1300 Fax: 415-789-1309 [www.marcishimoff.com](http://www.marcishimoff.com) [www.happyfornoreason.com](http://www.happyfornoreason.com)



# Making Integrative Medicine a Reality for You!

Dear Readers,

"Integrative medicine" is a buzz word today, raising hopes and visions among many of us. We have fantasies of a spa-like experience surrounding our mammograms, of massage assuaging the insult of a pelvic exam, of gently gurgling fountains and lush green plants decorating a waiting room, soothing New Age music calming our spirits. But integrative medicine, actually, is much more than a blend of the holistic and the medical. At its best, it is an approach to the patient as a whole person, a paradigm that enfolds best practices from various sources – conventional medicine, complementary and alternative medicine, self-care, psychosocial care, spiritual care – to achieve full healing that is meaningful for the individual. We would like to discuss how you, regardless of your access to full-blown integrative medicine programs, can benefit from this paradigm.

With blessings and best wishes,

Amy

Jane

Carrying a brown paper grocery bag, Karen, a 35-year-old breast cancer patient, arrives at her clinic for a scheduled appointment. She flips through a magazine while waiting patiently in the reception area and then in the examining room. When her oncologist finally opens the door, she is prepared to discuss the full picture of her treatment. For Karen is a believer in natural health, and is committed to investigating and exploiting any and all holistic remedies that may help cure her cancer, reduce symptoms and side effects of treatment, or prevent recurrence.

Karen opens the brown bag, and one-by-one pulls out nearly twenty bottles containing supplements, herbal tinctures, powders promising revitalization and energy, and concentrated aromatherapy essences. Watching this unfolding display, her doctor's spirits wither. Karen wants feedback on the nutraceuticals she is taking. Additionally, she reports that she has had trouble sleeping; she is not sure whether it's related to hormones or stress, and asks if acupuncture helps with insomnia. Karen feels overwhelmed by the options, unsure of her best path, and disjointed in her approach. Dismayed, pushed outside of her professional comfort zone,

her doctor wonders how to proceed.

Now imagine Sue, a 52-year-old breast cancer survivor who returns to clinic for a quarterly follow-up visit. She sits calmly in the waiting area, feeling fortunate that she is receiving integrated care for her body, mind, and spirit. She believes that she is treated as a whole and unique human being. Sue's healing program seamlessly incorporates both the best of state-of-the-art Western medicine – personalized to her unique needs – and high-quality, evidence-based complementary and alternative medicine (CAM) approaches. This is integrative medicine at its best.

After receiving chemotherapy, and then undergoing a mastectomy followed by breast reconstruction, Sue had acupuncture to alleviate pain. Her acupuncture was delivered during her surgery and at each tissue expansion; thereafter, she enjoyed weekly sessions until she had adjusted to her permanent implants. To combat psychological distress, Sue's oncology team referred her to individual counseling and a breast cancer support group; supported by her husband (who watched the kids), she also revived her dormant meditation practice. Sue had suffered various side effects of chemotherapy, and for these



she had benefited from drug therapies in combination with ginger tea for nausea, and massage and activity pacing for fatigue. Encouraged by her oncologist and psychologist, she participated in a clinical trial of cognitive behavioral therapy for insomnia, and continues to practice the skills she learned from that study.

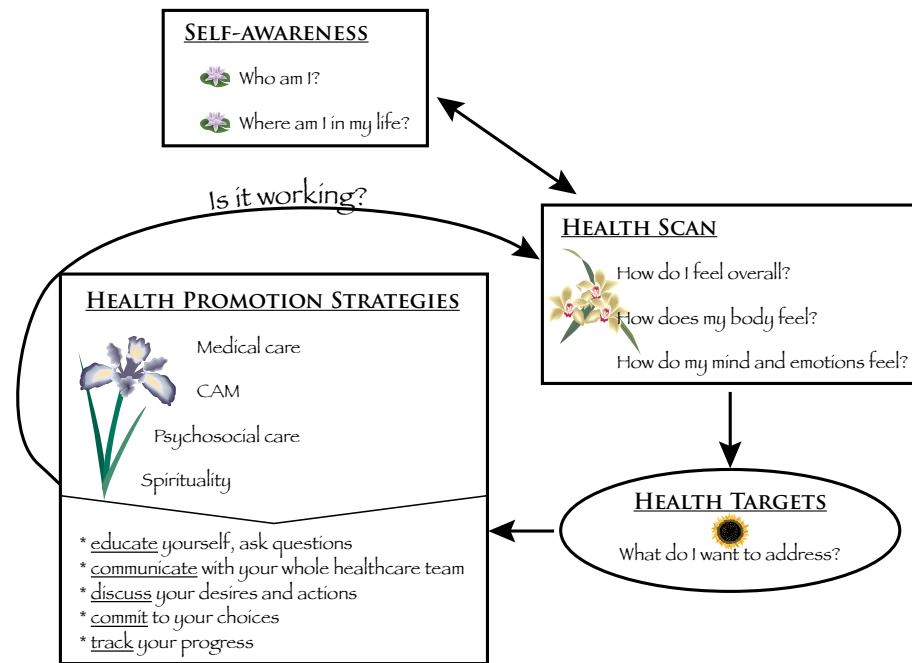
Provided through her clinic as a coherent roadmap for her personal recovery, this healing program helped Sue develop inner resources that have enabled her to live her life fully, day by day. She continues to follow her care plan throughout survivorship, and feels truly healed.

Does this story sound at all familiar to you? It's a common scenario in cancer clinics today, and one which many of you may recognize.

In the future, we hope that this integrative medicine vision will be available to all cancer patients. At this point in time, however, lingering misconceptions about what integrative medicine is, concerns over whether it is effective, issues of access, and limited availability place integrative medicine out of reach of many patients.

Let's first look at a principal misconception. It is important to understand that integrative medicine is not the same as CAM. The term "integrative" refers to the conjoining of two treatment worlds – conventional medicine (including chemotherapy, radiation therapy, surgery, targeted therapies, and other medical treatments) and CAM (including botanicals such as herbs and teas, mind-body techniques such as meditation, manipulative modalities such as chiropractic, and energy medicine such as Reiki). Both have their place in an integrative cancer care paradigm. Thus, in principle, integrative medicine is provided in the medical center – you, the patient, ►

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do not leave your clinical home in order to access integrative care.

Once you recognize that integrative medicine begins at home (your medical home), it is important to understand that you may, or may not, find the ideal of integrative medicine at your local clinic or cancer center. While some institutions have established, or are developing, integrative oncology programs, the vision is far from universal or realized in full. What is clear is a growing trend toward more comprehensive and integrative models of care that incorporate CAM, largely reflecting a response to patient demand. Consider these trends\*:

- Approximately 38% of adults in the United States use some form of CAM. The highest using age group is individuals 50-59 years old.
- CAM use among adults is greater among women, those with higher levels of education, and those with higher incomes.
- Nonvitamin, nonmineral, natural products are the most commonly used CAM therapy among adults (17.7%), followed by deep breathing (12.7%), meditation (9.4%), chiropractic and osteopathy (8.6%), and massage (8.3%).
- Anxiety and depression, stomach upset, recurring pain, and insomnia are among the top ten conditions for which adults use CAM.

Today, many cancer patients who find themselves in treatment situations which are not fully integrative, and/or who lack access to integrative oncology programs, nonetheless want to make use of CAM to augment their medical care.

In essence, they would like to create their own, personal, integrative medicine healing program. If you are one such person, how can you go about this?

Healing begins with self-awareness. A cancer diagnosis can totally disrupt one's inner equilibrium, and it can take considerable time to regain a sense of inner solidity, trust, and peace. Wherever you are in the cancer journey, then, the first step in developing a personal healing program is to look within – to hear, from your innermost self, where you “are.” You can approach this as a self-assessment, starting with the positive: What do you feel good about? What parts of you feel well, physically and emotionally, mentally, spiritually? What is working in your life? What gives you strength and support? For what are you thankful?

Once you feel attuned with your inner realm, you can perform a health scan. This step resembles the “body scan” you may be familiar with, in which you travel through your physical body to “check in.” Here, we suggest that you scan your physical being to identify any areas of your health that you would like to improve, starting with physical symptoms, but then expand your focus to include emotional symptoms such as stress, anxiety, or fatigue. This health scan will yield a list of concerns; for example, you may identify lingering pain remaining from breast surgery, fatigue, weight gain, and sexual ambivalence as the symptoms that bother you – and overshadowing them, a whopping fear of recurrence. How do you feel about each of these? Rate your level of distress sur-

rounding each, and your willingness to take active steps to change them.

You now understand where you “are,” internally, the physical and emotional issues that are troubling you, and which ones you are ready to address. Next, if you still wish to develop a personal integrative medicine healing program, think about what CAM modalities you know about, and which ones interest you. Are there certain ones you would not consider? For example, if you hate needles of any sort, even tiny ones, then acupuncture may not be a good choice for you. Educate yourself about your options; a good starting point is the website of the National Center for Comprehensive and Alternative Medicine (NCCAM) which you can access at: <http://nccam.nih.gov/health>.

Prepare a list of health targets, that is, the concerns and questions you would like to discuss with your doctor. Also list everything that you are already doing, in addition to your medical regimen; supplements, mind/body treatments, and other self-care actions belong on the list. This information represents a critical part of the picture as you work with your doctor to develop an integrative healing plan.

- As you talk to your doctor, maintain an open mind – remember that integrative medicine incorporates the best of traditional (Western) and CAM approaches, and that many effective medical options can help with your concerns, either by themselves or in combination with CAM approaches.

- Recognize that your healthcare provider, even your oncologist or primary care physician, may not know about the merits of specific CAM approaches or the evidence underlying them. However, she/he may be in a position to (1) evaluate the quality of the CAM research, (2) help you decide what might be a good CAM approach to address your particular concern, and (3) refer you to a well-trained and competent CAM provider.

- If your doctor is not receptive, or simply doesn't have the time to work with you on a personal healing program, there will most likely be someone else in your medical circle who is both competent and willing to work with you – such as a patient advocate, social worker, nurse, or patient support program representative.

When you have designed a plan that meets your needs, that treats you as a whole person in body, mind, and spirit, you are poised to set out on a new path, one that leads to wellness in the fullest sense. We would like suggest some

tips for success, as you embark on this journey:

- Communicate openly with your doctor, others who participate in your healthcare, and your CAM provider(s). View them as a team, and let each of them know the full picture.
- Be open to new pathways to healing. Release any preconceived ideas about what works and what doesn't.
- Commit yourself to following through with your chosen strategies. Any therapy, even the most effective, will only work if you actually do it.
- Value your self as a full participating member of your healthcare team, and honor your inner wisdom. If meditation doesn't work for you, but massage brings you a deep-seated sense of peace, then by all means substitute massage for meditation in your healing program!
- Monitor what is happening in your body, in your mind and emotional state, and in your life generally as you enact your program. If something doesn't work, you have other options to try; your healthcare team can help identify good alternatives. And you will want to modify your plan as your health and circumstances change.
- If you choose a CAM intervention

outside of your medical home, check with your doctor to make sure that it is safe for you. For example, if you have platelet or blood clotting troubles, then acupuncture may not be for you. Some forms of yoga and massage can be risky when you have breast cancer in your bones.

- Keep your focus on the big picture, on your life as a whole, on your self and your goals. Return, frequently, to re-establish your self-awareness.

With these steps, you are on your way to personal wellness, regardless of your cancer status. We wish you peace, happiness, and well-being! ■



**Amy Abernethy, MD**

Dr. Amy Abernethy obtained her medical degree and post graduate training in Internal Medicine, Hematology, and Medical Oncology at Duke University and trained in Palliative Medicine and Cancer Pain Clinical Trials at Flinders University in Australia. She is Director of the Duke Cancer Care Research Program, faculty member of Duke Clinical Research Institute and Duke Comprehensive Cancer Care Control Program and Senior Fellow of the Duke Center for Clinical Health Policy Research. Her research focuses on evidence-based solutions for improving the cancer patients' experiences. <http://www.cancer.duke.edu/dccrp/>



**Jane Wheeler, MSPH**

Jane Wheeler received her undergraduate degree from Princeton University and her master of science in public health from Harvard University. She has studied complementary and alternative medicine in various venues, including the Acupressure Institute (Berkeley, CA) and McKinnon Institute for Professional Bodywork (Oakland, CA). She formerly served as a certified massage therapist, and has maintained an active yoga practice for 20 years in the Iyengar, Astanga, and Anusara traditions. She currently serves as Research Associate in the Duke Cancer Care Research Program and Medical Instructor at Duke University School of Medicine. She can be reached by email at [jane.wheeler@duke.edu](mailto:jane.wheeler@duke.edu).

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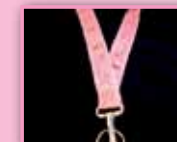
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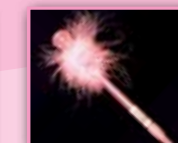
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# Plant Estrogens: Are They Good or Evil?

by Christine Horner, MD

I receive frequent emails from women who are concerned about consuming plant “estrogens” or “phytoestrogens” because of a common misperception that these substances may stimulate the growth of breast cancer. Unfortunately, there is a tremendous amount of misinformation out there regarding these substances that are actually highly protective for your breast health.

After my own mother died of breast cancer 14 years ago, I began reading every study I could find on breast cancer to discover ways that women could help lower their risk of developing it. I also looked for ways that women with breast cancer could improve their chances of surviving it. To my surprise, I found thousands of studies showing dozens of natural approaches that could substantially lower the risk of breast cancer and help women who have it successfully fight it. In my book, *Waking the Warrior Goddess: Dr. Christine Horner’s Program to Protect Against and Fight*

Breast Cancer, winner of the IPPY Award for “Best Book in Health, Medicine, and Nutrition for 2006” I describe all of these research-proven techniques.

After all of my extensive research, I became very aware of the plant estrogen controversies. The concerns over “plant estrogens” began with a study performed by the University of California, San Francisco that was published in October 1996. In this study, women were given 38 grams a day of a single substance isolated and concentrated from soy called genistein for one year. It’s important to note that these women were not given whole soy foods with all of its hundreds of nutrients, but rather only one substance—genistein—which had been extracted and isolated from soy foods and prepared as a supplement. At the end of the year, the researchers were surprised to find that the women had elevated levels of estradiol in their blood and their breast cells showed signs of stimulation and

increased growth. This unexpected result concerned the researchers. Could soy actually increase the risk of cancer? But, hundreds of other studies show that women who eat the most soy have the lowest risk of breast cancer. So, how could a genistein isolate have the opposite effect?

Again, the women in the controversial study didn’t eat fresh whole soy foods. They were given an isolate of genistein—something that doesn’t naturally occur in Nature. When you isolate a substance from the whole, the isolate often behaves differently. Your body was designed to eat, digest, and metabolize fresh whole foods, which contain hundreds, even thousands, of substances all interacting with one another. Those interactions can be critically important. One substance may balance the effect of another, make it more or less effective, take away its toxic effects, increase its absorption, or modify how your body uses it in some important way.

Research shows that when genistein is consumed as part of whole soy foods, it’s absorbed very differently from how it is in an isolated supplemental form. Genistein in whole soy is activated by intestinal bacteria during digestion, whereas genistein taken as an isolated supplement is absorbed before it reaches the bacteria in the intestines. This may be part of the reason that genistein supplements appear to have an effect different from that of whole soy foods. So, until research shows otherwise, stay away from genistein supplements and eat whole soy foods.

Many people leapt to the conclusion that all soy foods or anything with phytoestrogens in it must have the same effects as the genistein supplements in our bodies and should be avoided. This assumption is tragically incorrect. Plants containing phytoestrogens are actually very protective. In a study published in March 2007, French researchers found that women who eat diets rich in estrogen-like compounds have a significantly lower risk of breast cancer after menopause. The study included 58,000 postmenopausal French women and followed them for more than seven years. Those women who ate the highest amounts of lignans (a type of plant estrogen) were 17% less likely to be diagnosed with breast cancer during the study than those with the lowest intake.

Here’s the key to understanding this controversy: Plant estrogens are not the same as the estrogens our body makes or synthetic estrogens found in hormone replacement therapy (HRT) or birth control pills (BCP). They are very different. Many actually act more like selective estrogen receptor modulators or SERMS (the anti-breast cancer drug Tamoxifen is a SERM) and as aromatase (the enzyme involved in the manufacturing of estrogen) inhibitors like Arimidex. These plant chemicals act in so many complex ways that we may never fully understand them all. For instance,



there are at least 11 different ways that have been identified that the lignans from flax seeds protect against breast cancer: They lower the overall production of estrogen in our bodies, block environmental estrogens from attaching to breast tissue, create more of a “good” protective type of estrogen, protect our breast tissue from the damaging effects of environmental toxins, decrease 3 different growth factors associated with the growth of breast cancer, lengthen the menstrual cycle, block the aromatase enzyme (in the same way as the anti-cancer drug Arimidex), decreases tumor growth and invasiveness.

With all these cancer fighting effects, not surprisingly, many studies show that women who have the highest level of lignans in their body have the lowest risk of breast cancer. Flax seeds contain 100 times more lignans than any other known plant source and are one of the most power foods you can eat to lower your risk of breast cancer. The most respected researcher on flax seeds is Lillian Thompson from the University of Toronto. She has published hundreds of studies documenting the various protective effects that flax has in protecting against and fighting breast cancer, including flax’s dramatic ability to shrink breast tumors and enhance the effectiveness of the anti-cancer drug Tamoxifen.

These are the important points to remember: 1) you should never take a genistein supplement 2) plant estrogens, although referred to as estrogens, actually are very different from estrogen 3) dozens of studies show eating foods high in “plant estrogens” has a significant protective effect against many diseases including breast cancer 4) effectively protecting yourself from breast cancer or improving your chances of successfully fighting it does not come from “one” thing – it comes from the sum total of all of your diet and lifestyle choices. ■



Christine Horner, MD

Christine Horner, MD is a board certified and nationally recognized surgeon, author, expert in natural medicine, professional speaker and a relentless champion for women’s health. She is the author of *Waking the Warrior Goddess: Dr. Christine Horner’s Program to Protect Against and Fight Breast Cancer*, winner of the Independent Book Publishers Award 2006 for “Best Book in Health, Medicine, and Nutrition.” For more information go to [www.drchristinehorner.com](http://www.drchristinehorner.com).

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# Super Foods That You Can't Afford to Miss Out On!

by Kim Dalzell, PhD, RD, LD

I literally gasped in horror when I saw the small recipe booklet called "healthy meals for under \$10" sent to me by my local grocery store. Their suggestions for serving my family macaroni and cheese with refined white bread sticks or beef stew and biscuits from a can for supper did not escape my nutritional scrutiny. But what about my neighbors—would they believe that these low-cost meal recommendations were actually healthy?

In today's tough economy, it takes a pretty nutrition-savvy cancer survivor to serve up healthy, cancer-fighting foods that don't break the bank. Here are some suggestions for low-cost super foods that can help you get started:

**Beans.** Whether you have a can of pinto, black or navy beans in your cupboard, you have an almost instant meal that is good for your health. Adding fiber-rich beans to a daily diet has been shown to lower cholesterol, reduce cancer risk, stabilize blood sugar and aid in weight loss. Beans contains phytonutrients such as anthocyanins, phytic acid and saponins. A recent study found that dark-colored beans contain the most of these cell protecting antioxidants—so load up on navy and kidney beans! Add a heap of beans to your plate as a side dish, sprinkle a generous scoop on your salads or concoct a multi-bean soup or casserole. If you're concerned about your sodium intake, look for low sodium or no-salt-added canned beans. To save even more money, buy beans in bulk and soak overnight before cooking.

**Oatmeal.** Consuming oats and other whole grains can play a significant role in reducing the risk for a variety of cancers. The power of whole grains was evident when a study conducted at the University of Utah found that high intakes of fruits, vegetables and whole grains reduced the risk of cancer by 28%, 27% and 31%, respectively. Make sure to bypass the instant and 1-minute oatmeal for the longer cooking oats so you get the all-important components of fiber and B vitamins. Try sprinkling ground flaxseed on your oats in the morning too. Just two tablespoons daily provides alpha-linolenic acid, or plant-derived omega-3 fatty acids, which offers anti-inflammatory and immune supporting benefits. Flax has also slowed the growth and reduced the size of breast cancer tumors in humans. If you purchase pre-ground flax, be sure to store it in the refrigerator or freezer for maximum shelf life.

**Tea.** No calories, low cost and provides a heap of cancer-fighting chemicals called catechins—iced or hot, green or black, tea plays an impressive role in fighting cancer, has anti-viral and anti-inflammatory properties and may reduce hypertension. A year-long study of regular tea drinkers found that individuals who drank more than 2 ½ cups per day saw a 65% reduction in high blood pressure. If you don't like the caffeine buzz, decaf tea still offers about 85% of the plant chemicals found in regular tea. For maximum cancer-fighting benefits, work



your way up to 3-4 cups of tea per day. Canned, iced and powdered teas all have benefits, but freshly brewed offers the most nutrition bang for your buck. Avoid the sweetened teas, which not only cost more but give you unnecessary sugar-highs.

**Garlic.** While you can't make a meal out of a garlic bulb, you can power-up just about any meal with a touch of garlic. Several population studies have shown a link between garlic in the diet and decreased risk for cancer. In fact, in a review of more than thirty-five research articles, garlic was found to offer some protective effect against cancer in about 75% of the studies. I know that supplements are available, but I believe fresh garlic is your best choice. According to research

published in the Journal of Agriculture and Food Chemistry, freshly chopped garlic contains more allicin—the bulb's key active ingredient—than garlic powders and pills. And garlic stored in vegetable oil loses up to 50% of its cancer-fighting capabilities. At just cents per clove, it makes sense to add chopped garlic to almost every meal—from casseroles, soups and pasta sauces to sautéed greens or baked potatoes. Don't forget to add a bit of garlic to salad dressings for extra zest.

**Wild salmon.** Yes, you read right. While prices for fresh Pacific salmon are steep, you can still get a healthy dose of omega-3s by choosing sock-eye salmon in a can—and keep a lid on cost. Salmon contains a high amount of omega-3 fatty acids which can support the immune system and current evidence suggests that omega-3 fatty acids can stimulate cellular death of cancer cells, one of the proposed mechanisms for the inhibition of tumor development and proliferation. Don't be misled by rock-bottom prices for farm raised salmon—not only will you be robbed of omega-3 fatty acids (most farm-raised fish are fed corn—which changes the fatty acid profile of the fish to a higher ratio of omega-6

fatty acids), but chances are the fish may be full of antibiotics. Consume Pacific salmon at least once a week by chunking and adding to salads, mixing with celery and onions and low-fat yogurt to make a sandwich spread, or consume straight out of the can for a high protein boost during the day.

If you want to invest in your health when it comes to nutrition, you will be required to put in time, energy and money. Don't let the economy determine your healing potential. Make your healthy efforts count without breaking the bank!

To hire Kim, a nationally recognized expert in cancer and nutrition, to speak or learn more about her services and products, please visit [www.naturesanswertocancer.com](http://www.naturesanswertocancer.com). ■



Kim Dalzell, PhD, RD, LD

Dr. Kim Dalzell is a doctor of holistic nutrition and registered dietitian who has helped thousands of cancer patients with her "inside-out" nature-based healing approach to cancer control. She is a sought after speaker, author of *Challenge Cancer and Win!*, industry spokesperson and founder of [cancerbusters.org](http://cancerbusters.org). To learn more about how you can control cancer with nutrition, please visit: [www.naturesanswertocancer.com](http://www.naturesanswertocancer.com).

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Quality of Life matters



# Girl Talk for Survivors by Heather Jose

When people learn that I am a long term survivor of stage IV breast cancer they want to know how I did it or what I feel has made the biggest impact. The answer is I don't know the answer. If it were simple we could bottle the solution and hand it out on the streets. But since we can't do that I'll tell you what drives me. It has been my intent since day 2 to do everything I could to increase my odds. I say day 2 because I was pretty freaked out when the doctor told me to get my affairs in order. Cripe, I was only 26 years old and I felt pretty darn good. It was unfathomable to be told that I was likely going to die...soon. So I spent day 1 rather paralyzed with fear. The only thing I did do was call my mom and tell her the news.

While I was at home wrestling with all sorts of thoughts my mom chose to call my brother. He was the logical choice, being the epitome of a big brother since the day I was born. Troy has always taken his job seriously, and having already been through medical school didn't hurt either. He called the University of Michigan where he had trained, and found the perfect oncologist for me. In less than 24 hours this oncologist, Dr. Merajver, was calling me to discuss my readiness to start killing cancer.

How different would that situation be if I had never said anything? If I had gone home, got my affairs in order and waited to die? I doubt I would be writing this today, that's for sure.

Some people choose to keep their diagnosis under wraps. I believe this is



Heather Jose and family

a huge risk. We are people, and people are made to be a part of communities. We need each other, especially in times of trouble. While I was at home doing nothing someone was working on my behalf. When people are awed by the speediness in which I found my doctor I tell them how it came about. "You had an in," they tell me. This is true, but if you think about six degrees of

separation, very few people don't know someone who knows someone, etc. The thing is that they have to get the ball rolling, and to get the ball rolling the survivor has to communicate. It is a crucial part of your job as captain.

The day you are diagnosed with cancer you become a survivor. You also become the captain of your wellness team. Your mission is simple, but not easy: do everything you can to increase your odds of killing cancer. This is not a martyr mission. You can't do it alone. That being said, no one else can do it for you. So let's start there.

I am the captain of my team. My wellness team, that is. I gave myself that responsibility a long time ago. I am not a doctor, nor do I play one on T.V., but I know myself better than anyone else. That makes me the most qualified. Every great team needs a captain to lead the charge and accept the responsibility. Since this is ultimately my journey I believe the best person for that job is me.

What does it mean to be the captain of my wellness team you may wonder? It means that I am in charge of my body. I make choices everyday to promote wellness in a physical, mental, and spiritual sense. It is my choice as to who I will work with medically, and what I choose to believe and do for myself every day. It is also my job to communicate what my needs are so that they can be addressed.

Cancer is not an individual sport. I choose to work with people that are on my side, no doubters allowed. These people are optimistic and really

knowledgeable in ways that I'm not. I have surrounded myself with people who make up for my weaknesses and encourage me in times of doubt. I do not live in a fairy tale. We deal with tough issues, but always we choose to believe that we can make a difference. The core of my team is my husband Larry, my mom Colleen, and my friend Christy. From a medical standpoint it is Dr. Merajver who leads, but Block Medical Center in Evanston also plays a vital role. There are many other supporters, those who have walked beside me and prayed for me. People have come and gone from my team, but the

core has remained the same.

It is important that team members not be pushovers allowing the survivor to wallow in their misery or make absurd demands. My team has always held me accountable, and I need that. Like wise they have encouraged me to make good choices rather than sabotaging attempts to do the right thing. They have chosen to do the best thing, even when I didn't want to. They have helped me help myself.

If you are reading this as a survivor, put on your captains pin and assemble your team. Every day I am killing cancer...you can too. ■



Heather Jose

Diagnosed with stage IV breast cancer at 26, Heather Jose chose to fight the cancer head on putting together a plan to battle cancer on a daily basis. Eight years later, Heather is healthy and using her experiences to speak to healthcare providers and patients about how much their actions and words can impact success. Heather is the author of "Letters to Sydney: Every Day I am Killing Cancer". [www.heatherjose.com](http://www.heatherjose.com).

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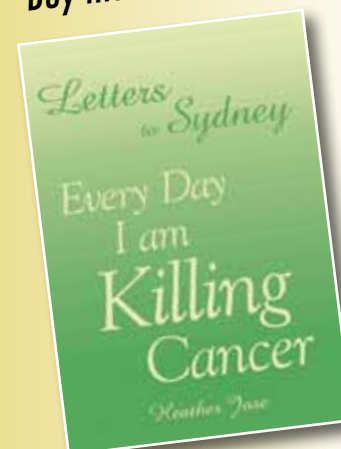
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Are you ready to go Beyond Treatment?

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

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# Practice Makes Perfect by Ann Leach

It was the second such e-mail I had received that day. Sarah was writing to tell me of her latest adventures with caring for her mother.

"She's been sick all night," Sarah wrote. "I am exhausted from being up with her, taking care of the house, trying to accomplish 10 assignments for my job by month's end and coming up with healthy meals to fix every day."

Sarah is not alone.

There is an epidemic at work in our country today. No, I don't mean there's a conspiracy theory or even a secret room of evil folks plotting for our demise. No, we can do that on our own with no help from outsiders.

The epidemic is our disregard for our own health, despite the demands of work, home and caregiving. And, as my mother used to say, "if you don't take care of yourself then you won't be of any help to me."

It hurts my heart to wonder why we don't get it? Why can't we put our own needs first without feeling guilty or anything less than the best of who we are? Who are "they" to judge us for actions they can't begin to understand?

In my opinion, it is time to dance a new dance and show the world, our daughters and our co-workers a new model of care that supports us every step of the way. I am speaking of our spiritual care.

Reverend Michael Beckwith beseeches us to develop a daily spiritual practice that will feed and fuel us for the day ahead. "You take a bath or shower and wash your hair and brush your teeth to take care of your physical body," he says. "So why wouldn't you give the same kind of daily care to your spiritual body?"

Well, when you put it that way, why

wouldn't we? This is not a commentary about your religion or its rituals. Instead, we are going to focus on your personal plan for peace; even in the midst of a health challenge at home with your loved one.

Here are some tools for your self-care toolbox that need to be sharpened every day for optimal benefit:

**Designing the day.** You may be thinking "yeah, right, like I have a say in that one." Truth is that you do. You may not be able to control what events the day holds (doctor appointments, trips to the pharmacy, managing insurance papers, etc.), but you can control your response to them. Writing down how you would like to be during the day can be helpful. For example: I stay focused and calm as I take mom to all of her appointments today.

**The ten minute rule.** Begin every day with ten minutes for you. This is your time to pray or meditate, or stretch your physical body as you warm up for the activities ahead. This is a huge gift in terms of benefit, but a small one in terms of time. You are worth it. You deserve it. Make it a priority.

**Journaling your thanks.** At some point during the day, or at the end, take five minutes to write about the things you are thankful for today. Don't say

you can't find the time or that you hate to be a downer, but there isn't anything you can think of to be grateful for in this situation. You can write in the waiting room or in the car, while you wait for your loved one to pick up something at the store. And there is plenty to be thankful for: another day of communication with your loved one, caring friends who want to help and air to breathe, among the many.

These tools are things that need to be practiced regularly. You are developing daily disciplines that will serve you throughout your caregiving journey, and beyond. So practice, practice, practice!

How will you know when your practice has morphed in to a regular way of being in the world? You'll notice an increased sense of calm and more patience in your daily life. You'll be more focused on the moment you're in and tolerate less drama from others. And, if you skip a day, you'll truly miss the practice.

At a time when a diagnosis of a major illness takes the will of so many, these tools can help you regroup and reenergize your life and give you just the extra boost you need to be there for others, while taking care of yourself, too.

Practice makes perfect. Begin to practice today. ■



**Ann Leach**

Ann Leach is the founder and president of Life Preservers: a global grief support community. She served as the primary caregiver for her mother, who died of cancer twenty-one years ago. Ann produces an award-winning free online newsletter called *In the Flow* for caregivers coping with loss. Visit [www.life-preservers.org](http://www.life-preservers.org) for more information.



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# Going Global by Hala Modellmog



Dear Friends,

Susan G. Komen for the Cure® is taking the fight to end breast cancer global. Not because it's the trendy thing to do, but because it is the right thing to do.

I recently joined cancer activists from around the world for the release of The World Cancer Report, and the numbers are sobering indeed.

By 2030, the world cancer burden will double, with the greatest growth in countries that are becoming Westernized. More than 1.3 million women will be diagnosed with breast cancer annually over the next 25 years; some 465,000 will die.

Every 68 seconds a woman dies of breast cancer around the world. This is simply unacceptable.

Susan G. Komen for the Cure® was founded in 1982 based on a promise between Ambassador Nancy G. Brinker and her dying sister, Susan G. Komen. Susan died after suffering three long years with the disease, and made Nancy promise to end breast cancer forever. Over the past 27 years, Komen for the Cure has become the global leader of the breast cancer movement, creating the world's largest grassroots network of cancer survivors and activists, investing more than \$1.3 billion research, education, screening and treatment, and encouraging governments everywhere to make cancer a top priority.

Recently, we adopted an approach we call Global Health Diplomacy. That means we go to countries and build relationships with the charities, hospitals, researchers and government officials who know their countries best. We listen. We learn. We share. We find the best ways to help. And then we help.

This approach has allowed us to forge incredible partnerships in the Middle East, Africa, Eastern Europe and Latin America. In each of these locations we are helping to build awareness, research, and treatment programs for women with breast cancer.



Mexico City – March 14, 2008 – Mrs. Laura Bush joined Susan G. Komen for the Cure® President and CEO, Hala Modellmog and Lic. Margarita Zavala, wife of Mexico's president at a ceremony to initiate that countries involvement in the Partnership for Breast Cancer Awareness and Research of the Americas, an initiative that unites experts from the United States, Mexico, Brazil and Costa Rico to affect a measureable decrease in breast cancer incidence and mortality rates in the Americas.



Riyadh – October 24, 2007 – Mrs. Laura Bush and Susan G. Komen for the Cure® President and CEO, Hala Modellmog help launch the U.S. -Middle East Partnership for Breast Cancer Awareness and Research under the patronage of Her Highness Princess Hessa Bent Tarrad Al-Sha'lan, the wife of the Custodian of the Two Holy Mosques. The partnership is facilitated by the U.S. Department of State's Middle East Partnership initiative bringing together distinguished medical professionals and breast cancer advocates from Saudi Arabia and the United States to work collectively in the areas of awareness, research, training, community outreach and women's empowerment.

In all, we've touched people in more than 50 countries, investing millions of dollars.

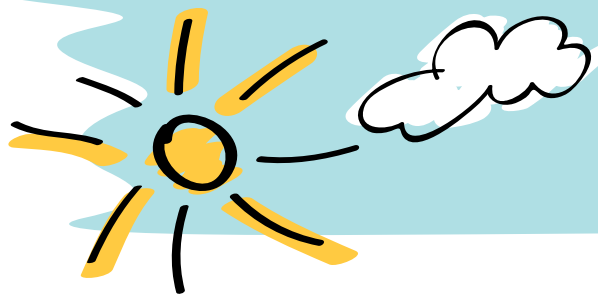
I've participated in mission trips to these countries, and am frequently moved to tears by what I see and hear. In Ghana, last October, women told me of being abandoned by their husbands and separated from their families, all because they had breast cancer. Can you imagine knowing that you could be separated from everyone you love, simply because you became ill?

That's why we're there. You can help, too. Please visit [www.komen.org](http://www.komen.org) to find a Susan G. Komen Race for the Cure® event near you or sign up for the first ever Susan G. Komen Global Race for the Cure® in Washington, D.C., June 6 – won't you join us?

You can run, walk, stroll or just donate life-saving funds to people around the world and be a part of the solution. Impact your world, your community, yourself today. Visit [www.komen.org](http://www.komen.org).

Regards,

Hala Modellmog  
President and CEO,  
Susan G. Komen for the Cure®



# Happy Mom's Day!


Happy Mom's Day to Everyone!

Dear Mom,  
 When you were diagnosed with Breast Cancer my heart truly sank. Being only 14 at the time I didn't fully understand the battle you were about to endure. Your courage, bright bubbly attitude, and enormous heart lifted everyone's spirits around you.  
 Love  
 Harrison & Grayson

Harrison and Grayson Osteen

Dear mom,  
 Cancer was hard on all of us, but you made it. Your attitude towards life made us feel like you didn't have cancer. Thank you for putting me in wonder and worry. Their counseling helped me understand what you were going through.  
 Love  
 Grayson Osteen  
 Grayson Osteen



Dear Mommy  
 I feel sad about when you are sick, and I feel happy that you are feeling better. I've been missing you whenever sick. Me and My mom miss my Dad when he is downtown and that's it. I love you. You love me.  


Michelle, Brad & Reid Bynom



Dear Mommy,  
 I am so glad that you are okay! It must've been very hard going through all of this. You are the bravest and strongest person I know!  
 Love,  
 Sophie



You the strongest survivor I will ever meet  
 Not once did this knock you off your feet.  
 Cancer is a scary thing to everyone.  
 Most people would think their life was done.  
 But you made it through tough and strong  
 As if nothing had ever gone wrong.  
 Love Katie



Sophie, Alex, Katie & Tzeitel



Nuri Vallbona & Kachelle Kaufhold

Mother's Day!!  
 Last mother's day my mom was sick. We gave her breakfast in bed. I brought her a card with a dog on it.  
 This mother's day will be better.  
 I love my mom.  
 BreAnna Woodward

BreAnna Woodward



**Wonders & Worries**, located in Austin, Texas, is the only organization in the country offering children who have a parent with chronic or life threatening illness (such as cancer) professional support in individual and group settings on an ongoing basis. Services, available in English and Spanish, are offered free of charge.  
[www.wondersandworries.org](http://www.wondersandworries.org)

Mommy ~  
 I hope that you don't get tired again. I like helping you fill your vitamin cases. Thank you for taking me to Legoland and SeaLife.  
 I love you!  
 Reeve

Traci, Reeve & Kaylynn Kolinek




I get kinda to rilly mad because for the cancer. I don't like it. My mommy is sick. It makes me sad about mommy. I love her very much. She is the best. She's a rilly good mommy.  
 love Ryenn mommy!

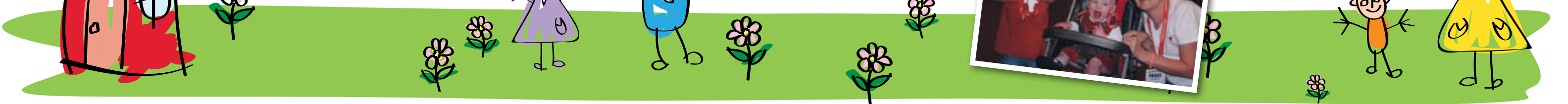
Ryenn & Amy Pacharzina



Thank you Mommy  
 And Grandma  
 for fighting  
 the fight  
 Love  
 Donovan R.



Donovan R.



# Aromatherapy by KG Stiles

## An Effective Complementary Treatment for Breast Cancer

*“And now here is my secret, a very simple secret; it is only with the heart that one can see rightly; what is essential is invisible to the eye.”*

—Antoine De Saint-Exupery

Essential oils can be an effective complementary therapy when undergoing breast cancer treatment. Women can enjoy using essential oils to relieve the side effects of chemotherapy, and radiation. Aromatherapy has been shown to be an extraordinary comfort measure to support women navigating the challenging terrain from surviving to thriving.

In this article you will learn about essential oils, which one's to use for relieving specific conditions, along with recommended methods, and safety precautions. Please first consult with your oncologist and radiologist before using any complementary therapy.

### What Are Essential Oils?

Essential oils are the highly aromatic and volatile liquids found in the specialized cells or glands of plants, and extracted through distillation. Essential oils are extracted from flowers, seeds, leaves, stems, bark, roots of herbs, bushes, shrubs and trees, the part of the plant yielding the maximum amount of essential oil. Essential oils have evolved as protection for a plant against predators, and to attract pollinators. Some plants have an aroma, while others do not. Why this is so remains a mystery.

Essential oils represent the soul, or life force energy, of a plant. As such they are highly concentrated, a drop or two can produce significant results. These precious plant distillates are active nutrient resources within a plant, and act like blood to protect it from bacterial and viral infections, cleansing breaks in its tissue and delivering oxygen and nutrients to its cells. When the substance of scent is still in the plant, it is called an essence. After distillation the aromatic substance is referred to as an essential oil.



KG Stiles – Courtesy of David A. Gibb

### What is Aromatherapy?

Aromatherapy means to treat with aroma through inhalation. Essential oils are highly aromatic, and many of their benefits can be obtained simply by inhaling their aroma. Aroma reaches and influences the deepest human instincts. When essential oils are inhaled, aromatherapy delivers the benefits of fragrance, along with the many health benefits unique to essential oils.

In ancient times pure essential oils were considered more valuable than gold. The use of plants is the oldest form of healing, and the medicinal properties of plants have been recorded in the oldest historical writings. According to ancient Egyptian hieroglyphics and Chinese manuscripts, priests and physicians were using aromatics thousands of years before Christ to heal the sick. Probably the most well known purveyor of aroma in Egypt was Queen Cleopatra who became famous for her use of perfumes, healing balms, and beauty treatments.

Though there are numerous references to the use plant extracts in ancient texts, including the Bible, only now is science beginning to investigate the chemical properties and healing powers of essential oils. Virtually everything used in modern drugs can be traced back to a botanical source.



Hippocrates said there is a remedy for everything to be found in Nature.

Modern scientific research has proven that essential oils have remarkable medicinal properties. Pure essential oils are now being used successfully in hospitals and medical centers throughout the USA and around the globe. Aromatherapy is fast being recognized as a safe, inexpensive and complementary form of healthcare.

Aromatherapy Relieves Stress - Evidence Based Study Harris Methodist Fort Worth Hospital, where Aromatherapy is offered as a comfort measure and a complementary treatment, recently conducted research into the effects of clinical aromatherapy for work-related stress among ICU nurses. The outcome showed more than a 57 percent reduction in perceived stress levels by the nurses surveyed after using the essential oils.

Please Note: There are many cheap, synthetic copies of essential oils, but these are not recommended for therapeutic use. Synthetic derivatives although less expensive will never give you the desired results for therapeutic benefit, and may create adverse side effects such as allergic reactions. To achieve truly remarkable results essential oils must be absolutely pure and unadulterated. Please choose essential oils organically grown, GC/MS tested for purity, and pesticide free.

### Essential Oils for Incisions and Inflammation

Speed healing and regeneration, prevent inflammation, or infection of an incision after a lumpectomy or the surgical removal of a lymph gland, or glands. May use during radiation treatment to prevent scarring.

*Blue Tansy (Tanacetum anuum - Moroccan Blue Chamomile)* – Comforting, sweet aroma, reminiscent of apples with a hint of spice Blue Tansy's high chamazulene content gives it a vibrant blue color. Useful as an anti-inflammatory and analgesic Blue Tansy helps prevent scarring, and calms inflamed skin tissue.

*Lavender (Lavendula angustifolia)* – Sweet, floral scent Lavender is one of the best known and most used oils. For therapeutic use choose Lavender oil distilled at high altitudes as the lower temperatures and pressure for distilla-

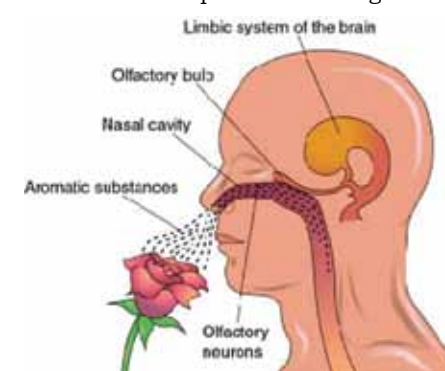
tion at higher elevations allows the precious phytochemicals to come through intact in the final product.

Lavender oil is the classic first aid oil for treating burns and known to prevent blistering, and scarring, as well as speed healing. In 1928 French perfumer and cosmetic chemist Rene-Maurice Gattefosse was researching essential oils for cosmetic purposes; he was convinced that the antimicrobial properties of many oils was greater than chemical pharmaceuticals. While working an explosion in his lab severely burned his hand, and he immersed it in a vat of lavender oil. Gattefosse was surprised that his burn healed rapidly with no infection or scar. During WWI Gattefosse used essential oils with patients in military hospitals, and published his findings in his book *Aromtherapie*, and is credited with coining the term “Aromatherapy.”

Lavender essential oil may be used to help balance moods and calm the

mind and emotions. Use Lavender for nervousness, stress, depression, fear, irritability, frustration, and anger. Add to your favorite shampoo to help reduce hair loss (8-15 drops per one ounce of shampoo).

*Helichrysum (Helichrysum italicum ssp serotinum)* – Warm, honey-like fragrance soothes the mind and emotions. The most powerful healing oil in



aromatherapy *Helichrysum's* ability to repair tissue, and accelerate the formation of new tissue is well documented. *Helichrysum* also helps prevent swelling, and relieves inflammation.

### Essential Oil for Nausea, Lethargy, and Headache

*Peppermint (Mentha piperita)* – A first aid oil Peppermint is fluid and colorless with a distinctly penetrating aroma. Peppermint's regulating properties act to relax, or invigorate depending upon the circumstances for which it is being used.

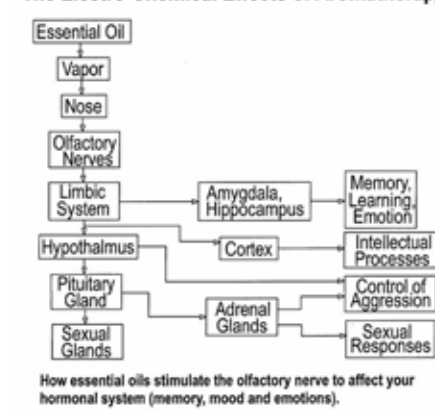
Most notably Peppermint aids focus and concentration, and is better than coffee as a stimulant. Research studies announced on CBS News reported that the smell of cinnamon, or peppermint oil can relax drivers' tension and fatigue while increasing alertness. Peppermint oil was also linked to minimizing driving frustration. Research has also shown Peppermint oil effective for relieving Migraine, and tension headache.

One of the most powerful vasoconstrictors in aromatherapy Peppermint oil is excellent for cooling hot conditions like hot flash, tired and achy legs, hands and feet. It is also an excellent Liver tonic and provides almost instant relief for nausea and indigestion!

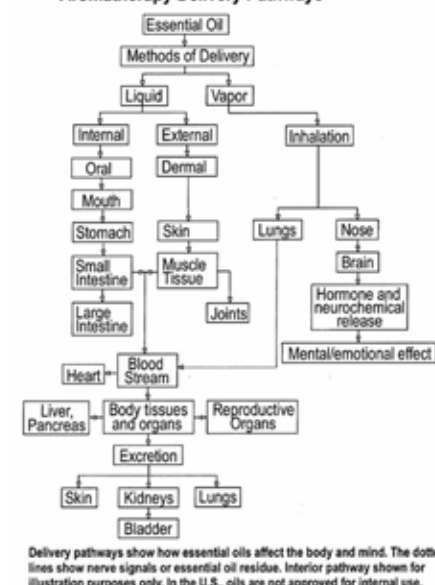
### How Aromatherapy Works

- 1) Aromatic oils stimulate your olfactory nerves which send a signal to your brain's neuro-receptors, triggering numerous electro-chemical responses throughout your hormonal system.
- 2) Through cellular respiration, or

### The Electro-Chemical Effects of Aromatherapy



### Aromatherapy Delivery Pathways



breathing, aromatic vapors enter your lungs for immediate release into your blood stream for distribution to every cell in your body.

### Methods of Application

Direct Inhalation is the method most often used by clinical aroma therapists practicing in hospitals and medical centers in the U.S. Research shows that essential oils will remain in your bloodstream for up to 4-6 hours after inhalation.

Dispense 1-3 drops of pure essential oil onto a cotton ball, or tissue, and introduce the oil into your system by breathing in the vapors for 30-60 seconds. Close your eyes and inhale. Breathe in slowly, and pause briefly on your inhaled breath. Then slowly exhale, letting go of any tension. Repeat this slow, rhythmic breathing five more times. Allow yourself to relax for a moment into a feeling of well-being.

Aromatherapy Mist to prevent or relieve radiation burns: Use this cooling, healing mist to prevent, or soothe radiation burns, or as a facial toner, all over body freshener, room spray or deodorizer. To a 2 ounce colored glass misting bottle filled with pure water (may add 1/8 tsp pure aloe vera gel as an emulsifier) add 3-7 drops each of Blue Tansy, *Helichrysum*, and Lavender. Shake well, and lightly mist onto the breast tissue.

- Facial Mist - 8-15 drops
- Body Mist - 20-40 drops
- Room Spray - 60-120 drops

May you come to know aromatherapy as a wonderful friend, you can rely on for unconditional love, support, and healing. All my love, KG ■

*KG Stiles is a Certified Aroma Therapist practicing in Ashland, Oregon, USA. She has utilized essential oils in her professional practice for more than 30 years, and is a specialist in formulating aromatherapy blends for healthy living. KG is a member of the Complementary Alternative Medicine (CAM) Team at Ashland Community Hospital which became affiliated with Planetree in 2006. The Planetree Organization helps hospitals provide patient-centered programs and care focused on healing and nurturing body, mind and spirit. Planetree philosophy integrates human caring with the best of scientific medicine and complementary healing traditions such as aromatherapy. More Info? Contact: KG Stiles at Springhill Wellness Center, Ashland, OR (541) 941-7315, or visit: www.pureplantessentials.com.*

# Meet Dara Richardson-Heron

Daughter, Wife, Doctor, Survivor, Leader, Advocate **by Beverly Vote**

Even as a young child, Dara Richardson-Heron was determined to make a difference for others when she grew up. She initially thought she wanted to be a pediatrician to help children stay well but later learned that her skills were better suited to becoming a general Internist because it was “too painful to see sick children”. As an adult, she let her desires, passions, education, and life’s experiences lead her toward her current life’s work. Today, Dara Richardson-Heron MD is the CEO of the Susan G Komen for the Cure Affiliate for the Greater New York City area.

It is obvious that serving the objectives and mission of the Susan G Komen for the Cure is what Dr Richardson-Heron passionately and skillfully does. During Dara’s tenure as CEO, the Susan G. Komen for the Cure® organization has ranked the Greater New York City Affiliate their #1 Affiliate in the world, outpacing 124 other Komen Affiliates in the area of fundraising. The Komen Greater NYC Affiliate serves a territory that includes all of the Burroughs of NYC, Long Island, Rockland and Westchester Counties serving a population of over 12 million people. “Our service territory is one of the most ethnically, culturally, and economically diverse populations in the country and that’s what makes it so unique and makes what we do so unique and important.” said Dara.

“My road to serving the mission of breast cancer health started over 22 years ago, before I ever became a breast cancer survivor. It all began when my mother was diagnosed with breast cancer. I received a call from my dad telling me my mom had breast cancer. I was a



*Dara Richardson-Heron MD, CEO of Greater NYC Affiliate of Susan G Komen for the Cure®. Photo courtesy of Ken Levinson.*

student in medical school with only a little bit of knowledge about breast cancer at the time. I really didn’t know what my mom’s medical diagnosis would mean for me and my family. It was just too scary to think about. I compartmentalized my feelings and moved forward with my degree. That was over 20 years ago when there weren’t nearly as many advances as we have today. “Thankfully, my mom is alive and well today”, said Dara.

In 1995, Dara was introduced to Earl Heron, the man who would become her husband two years later. A month after their wedding, at age 34, Dara found a lump while doing her routine monthly breast self-exam. Even though she didn’t immediately think it was breast cancer, she knew to get it checked out because it had all of the characteristics she had told her patients

to look for. At first, she tried to wish it away, but Dara’s concerns remained and she kept thinking about her mom’s diagnosis. After a couple of days, she went to see her physician. After her initial exam, her physician said the same words that most women under 40 hear... I seriously doubt this is cancer”. “But I insisted on having a mammogram. I absolutely insisted because of my medical knowledge and also because of my mom’s history!” said Dara. “Additionally, I had seen other young women who had gone to their physicians for evaluation of a lump in their breasts only to be told “It is nothing to worry about” and then ultimately they were diagnosed with late stage breast cancer. So I wouldn’t leave without getting a mammogram scheduled that same day. Even though I am not a radiologist, I could see on the mammogram that it was not good. The radiologist sat me down and told me that he was 99% certain that I had breast cancer.”

“Sometimes people think when you are a physician you can handle these things better, well not necessarily so for me. I was paralyzed with fear. Immediately my thoughts went to the worst possible scenario. I was most afraid of dying. I was also angry... how could this be happening to me at the prime of my life? How can I break this news to my husband - we had only been married for one month. How was I going to tell my family? What will this do to my marriage? What will this do to my career? Will I lose my hair? What will the treatment do to my appearance?”

“I didn’t handle the diagnoses well at all. I was devastated, and looking back, I

think it was okay to be devastated. Even though I was a physician, I had fears of my own fatality, but also fears that breast cancer would make me lose my competitive edge, damage my career and my upward mobility in my career. At the time of being diagnosed with breast cancer, I was the Executive Medical Director at Con Edison Electric Company in New York City running a medical department, providing preventive health and wellness management services for approximately 16,000 employees. I was on a career trajectory. For some reason, I felt that people would view me as being sick and that I wouldn’t be able to continue my career. I suppose for my own self preservation and as a result of my own initial denial, I didn’t want to tell anyone. I just didn’t want anyone to know, and because of this decision, people didn’t know. I told only my family, close family members and friends, and my husband of just one month.”

“Think about it, just weeks after my wedding, I was writing thank you notes for gifts that were piling up in my apartment while my hair was falling out. The man I married is now having to see me in a very “stripped down state” and only my inner beauty, what was



*Komen Greater NYC CEO Dara Richardson-Heron, MD; Komen Greater NYC Board Chair Blythe Masters; Komen Greater NYC Board member and Young Professionals Committee Chair Sandra L. Kozlowski; and Susan G. Komen for the Cure founder Amb. Nancy G. Brinker on the bell platform at the New York Stock Exchange. Photo courtesy of NYSE Euronext.*

left of it, was showing. Yet, as a silver lining to all of this, he didn’t appear to be fazed at all by my physical changes, he was fine with who he was seeing. In retrospect, I now think that once I realized that my new husband loved me with or without hair and eyelashes, and in spite of the many physical changes that occurred during my breast cancer experience, my initial healing process

began. This is when I knew, that I was truly blessed because a lot of men aren’t comfortable when their wives are going through treatment. I wasn’t! I felt very vulnerable. Very few people have the opportunity to see their husband’s true character so early in their marriage. My husband, the sweetest guy in the world in my eyes, showed me the true meaning of unconditional love, care, ▶

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concern and compassion at the outset of our marriage and he has continued to do so throughout what is now our nearly 12 years of marriage.”

Dara learned to persevere through each day of treatment and with each passing day, she began to feel that she was going to be okay. She went back to work shortly after she was discharged from the hospital and worked throughout her chemotherapy and radiation. She wanted to get back in the world and to return to a feeling of some type of normalcy. Going back to work helped her to stay focused on her future.

Dr Richardson-Heron’s career continued to flourish with Con Edison. She received several positions and promotions during her tenure there. Yet Dara was discovering, even though she had a coveted position, the more she got away from helping people, providing support, and making a difference in others’ lives, the unhappier she was becoming. She left her position with Con Edison Company of NY, Inc. to serve the needs of the United Cerebral Palsy organization where she led a team of over 125 physicians, nurses, allied health professionals, and administrative staff providing health care services to individuals with physical and cognitive disabilities and later became the Chief Medical Officer for the National Cerebral Palsy organization. But after 5 rewarding years with United Cerebral Palsy, Dr Richardson-Heron’s life was again being pulled in the direction to achieve something greater than herself and to accomplish something very personal to her. Dara learned that the culmination of all of her life’s experiences and education could potentially be realized on a Saturday morning in early January 2008 when she read the online posting of the CEO position for the Susan G Komen for the Cure Greater New York City Affiliate. “I knew the moment I read the job description that this was my job! I truly felt that



Top: Dara and Earl  
Bottom: Dara and Earl in Brazil 2006

all of my education, work experience and life experiences had prepared me for this very important work” said Dara. “This position would allow me the opportunity to share everything up to this point in my life to make a difference.”

“One of the greatest challenges as CEO of Greater New York City Affiliate is to continue to find ways to be creative and innovative in our fundraising efforts. “Unfortunately, breast cancer is not going to go on hiatus simply because we are in an economic downturn. In fact, our fundraising efforts are more important now than ever. With more individuals losing their jobs, there will be more individuals who are uninsured and underinsured. Our goal is to continue to provide funding during this economic crisis to ensure the organizations that provide screening to



Komen Greater NYC CEO Dara Richardson-Heron, MD flanked by her parents, William and Jerri Richardson. Photo courtesy of Ken Levinson.

the uninsured and underinsured are able to continue to meet their community outreach needs. It is important to note that Susan G Komen for the Cure does not provide direct services however, we provide funding to grass roots community service organizations in our service territory that provide education, screening, support and treatment services to uninsured, underinsured and immigrant women and men. In 2008, Komen Greater NYC awarded \$2.5 million to 38 local breast health programs and 3 hospitals and \$1.3 million to support national breast cancer research projects to find the cures for this devastating disease. My fear is that the opportunity for early screening and early treatment may significantly drop without funding and we all know that early detection in breast and all cancers is critical to saving lives. Many programs, including government programs, may be discontinued due to the struggling economy. One of my greatest challenges is trying to figure out how to do more with less because there is so much need right here in New York City.”

As a woman who has experienced breast cancer on many levels, as a daughter, physician, wife, world leader, advocate, friend, and survivor, Dara’s

advice for any person facing breast cancer is “First, find a team of medical professionals whose experience and judgment you feel you can trust. It is so important to have knowledgeable, caring and compassionate physicians involved at the outset of your diagnosis, because it allays your fears,” she added. She recommends reaching out to comprehensive cancer centers for recommendations, researching doctors’ credentials, consulting physician referral services and exploring recommendations from trusted friends, family or support groups. Secondly, she says “Don’t be afraid or too proud to ask for and accept the support of reliable family members and friends during this difficult period. People who care about you want to help but they often don’t know what to do. Additionally she says “Stay positive, cancer is not an automatic death sentence. Thanks to incredible organizations like Susan G. Komen for the Cure, significant advances in breast cancer research, diagnosis, and treatment have been made over the past few years. Do what feels right for you! Know yourself and take time for YOU.” ■

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*Kerri on Arthur's rock overlooking Horsetooth Reservoir in Fort Collins, Colorado.*

# Cancer: A Doorway to My Soul

by **Kerri Geary**

Cancer has transformed my life on every level, confronting me with my worst inner fears, revealing to me the richness of life, and compelling me to follow a new career path as a Journey Practitioner guiding others in their own healing. At age 45, I've healed from breast cancer twice, tested positive for the BRCA2 gene, and watched in disbelief as various cancers afflicted my mother, my father, my grandmother, two aunts, one uncle, one special cousin, and several dear friends. Witnessing the effects of this disease has both wrenched and opened my heart, creating the necessary space for me to get in touch with my soul.

**Sunshine, lollipops and rainbows, Everything that's wonderful is sure to come your way**

—Lesley Gore

Growing up in suburban Denver, my life felt like sunshine, lollipops, and everything wonderful! Born in 1963, I grew up in a traditional family with a working dad, a stay-at-home mom, one

sister, two brothers, a cat, and a dog. My best friend lived next door and I attended the neighborhood school. I loved playing outdoors with my girlfriends, creating art, dancing, and going to school. I felt happy and alive and knew what to expect from life, until cancer forever changed my life.

The year was 1976; I remember the date because I was making a bicentennial collage for my 7th grade history class when my brother told me to come to the kitchen table for a family meeting. Calmly my parents told us that my father needed to have surgery for a tumor. They did not supply many details and assured us all would be well. They lied! My father's malignancy was in fact quite serious and the doctors speculated that he might only live a few years. I discovered this out by listening through a crack in a closed door. At thirteen during that crazy volatile time of changing from a girl into a young woman, this news and the many changes that it brought about stirred up many unfamiliar emotions that I didn't know how to express and didn't want to feel anyway. They had nothing to do with what I considered

“good” feelings. Therefore I tried not to cope with them by becoming numb as I forced them back under cover. Little did I know that this unhealthy coping mechanism was the beginning of a life-long pattern of emotional suppression.

Fortunately for us children, the doctors' prognosis was their idea alone and did not fit in with my father's own plans. He lived nineteen more years despite suffering from the horrendous effects of massive radiation which caused him to lose his eyesight, hearing in one ear, most of his teeth, and much dignity. Although his strong body deteriorated over time, my father's stubborn will, sense of humor, and desire to provide for his family kept him going. Skeleton-like, my dad died in 1994.

Although several other close family members faced cancer over the intervening years, my own diagnosis of breast cancer, at the age of 33, took me by surprise. Having only been exposed to traditional western medicine and feeling terrified, I followed the advice of my doctors and underwent a modified radical mastectomy with a TRAM flap reconstruction. Reconstruction is actually a bit of a misnomer; my entire



*Kerri, son Evan, age 7, and Goofy, at the Magic Kingdom in Orlando.*

being felt utterly violated! My recovery from this painful, invasive surgery took many months and more than a decade later, my body is still dealing with the effects of having my body parts rearranged. Yet, my ability to smother my emotions took over again and I managed to numb myself out to the most intense feelings churning deep within. Over the ensuing years, I outwardly projected a courageous veneer and five years later my oncologist declared that I was cured! (Yep, he actually used the “cure” word). On top of that fabulous news I became pregnant with my first child at the ripe age of 38. Life seemed to be coming back around to sunshine, lollipops and rainbows.

Unfortunately, three years later at my 16th routine oncology check up, and only several days after deciding to try for another child at age 41 (definitely pushing the envelope for

conceiving, but what did I care, I simply adored being a Mom!), I received a diagnosis of a new primary breast cancer in my opposite breast. This time the news shattered my world! Not only was the cancer more invasive than the first one, but more importantly I was a Mommy! I was a Mommy!!!! I felt like an enormous tornado had swept me up and just tossed me asunder. I couldn't breathe or think or sleep. I had lost control of my hopes of returning to a world of sunshine, lollipops and rainbows. Though my psychological/spiritual toolbox contained many appropriate tools such as guided imagery CDs and years of yoga practice, I couldn't even manage to locate it, much less open it. My overwhelming feelings paralyzed me! As the mother of a small child, this diagnosis magnified my fear of the unknown! What would happen to my son if I didn't survive this time? How could I leave my husband to deal with raising a three year-old child alone? Other strong emotions accompanied this gigantic fear. I experienced grief at putting my body through more violations and a sense of profound betrayal from life itself. And unbeknownst to me, rage boiled deep in the interior of my soul! Rage at cancer in general, rage at cancer in me, and rage at life! With all my might I tried to control these emotions by keeping them pushed down and the energy this choice required created unbelievable anxiety and fatigue. My oncologist put me on an anti-depressant, which dissipated the fear and abated the power of the rage. My school district gave me a year leave-of-absence and I managed to make it through three more surgeries, chemotherapy, and mothering a three-year-old.

Rage finally got my attention as the date of an impending surgery to remove my ovaries slowly neared. In the fall of 2005, I acquired a severe case of ▶

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"Breast Cancer patients should never have a needle inserted or blood pressure taken from their affected limb" says Christine Laronga, who heads the breast cancer program at H. Lee Moffitt Cancer Center.

This is how breast cancer survivor June Bucy got lymphedema. "I would go to the doctors' offices for follow-up visits, and they would take my blood pressure on my arms, I just figured they knew what they were doing" says Bucy.

Laronga says such cases are more common than she'd like to admit. "I think it happens frequently and patients can develop lymphedema 2 days after surgery or 20 yrs later" she says.

Bucy says this wristband might have prevented her case.  
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hives ALL OVER my body. I tried every thing I could to cure the hives, but nothing worked until I went to see a hypnotherapist, something suggested by Dr Andrew Weil in his book, *Optimum Health*. When I arrived at my appointment, the hypnotherapist introduced me to something new called The Journey developed by Brandon Bays. After describing the work, she asked if I might be willing to try a Journey process. Little did I know then that my "YES" reply was not only a response to her question, but "YES" was also the answer to a whole new direction in my life and more importantly to LIFE itself. I was saying YES to a healing experience that would change me forever.

One Journey session quelled the screaming hives and by the end of the week, after two more sessions, my hives disappeared FOREVER! More significantly than that – and believe me, the significance of being hive-free cannot be overstated – I finally discovered a way to get in touch with my emotions and my soul. The Journey empowered me with elegant emotional processing tools and supported me in a vast cradle of love while I journeyed inside to reclaim my soul and to discover my real purpose. The Journey not only healed my hives, it launched me on a new path of healing and self-discovery.

I learned that when changes happen in the body, even cancer, the body is trying to communicate something on a deeper level. Bodies are the barometers of emotions, and emotions connect us to our souls. In one of my most powerful Journey processes, I realized that unwittingly I had given cancer its own consciousness, a sinister personality with malevolent intentions. This realization enabled me to begin a process of unhooking from the drama I had created around cancer. After



Kerri, son Evan, and husband Mike at Ocean Shores Beach, Washington.

that Journey process, the question of "why?" began slipping from my vocabulary, being replaced with the invitation, "Body, tell me more. What would you like me to learn?"

On my healing journey, I uncovered numerous emotional blocks hidden

away from my conscious mind that my ego created for my safety, but that no longer served my highest potential. These blocks prevented me from healing and being fully aware and alive. Now that they have been exposed, they no longer have power over me. I have released them and stepped into my own light, joyfully discovering the genuine freedom and love that resides within me, within all of us. In addition, by truly forgiving myself and others, I have experienced the direct connection between healing and forgiveness and extricated a lifetime of cancer consciousness from my cells and entire being.

I still love the song, "Sunshine, lollipops and rainbows" and all that the lyrics convey. And I KNOW that there is so much more to life. Embracing and welcoming all my emotions and all my life experiences, including cancer, has allowed my focus to shift from the mundane details of everyday life to the infinite beauty of this human experience. I am awake to all of life's blessings and inspired to guide others as they transform from survivors into thrivers. ■

Kerri J. Geary lives in Fort Collins, Colorado with her husband Mike and beautiful 7½ -year-old son Evan.

She is an Accredited Journey Practitioner, Certified Spiritual Mentor, and Master Educator. Kerri is passionate about and committed to serving women facing breast cancer as well as other female survivor issues. Her work includes Journey processes, creative expression, and spiritual exploration.

She can be reached at 970-420-9300, [kerri@compassionateembrace.com](mailto:kerri@compassionateembrace.com) or check her out on the web at [www.compassionateembrace.com](http://www.compassionateembrace.com).



Kerri Geary during chemotherapy.

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# Be Part of 2009's Hottest Exercise Trend: **Simplicity**

by Lee Thrash

Spring always arrives with the promise that exercise really can be rewarding. Unlike the sometime drudgery of January's resolutions – all bundled up, or in the basement with workout DVDs, or in a hollow, sweaty gym – spring means fresh air! Vitamin D! Things like walking, hiking, swimming and sunshine come back to the front of mind and make working out fun again.

Not surprisingly, one of the hottest exercise trends for 2009 is a return to the basics. A recent survey by the American Council on Exercise (ACE) reveals that most people want simple, inexpensive exercise programs as we face the troubled economy and high levels of stress. Spring weather helps fill that bill. What could be simpler – or cheaper – than the fresh air you get by taking a walk? In addition, the mind-body connection (another hot fitness topic) can be engaged when simpler techniques prevail over complicated machines or fast-paced classes.

Breast cancer survivors can typically return to exercise with physical therapy to improve strength and range of motion in the arms, and then incorporate moderate aerobic exercise like walking. All you need is a good pair of shoes to get started.

Once you're back in "the groove," though, don't be afraid to amp it up. Hiking a hill or mountain adds an extra challenge. Even if you've never been a runner, getting started isn't hard – try a program like Cool Running's Couch-to-5k ([www.c25k.com](http://www.c25k.com)). Physical activity will help keep the fatigue that comes with surgery and treatment at bay. Work with your doctor to find the right combination of strength and aerobic exercises for your fitness level.

Great weather doesn't have to be your only inspiration: Amoena has several products to make getting and staying fit easier.

**Comfort+ technology:** Breast forms with our Comfort+ layer absorb body heat from the chest wall and cycle a cooling agent back to your body, for superior comfort.

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**Performance sports bra:** Available in white or black, the Performance sports bra features microfiber pockets, adjustable straps, and spandex for ultimate mobility.

**Swimforms:** Indoors or out, swimming is near-perfect exercise. Our clear silicone swimforms feature a concave back that allows water to flow through for maximum comfort. The forms fit securely into the pocket of a swimsuit.

**Swimwear:** Expert attention to style and functional detail means comfort and security for you. Our suits' soft



pockets hold breast forms or symmetry shapers in place during your workout.

Get outdoors, get to know your community by walking through it, and get some fresh air! Your body will simply thank you for it. ■



**Lee Thrash**

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



# The Journey to Breast Cancer Wellness

with Claire Timmerman

search for my soul, my self. So I started with The Journey Intensive and it made so much sense, it was so simple! So I went ahead and did the whole practitioners program, step by step and it changed my life!

## What is The Journey to Breast Cancer Wellness?

The Journey to Breast Cancer Wellness is a weekend just for women who have received this diagnosis. Based on the foundation course – The Journey Intensive – this weekend has been specially adapted to support women to look at the issues that arise when diagnosed with breast cancer and also those issues that arise after the treatment and healing has taken place. It is a supportive environment where woman who have been diagnosed with breast cancer can really take time for themselves and to make a real change in their lives.

## Why do women on a healing journey need to attend this event?

To me this is the single most impactful complementary therapy work that I have experienced – and I tried a few! It will help any woman to get in touch with herself and her true essence and to enable her to live from this place.

## What are the benefits of going through the process called "The Journey"?

The benefits that we have witnessed

from people undergoing these very simple processes have been profound. We have seen people realizing a deep sense of peace and joy within, and we have also witnessed some very significant physical improvements. The process helps to clear away the clouds and cobwebs to create clarity for people, especially for making decisions and life changes. We will also be doing some work to support those who are currently undergoing treatment so that their bodies may be more receptive to the treatments.

## Why do you recommend this program to women?

For one simple reason, it changed my life and it could help change yours. For me I had already gone the traditional medical route of surgery and chemotherapy and yet afterwards I was aware that there were many areas in my life that really could benefit from some change – and there were many more areas that I was not aware of! It has been my deepest prayer to share this profound work with others who have a cancer diagnosis, I truly hope that as many women as possible can get to these events to experience it for themselves.

For more information please call 973-680-0271 or visit [www.thejourney.com](http://www.thejourney.com). ■

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# WAKING THE WARRIOR GODDESS

## DR. CHRISTINE HORNER'S PROGRAM TO PROTECT AGAINST & FIGHT BREAST CANCER

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

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

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

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

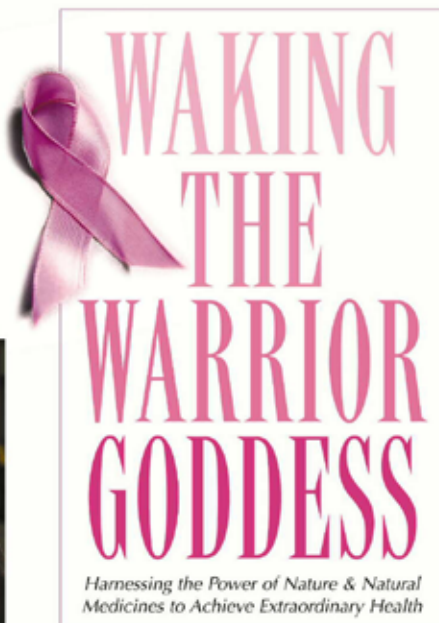
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Christine Horner, M.D., F.A.C.S.

# Witnessing Compassion by Beth Moore

## Lesson with a Hairbrush

Seventy or eighty of us filled a commuter area of the Knoxville airport. I could see activity over my left shoulder, and finally I glanced out of the corner of my eye. I will never forget what I saw. An airline hostess was pushing a wheelchair with an old man who looked not a day younger than 127 years old. I've never in my whole life seen a human being look that old and that weary and that drawn. I tried to keep from staring, but he was such a strange sight. Humped over in a wheelchair, he was skin and bones dressed in clothes that obviously fit when he was at least twenty pounds heavier. His knees protruded from his trousers, and his shoulders looked like the coat hanger was still in his shirt. His hands looked like tangled masses of veins and bones. The strangest part of him was his hair and nails. Stringy grey hair hung well over his shoulders and down part of his back.

I had walked with God long enough to see the handwriting on the wall. I've learned that when I begin to feel what God feels, something so contrary to my natural feelings, something dramatic is about to happen. And it may be embarrassing. I immediately began to resist because I could feel God working on my spirit and moving me toward the man. I started arguing with God in my mind, Oh no God, please no. I looked up at the ceiling as if I could stare straight through it into heaven and said silently, "Please, Lord, I know what's going on here. You want me to witness to this man. God, please don't make me witness to this man. Not right here and

now. Please! I'll do anything. Put me on the next plane with him. I'll witness to him on the plane, but don't make me get up here and witness to this man in front of this gawking audience, Please, Lord!"

Don't get me wrong. I don't have a problem with sharing the gospel with someone I love to share Jesus, but this was a very peculiar-looking man in a setting that seemed a bit un conducive to spiritual awakening. Then I heard His commanding voice loud and clear. When I say God spoke to me, it wasn't an audible voice. Like most of you, I would have instantly morphed into a corpse. Rather, a very clear statement entered my mind that I knew wasn't my own thought or imagination.

Then I heard it: "Oh, I don't want you to witness to him, I want you to brush his hair."

Do I witness to the man or brush his hair? No brainer. I looked straight back up at the ceiling and said, "God as I live and breathe, I want you to know I am ready to witness to this man. I'm on this, Lord. I'm your girl! You've never seen a woman witness to a man faster in your life! What difference does it make if his hair is a mess if he is not redeemed? I'm on him, I'm going to witness to this man!" Again as clearly as I've ever heard an audible word. God seemed to write this statement across the wall of my mind, "That's not what I said, Beth. I don't want you to witness to him. I want you to brush his hair."

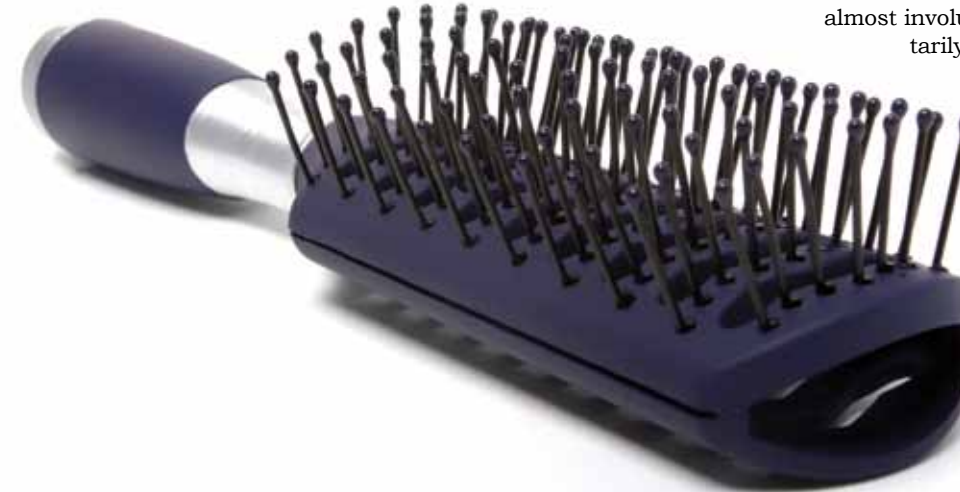
I looked up at God and quipped, "I don't have a hairbrush. It's in my suitcase on the plane, for crying out loud! How am I supposed to brush his hair without a hairbrush?" God was so insistent that I almost involuntarily

began walking toward the man as these thoughts came to me from God's Word. "I will thoroughly finish you unto all good works" (2 Tim 3.7 KJV). I knelt down in front of the man and asked as demurely as possible, "Sir, may I have the pleasure of brushing your hair?" He looked back up at me and said, "What'd you say?"

"May I have the pleasure of brushing your hair?" To which he responded at volume ten. "Little lady, if you expect me to hear you, you're going to have to talk louder than that." At this point I took a deep breath and blurted out, "SIR" (No, I'm not exaggerating) "MAY I HAVE THE PLEASURE OF BRUSHING YOUR HAIR?" At which point every eye in the place darted right at me. I was the only thing in the room more peculiar than old Mr. Longlocks. I watched him look up at me with absolute shock on his face and say, "If you really want to."

Are you kidding? Of course I didn't want to! But God didn't seem interested in my personal preferences right about then. He pressed on my heart until I could utter the words, "Yes sir, I would be so pleased. But I have a little problem. I don't have a hairbrush." "I have one in my bag," he responded. I went around the back of that wheelchair, and I got down on my hands and knees. I unzipped the stranger's old carry-on hardly believing what I was doing. I lifted out undershirts, pajamas, and shorts until I finally came to the bottom of the bag. There my fingers wrapped around the familiar bristles of a brush. I stood up and I started brushing the old man's hair. It was perfectly clean, but it was tangled and matted. I don't do many things well, but I must admit I've had notable experience untangling knotted hair mothering two little girls. Like I'd done with either Amanda or Melissa in such a condition, I began brushing at the very bottom of the strands, remembering to take my time and be careful not to pull.

A miraculous thing happened to me as I started brushing that old man's hair. Everybody else in the room disappeared. There was no one alive for those moments except that old man and me. I brushed and I brushed and I brushed until every tangle was out of that hair.



I know this sounds so strange but I've never felt that kind of love for another soul in my entire life. I believe with all of my heart, I - for that few minutes - felt a portion of the very love of God. That

He had overtaken my heart for that little while like someone renting a room and making Himself at home for a short while. The emotions were so strong and so pure that I knew they had to be God's.

His hair was finally as soft and smooth as an infant's. I slipped the brush back into the bag, went around the chair to face him. I got back down on my knees, put my hands on his knees, and said, "Sir, do you know Jesus?" He said, "Yes, I do." Well, that figures. He explained, "I've known Him since I married my bride. She wouldn't marry me until I got to know the Savior." He said, "You see, the problem is, I haven't seen my bride in months. I've had open-heart surgery, and she's been too ill to come see me. I was sitting here thinking to myself, 'What a mess I must be for my bride.'"

Only God knows how often He allows us to be part of a divine moment when we're completely unaware of the significance. This, on the other hand, was one of those rare encounters when I knew God had intervened in details only He could have known. It was a God moment, and I'll never forget it. Our time came to board, and sadly we were not on the same plane. Oh, how I wished we had been. I was deeply ashamed of how I'd acted earlier and would have been so proud and pleased to have accompanied him on that aircraft. The airline hostess came to get him, and we said our good-byes, and she rolled him on the plane.

I still had a few minutes, and as I gathered my things to board, the airline hostess returned from the corridor, tears streaming down her cheeks. She said, "That old man's sitting on the plane, sobbing. Why did you do that? What made you do that?"

I said, "Do you know Jesus? He can be the bossiest thing!"

And we got to share.

I learned something about God that day. He knows if you're exhausted, you're hungry, you're serving in the wrong place or it is time to move on but you feel too responsible to budge. He knows if you're hurting or feeling rejected. He knows if you're sick or drowning under a wave of temptation. Or He knows if you just need your hair brushed. He sees you as an individual. Tell Him your need!

I got on my own flight, sobs choking my throat, wondering how many opportunities just like that one had I missed along the way .. all because I didn't want people to think I was strange.

God didn't send me to that old man. He sent that old man to me. ■

*\*Excerpted with permission from "Further Still" by Beth Moore*

"Keep your thoughts positive because your thoughts become your words.

Keep your words positive because your words become your behaviours.

Keep your behaviours positive because your behaviours become your habits.

Keep your habits positive because your habits become your values.

Keep your values positive because your values become your destiny. "

—Mahatma Gandhi



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Please note we are not a fundraiser for research nor are we a political activist organization; however we do endorse those that work on this behalf in these fields. We also work with breast cancer nonprofits across the country.

We are a charitable 501c3 nonprofit foundation that teaches wellness principles for those facing breast cancer.

If interested, please email me—Beverly Vote at [beverly@breastcancerwellness.org](mailto:beverly@breastcancerwellness.org)



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CRUISE SHIP**



## Join Suzie Humphreys!

*Breast cancer survivor Suzie Humphreys has been fired, been broke, been disappointed, been a petrified expectant mother at 40 years old and lived her life with a passion for learning not only how to be better, but to see things differently. She lifts, jolts and nurtures her audiences and they love every minute of it! She makes them laugh until they swear they can't laugh anymore....then she "grabs" them again!*

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