

5 Things To Do Right Now to Heal your Health (and be a Cancer Thriver!)



The diagnosis of cancer is usually life altering for most of us. We are shocked, overwhelmed and want to know “How?” “Why?”. When I was diagnosed I wanted to know answers. In that search I learned that **lifestyle choices contribute about 70% to the chronic diseases** we experience today- many cancers included. WHAT? Sobering...and EMPOWERING!

Out of balance body (lack of good nutrients and exercise; exposure to and intake of too many toxic substances-sugar, alcohol, processed foods, and environmental toxins)= **trouble.**

Out of balance mind (negative or ruminating thoughts, negative self-view, unresolved anger, and bitterness, pessimistic outlook or thoughts)= **trouble.**

Out of balance spirit (stress, not setting boundaries, doing too much, not enough fun) =**trouble.**

If more than one of those is out of balance= serious trouble.

When we are out of balance, toxicity exists and it is much more difficult for our bodies to remain healthy. Rarely does a single thing cause cancer and for each person the causative factors are unique. Our

bodies are complete little ecosystems unto themselves and, as such, one thing affects another. NOTHING OPERATES IN ISOLATION!

I took a long, hard look at my lifestyle and realized that sadly, I had greatly contributed to my state of affairs. I reasoned that if what I had done contributed to this situation, then what I do moving forward may contribute to UNDOing it. Some soul searching and some radical honesty led me to see that all 3 areas of my life were out of balance!

*“Healing requires a willingness to change-physically, emotionally and spiritually”-
Greg Anderson, Cancer Recovery Foundation*

I quit drinking, changed my diet, started an exercise and meditation routine among other things. I basically did a 180° turn in my lifestyle choices and fully embraced integrative, holistic self-care. While that may sound difficult, the adage “What got me here is not going to get me there” really resonated. When I realized the impact of my choices and where I was because of those choices and where I really wanted my health to be, it is a choice I made happily. Sickness or Health? Cancer or not? Our life is the consequence of a million little choices (and some big choices) we make everyday. Let me ask you: **if you knew that eating processed foods/lots of sugar/smoking/drinking too much (or substitute any other risky choice)- would kill you immediately upon eating/ingesting/using them, what choice would you make?** That makes the choice pretty easy huh? Instead we play Russian Roulette. That's because the effect of many of our choices are usually so distant, we fail to assign the necessary importance to them. I needed to take responsibility for myself, my health and my choices and give my body what it needed. More to the point, I needed to give it a fighting chance to beat cancer. In my ‘Life [re] Imagined’ coaching program, we delve deeply into all of these areas and more but it would take a novel to write it all here so.... TO GIVE YOU SOMETHING YOU CAN WORK ON NOW and start becoming a Cancer Thriver, I offer these tips for your health healing journey.

As a starting point, let's use the acronym NESS. I learned this acronym from Dr. Brent Bauer, Director of Complementary and Integrative Medicine Program at Mayo Clinic, but it originates from the research of Dr. Dean Ornish. Anywho....

While all of these are well known to be common to good health in general, I will be speaking to their impact on cancer. I think when we view them through this new lens (i.e. how does what I am doing really impact my little ecosystem?), it becomes apparent why we need to make these changes NOW rather than that elusive “someday”.

N is for Nutrition:

The topic of nutrition is exhaustive, complex and is more comprehensively covered in the ‘Life [re] Imagined’ program but today and right now I want you to do 2 things that will have a huge impact on your healing and ability to fight cancer and/or its recurrence.

GET OFF SUGAR!!! You know this. There is nothing, and I mean nothing, redeeming about sugar (not to be confused with complex carbohydrates!) So why is that especially important when you have or are recovering from cancer? In a nutshell....1. Cancer cells feed on sugar -it is their source of food and energy; and 2. sugar causes inflammation which suppresses your immune system. And now is not the time for impaired immune function. Many people say, “I don't add sugar to anything!” Unfortunately, the food manufacturers do. They hide sugar in e v e r y t h i n g...ketchup, pasta sauce, coffee flavoring, salad dressings and yogurt to name a few. **The average American now unsuspectingly consumes over 65 pounds of sugar a year for a total of about 150 pounds of total sugar a year!** No wonder we are sick...diabetes is epidemic and we are getting fatter. Additionally, your body treats many things like sugar...white flour, white bread, white pasta. Steer clear of these and go with raw, colorful and/or unrefined, unprocessed and unprepared (i.e. prepared by someone other than you) food. REAL FOOD! (More healthful sweeteners include maple syrup, honey and stevia when used in **moderation**.)

START EATING CRUCIFEROUS VEGETABLES now and in abundance. Broccoli, cabbage, kale, cauliflower all have amazing phytonutrients that are cancer fighting superstars. Load up and eat often, raw and cooked.

E is for Exercise:

We all know we are supposed to exercise, but for the Cancer Thriver, **exercise is mandatory**. The body is made to move and exercise can be easy and fun if you enjoy what you are doing. ***Find something you enjoy!*** Walk, dance, swim, bike, yoga, golf (no riding in the cart!) I don't care but **DO SOMETHING NOW**. Here's why-exercise provides a host of benefits: lowering blood pressure, produces endorphins or "happy juice" which we all can use and it gets the lymph moving. Lymph doesn't move by itself and it needs to move around to catch all those nasty cancer cells. So..super critical to GET MOVING and boost that immune system!

The S is for Stress Management:

Cancer is stressful. Stress lowers the immune function. We just talked about exercise which is a great form of stress management and another is sleep. **Adequate sleep is critical**. Many of the body's building and repair processes occur while sleeping. It is not noble to go till you drop or function on few hours of sleep. It is dangerous, especially to someone with cancer. **LISTEN TO YOUR BODY!** Rest and sleep when it tells you to and aim for 8+/- hours of sleep. You need it more than ever now.

The second S is for Support:

Social support can extend your life and is one of the main components in healing. Doing this cancer journey alone is not a good idea. You need to surround yourself with those who will be a positive influence on you, listen to you and be there for you. Some people have a large support system and others do not. It is critical that you find your team of support....your tribe. Team Cynthia included my oncologist, nutritionist, energy healers, a naturopath, massage therapists, a chiropractor, friends, family, faith & hope, support group of other women going through what I was and most importantly, ME. Recognize that you are the most important and powerful member of your healing team.

This is not a time to be afraid to ask questions!

These 5 things will get you started in detoxing your mind and body, beginning the healing process and becoming a Cancer Thriver. If, like most of us, you understand what to do but still can't seem to do it, you need a mentor plain and simple. A mentor keeps you accountable and supported and keeps you focused on being the best version of yourself. If you are interested, visit the coaching tab on my website: cancerthrivers.info and schedule a complimentary session with me to see if we are right for each other! ***Your health is too important not to take seriously and take control of NOW.*** It truly can mean the difference between a life of health and vitality or one of disease.

Here's to your health!

Cynthia