

Talia, Breast Cancer Coach

From: Dr. Talia Miller, Breast Cancer Coach [Dr._Talia_Miller__Breast_Cancer_@mail.vresp.com]
Sent: Tuesday, February 15, 2005 7:12 AM
To: talia@sti.net
Subject: Stop Breast Cancer - Thrive in 2005 Newsletter



Dear Talia and Friends,

Happy Valentine's Day



We all know that Valentine's Day is a time for love. For some of us, it's not always an easy day. How can you make this year's Valentine's Day special? By offering love and appreciation to yourself. Who better to love, than you! You deserve it. You're alive and thriving. So give yourself the gift of love. Create a special ritual of appreciation and share it with YOU!

I send you lots of love and blessings. May this February bring you health, peace joy, prosperity - all that you desire, and more! May 2005 be your year to THRIVE!

Breast Cancer Support Center Accepting Your Stories

We are seeking stories or poetry from women who have overcome the challenge of cancer in a heroic way. Maybe they continued to offer love to people, even as they were on their deathbed. Maybe they showed courage. Maybe they healed themselves with mind, body spirit all working together. Please share your story. Email Director@breastcancersupportcenter.org and please



[Visit the website](#)

LOVE by Emmet Fox

"There is no difficulty that enough love will not heal. No door that will not open. No gulf that enough love will not bridge. No wall that enough love will not throw down. No sin

that enough love will not redeem.

It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake. A sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world."

Consider the following:

How can you use your breath to feel more love? How does a loving person move through a crowd? Around the room? What kind of words does a loving person use when she is angry? What stops you from loving fully? What thoughts? Beliefs? Patterns? Who can you call upon to share your love this week?

You can personally experience the power of my phenomenal program, **From Survivor to Thrive - The Breakthrough Program for Beating Breast Cancer**. It's not just for breast cancer survivors. It's designed for everyone wanting to create optimal health and more love in their lives. Please contact me for your complimentary phone coaching session so that you can begin to feel loved, loving and lovely - today!

Fr*ee Session

Stop Breast Cancer Newsletter - "Thrive in 2005" ©



The Breast Cancer Support Center offers several services to clients, friends and benefactors. One of the most popular is the fr*ee Stop Breast Cancer Newsletter. If you received this issue from a friend, and would like to subscribe to the monthly e-publication, please click on the image, which will take you to the sign-up form. You can also send it to a friend.

In order to make certain that you actually receive the issue, that it doesn't land in the "spam" or "junk" filtered mail, you might need to add the following address to the "acceptable" or "white list" on your email server. They usually have a page where you can say "add this" or one of the other phrases. Copy and paste this address:

Dr._Talia_Miller__Breast_Cancer_@mail.vresp.com

Then your email server or internet server, will be sure to let it get through to you. If you rescued this Newsletter from your spam or junk box, please follow the directions above.

Fr*ee Newsletter

Mark Your Calendar - February 27th Teleclass

Who Do You Know That Wants to Avoid Breast Cancer? Learn what to eliminate IN , ON, and NEAR your body to Stay Healthy!

You can help prevent breast cancer and other diseases.



"Preventing Breast Cancer and Recurrence - Wisdom for Survivors and Thrivers"

This fr*ee teleclass offered in conjunction with the Breast Cancer Support Center, is scheduled for **Sunday, February 27th at 5:30 pm, PT**

This is a 60 minute no-cost class by phone. You are invited to join a community of women interested in preventing cancer and its recurrence. You will hear facts which are generally unavailable to the public. During the phone call, you can remain quiet and simply listen, or you can participate by sharing your knowledge as well.

Join Breast Cancer Recovery Coach, Dr. Talia Miller by sending an email to director@BreastCancerSupportCenter.org or calling **59-683-7004** to register. Once registered, you'll receive the call-in phone number and access code for the informative and lively "class-by-phone."

Invite your friends and colleagues. This is FR*EE Information brought to you as a public service by the Breast Cancer Support Center. Contact us now for the phone number and code so you can receive this important information.

Teleclass Registration

Breast Cancer Coach Awarded Leadership Scholarship

Dr. Talia Miller, Director of the Breast Cancer Support Center in Oakhurst, CA, has been awarded a Leadership Scholarship, funded by the Komen Foundation, to attend a special conference on integrative care for cancer patients.

She will participate in the CancerGuides training program sponsored by the Center for Body - Mind Medicine located in Washington DC. The eight day conference, from March 12th - 20th will be held in Berkeley CA. The mission of CancerGuides is to create comprehensive individualized programs for cancer patents, using evidence-based integrative and holistic treatment techniques.

Dr. Miller was selected due to her role as both the breast cancer recovery coach, and her commitment to service and leadership. She will apply the knowledge and skills gained from the conference, to coaching with her clients.

[Center for Body - Mind Medicine](#)

New Breast Imaging Detects Smallest Tumors

By Anne Harding

NEW YORK (Reuters Health) - A technique called molecular breast imaging (MBI) is highly sensitive in detecting small lesions and can also spot tumors missed by mammography and ultrasound, researchers report.

The results with the first 100 patients are "just staggering," Dr. Deborah J. Rhodes of the

Mayo Clinic College of Medicine in Rochester, Minnesota, told Reuters Health. "This technique really has many, many implications and many potential applications, but we certainly need further studies."

The detection system involves injection of a standard short-lived isotope, which is taken up in breast tissue and preferentially by tumors. The team built a gamma camera specifically designed to pick up the isotope signal and image the breast.

In their article, Rhodes' team describes the results when they tested the detection system with 40 patients. All of the women had small lesions that had been identified on a mammogram as "highly suggestive of malignancy," and were scheduled for needle biopsy.

That showed that 26 of the women had a total of 36 malignant lesions. When they were examined with the MBI system, it detected 33 of the lesions, as well as four lesions missed by both mammography and ultrasound.

The system the researchers developed not only identifies small lesions, they note; it also uses lighter compression than mammography, making it more tolerable to patients.

MBI may be particularly useful in patients with dense breasts, in whom standard mammography is much less sensitive, or women who are at greater risk of breast cancer, the researchers note.

The disadvantages of MBI, they continue, include the necessity of injecting radiotracers and the longer time required (40 to 50 minutes compared to 15 minutes) for the scan.

However, Rhodes said her group is developing a new version of their MBI camera that will cut imaging time in half.

On the other hand, MBI has a number of advantages over MRI for detecting breast cancer, according to Rhodes. For instance, while MRI requires radiologists to sift through hundreds of images and interpretation is subjective, with MBI the picture is more clearcut. "There's either an abnormality or there's not," she said.

SOURCE: Mayo Clinic Proceedings, January 2005.

My phenomenal program From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer utilizes 12 proven principles for healing the body, mind and spirit.

News Flash -A Donkey Tale Shows Us How to Live

Courtesy of Dorine Barranco

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old and the well needed to be covered up anyway, it just wasn't worth it to retrieve the donkey.

So he invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly.

Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well and was astonished at what he saw.

With every shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up! As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off!

Moral: Life is going to shovel dirt on you, all kinds of dirt.

The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up!

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Give Some Love Today

I know that many of you have been making donations to the Tsunami Relief efforts. I have too. Yet we have women right here in the US who need your help. A recent letter from a mother of three youngsters under 9, divorced and on her own, wrote:



" I am financially struggling just to get by and cannot do all of the therapies I would like. I also have a tough time fitting all of my daily needs in when I have 3 children to care for. I currently have a breast full of tumors. It scares me and I would love the support, if even only emotional, to help me cope with this.

I wonder if it is even possible for me to get better in my situation. If I do beat this I would love to give back in any way that I can.

Thank you for a wonderful site. I hope to hear back from you!"

She like several others, is waiting for a scholarship for breast cancer coaching services. Won't you consider making a tax deductible donation?

Thank you.

[Tax Deductible Donation info.](#)

Valentine's Special - Twenty Percent Discount

Have you been wishing for a special partner? Someone to help you through the rough spots? To problem-solve with you, support your decisions, cheerlead you, motivate you, co-create with you? Then all you have to do is take the first step.

Contact me. t@breastcancercoach.com I use a powerful, cost -effective program for helping you get the relationships you want, the health you deserve and the life of your dreams. How? By crafting an individualized plan utilizing you mind, your body and your spirit. Let me support you. Watch miracles unfold!

The first 4 people to contact me now through February 28th will save twenty percent on their first month of coaching. That's up to a \$78.00 saving!

Cancer-Free -- Your Guide To Gentle, Non-Toxic Healing

Thank you to Bill Henderson , expert on holistic cancer cures, for his heartfelt gift to all who are interested on curing cancer gently. His free teleclasses, newsletters and his book, are a huge gift to humanity.

If you or anyone you know wants to cure cancer, then buy his book. There are 137 links to web sites in "Cancer-Free," all of which are hyperlinks. That just means that while reading the e-book you can click on the link, go to the web site he is linking to, and explore it. The e-book is only \$27.00.

You can purchase his book through my website www.Breastcancercoach.com/learning.html. Scroll towards the bottom of the page and follow the links. And do sign up for his fr*ee newsletter

[Buy Cancer - Free ebook](#)

Lasting Love - Part One

Would you like to know the secrets of lasting love? My teachers, Gay and Katie Hendricks, in their book by the same name, teach the 5 secrets. Since my relationship enhancement coaching program is based largely on their work, I thought I'd share one secret with you each month.

Here's the first secret – and perhaps the most important. If you want to experience vibrant, conscious relationships, you need to master the “c” word (not cancer – commitment) COMMITMENT! In working with couples, I teach them how to make real commitments, those you can control and stand by. We look deeply at unconscious commitments – the ones that have been creating your life - the ones which have been causing you to want something (or someone) better for yourself.

A real commitment, would be to tell your partner the truth about how you are feeling, including when you are feeling loving, and when you're not. This leads to deep intimacy and creativity.

Recently I worked with a woman to overcome her fear of rejection and abandonment so that she could tell her partner an old truth she had been withholding. Using my *frictionless communication* model, she learned the four steps to telling the truth in a way that she could be heard by him.

Her sense of empowerment and fearlessness grew in leaps and bounds. She shared her feelings and withhold with her partner, creating more intimacy with him.

Before coaching, her unconscious commitment was to feeling safe and guilty. After coaching, her commitment was to truth and intimacy. She become vibrant and fulfilled!

Consider this: *What are you committed to? (Whatever is showing up in your life, that's what you are committed to.) What unconscious commitments do you see in yourself? Which ones do you want to eliminate and transform? What beliefs were you operating out of that supported your unconscious commitments? What new belief can you claim as yours*

now?

Refer Me Please!

If you have questions or comments about any of the content, please contact me by email t@breastcancercoach.com or visit my website.

Who can benefit from holistic wellness coaching? Not just breast cancer survivors!

About 50% of my clients are men and women who are healthy and happy. They don't have an illness. They know their lives are radically enhanced from having a personal coach. They want the greatest relationships, optimal health, and prosperity, in every area of their lives. They want to excel.

My ideal client is someone who is seeking change - perhaps in crisis from a relationship challenge, problems with a teenage child, or a dead-end career. I help people find their highest purpose and live it fully!

If you know someone who meets these criteria, please refer them to me. I'd be happy to offer them a free phone consultation to see if holistic coaching could be their catalyst for creating an extraordinary life - or yours!

As a "Thank You" I'll provide a dream analysis session for you by phone - my gift to you or to the person of your choice.

Visit the holistic wellness coach's website



Newsletter Details

- To join, click the link below.
- For questions or comments email t@breastcancercoach.com or call 559-683-7004.
- The following link is for you to send your friends and family who would like to achieve optimal health and/or help stop breast cancer or breast cancer recurrence.
<http://www.BreastCancerCoach.com/bccoaching.html>

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Health Recovery and Wellness Coach
Dr. Talia Miller
40534 Big Oak Flat Rd. S.
Oakhurst, CA 93644
559-683-7004

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