

Talia, Breast Cancer Coach

From: Dr. Talia Miller, Breast Cancer Coach [Dr._Talia_Miller__Breast_Cancer_@mail.vresp.com]
Sent: Wednesday, January 05, 2005 9:41 PM
To: talasteena@yahoo.com
Subject: Test Message - Graphical Format: Stop Breast Cancer Newsletter



Dear Talia and Friends,

Happy New Year



You were promised you a quarterly Newsletter, and again, I'm sending a "special edition". It's a busy time of year for most of us. It seemed important to have a few holiday tips for staying healthy and happy. And I'm asked by the board of directors of the non-profit, to pass along a message about gift-giving.

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

[Breast Cancer Coach](#)



Breast Cancer Support Center Awards First Scholarship

We are pleased to announce that the first scholarship offered by the Breast Cancer Support Center has been awarded. The grateful recipient is Andrea Gibson, a resident of Auburn, CA.

She is receiving three months of holistic wellness coaching from Dr.



Talia Miller, the breast cancer coach.

Andrea was selected because of her enthusiasm and commitment to holistic healing methods. As an active participant in breast cancer groups, she will be able to share some of her personal transformation and gifts with others, making here scholarship benefit others as well her own healing.

Congratulations, Andrea!

For information about The Breast Cancer Support Center, a 501c3 non-profit organization, Email Director@breastcancersupportcenter.org and and please

[visit the website](#)

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 bi-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.

[Fr*ee Newsletter](#)

Holiday Tips & Psychoneuroimmunmology (PNI)

- Make a plan. If following traditions from the past is too unsettling for you, make a new plan. Check I with your body. Does thinking about that the plan bring a feeling of lightness and joy? If so, go ahead and implement your plan. If not, ask yourself, "What would bring more childlike fun to this goal?"
- Be flexible. Plans change. People change. The only thing you can control is your thoughts. So let your positive attitude impact the situation. Look for something to appreciate or be grateful for. You'll feel better and have more fun.
- Choose healthy foods. OK, its hard to not indulge in sweets this time of year. So use the "eat before you go" model, and make conscious choices by thinking about your energy, your physical responses and your imminent mood. And if you do choose unwisely, forgive yourself and determine to "choose again."

- Get exercise. No, not exercise your hand moving from plate to mouth, real exercise. Walk, jog, workout. Invite those who you are with to join you.

Consider the following:

What actions could you take this week to lessen stress and create health? Which of these are you willing to implement? When will you start? Do you need or want support?

You can personally experience the power of my phenomenal program, **From Survivor to Thriver - 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. To transform body, mind and spiritual aspects of your life, please contact me for your complimentary phone coaching session.

Mark Your Calendar - January 16th 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 Recurrence - Wisdom for Survivors and Thrivers"

This fr*ee teleclass offered in conjunction with the Breast Cancer Support Center, is scheduled for **Sunday, January 16th at 5:00 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 **559-683-7004** 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 Named "Health Expert"

Dr. Talia Miller, Founding Director of the Breast Cancer Support Center in Oakhurst, CA, has been named "Women's Health Consultant" by Sideroad publishing company.



Her bio and numerous articles about how to stop breast cancer have been posted

on their website. Visit the site to read helpful breast cancer articles.

[Sideroad](#)

Chemo Calm: Wisdom of the Body-Mind

Chemo brings with it many challenging side effects. You've heard about them. No need to involve the mind in that. But did you know that these effects can be lessened and even dissipated naturally?

There are three tools I know of that really do work. The first is EFT, Emotional Freedom Technique. I worked by phone with a client recently who was scared of having terrible side effects from her next chemo treatment. We worked by phone for about ten minutes to discover her thoughts that were behind that fear. We discovered that a part of her believed chemo would poison her body. Once she saw those beliefs, I was able to implement the EFT techniques. The fear greatly diminished.

The following week she reported that because the fear was gone, she was easily able to use her affirmations and the treatment went well. She felt relaxed and calm during chemo, knowing her body was transforming the poison into a helpful substance.

Clients also report great success using herbs and acupuncture during chemo. For some, it completely alleviates the nausea and lowered white cell counts. For referrals to herbalists or acupuncturists in your area, please contact me.

First, take a few deep cleansing breaths. Then close your eyes, relax and consider the following:

What thoughts are holding you back from living an extraordinary life? What beliefs are feeding them that are hiding below the surface? What's really true?

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

The incident described above is just one example of its life-changing power.

News Flash - Test Shows Who Needs Extra Breast Cancer Treatment

A new genetic test can tell doctors which breast cancer patients need to undergo the discomfort of chemotherapy -- and suggests many women don't need to, researchers said last week.

"Almost half of U.S. women diagnosed with a specific form of breast cancer -- estrogen-dependent cancer that has not yet spread -- can skip the chemo, the results suggest. That means about 25,000, mostly older women a year, according to the National Cancer Institute which helped sponsor the study."

For more information visit the NCI Web site at <http://www.cancer.gov> or call NCI's Cancer Information Service at 1-800-4-CANCER (1-800-422-6237).



New Year Reflections and Opportunities



Did you know that the New Year possibly is the oldest holiday in recorded history originating from the Babylonians, 4000 years ago? The Babylonians also began the tradition of resolutions, as a way to start the new year on a clean slate by returning borrowed gifts.

You can end 2004 with a gift, and start the new year with a clean slate knowing that your generosity has helped a survivor to become a thriver. As the year comes to a close, you can join us in giving the gift of hope. And if you make/date a donation before December 31, you and your family can receive significant tax benefits.

The year's theme for the Support Center and all our clients, is "Thrive in 2005!" Please help us. We have two women waiting for our services.

Consider the following:

What was your biggest success in 2004? Who did you help? Who did you want to forgive? What stopped you? When will you?

What is your personal theme for 2005? What qualities do you need to enhance in order to live that theme? At the end of 2005, in order to have thrived, what will have been your greatest success?

[Tax Deductible Donation info.](#)

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/bcccoaching.html>

[Fr*ee Newsletter Subscriptions for Friends](#)



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