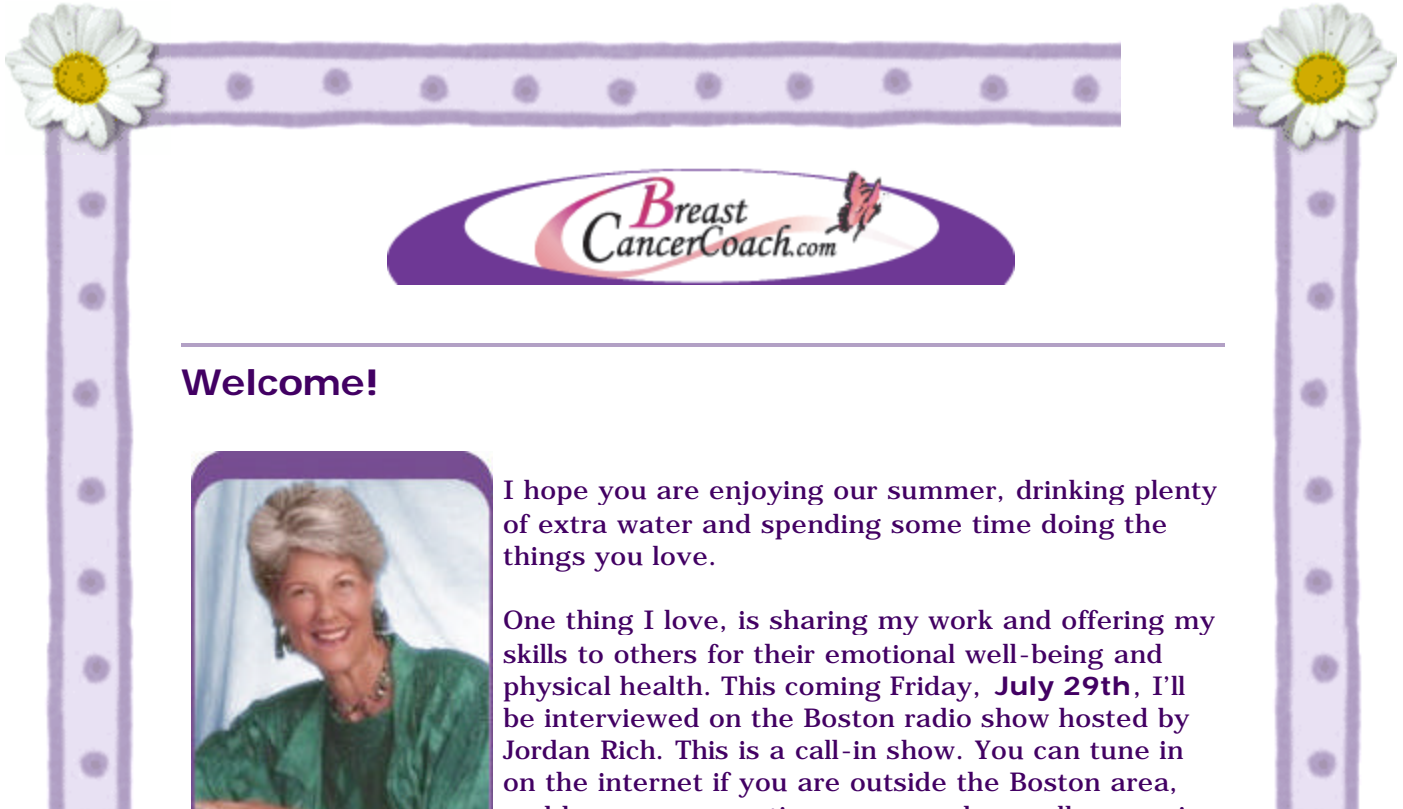


Breast Cancer Coach

From: Dr. Talia Miller, Breast Cancer Coach [Dr._Talia_Miller__Breast_Cancer_@mail.vresp.com]
Sent: Monday, July 25, 2005 10:44 PM
To: talasteena@yahoo.com
Subject: Test Message - Graphical Format: Stop Breast Cancer - Thrive in 2005 Newsletter



Welcome!



I hope you are enjoying our summer, drinking plenty of extra water and spending some time doing the things you love.

One thing I love, is sharing my work and offering my skills to others for their emotional well-being and physical health. This coming Friday, **July 29th**, I'll be interviewed on the Boston radio show hosted by Jordan Rich. This is a call-in show. You can tune in on the internet if you are outside the Boston area, and have your questions answered as well as receive some coaching.

Here are the details:

www.wbz.com
wbz, 1030 AM (Boston)
My interview begins at 10:30 pm PST

It would be fun to hear you, live on the air with me!

If you know of any other health related shows that might be interested in talking with me about breast cancer prevention and techniques for thriving, please let me know.

(You may want to print this newsletter out, to read at your leisure.) If you are receiving a plain text version, and want to see the "pretty" version and have access to all the links, please click BreastCancerSupportCenter.org and scroll to the Newsletters section.

Latest Prevention Information - August 21st 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, Summer News"

This fr*ee teleclass offered in conjunction with the Breast Cancer Support Center, is scheduled for **Sunday, August 21st 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.

Particiipants will have the oppourtunity to receive a free health assessment to use in the privacy of their homes.

" I had no idea there was so much to still learn. I thought ii was already doing everything that could be done to prevent recurrence. Thank you from the bottom of my heart for finding and sharing these tips , and for being so organized while bringing your humor into the conversations." (March participant)

Join Breast Cancer Recovery Coach, Dr. Talia Miller by sending an email to director@BreastCancerSupportCenter.org or calling **530-271-0747** 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, clients 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** <http://r.vresp.com/?BreastCancerSupportC/8a83816728/369066/TEST>

You Can Make a Difference!

Can you help Tina?

I received a coaching request from a wonderful woman in Chicago who is dealing with breast cancer, is adamant about avoiding chemo (she is just completing radiation)



and is a very deserving of a scholarship. She is the Mental Health Support Services Coordinator with the Chicago Department of Children and Youth Services

She is able to cover a portion of the costs for breast cancer recovery coaching. The Support Center had some money to help her, but we need another \$308.00 for her to receive the four months of coaching and fully utilize the tools in **From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer** .

Here are Tina's own words:

"I am seeking a scholarship to support my participation in breast cancer coaching. I am a dedicated minister-in-training with a goal of getting well so I can become a blessing in the lives of others---those that have the same condition as well as those that have other issues. I have committed my life to serving our Almighty God and His people, and to make life better for all. I have been blessed with the opportunity to work with a dynamic healing coach; and I need assistance in funding my holistic care. Thank You!!!!"

All donations to the Support Center, a 501c3 non-profit, are fully tax deductible to the extent allowed by law. The mailing address for checks, and the PayPal link (for credit card donations) is accessible from the link below.

Breast Cancer Support Center donation form <http://www.breastcancercoach.com/support/>

Information to Help You and Those You Love

My latest article, "**Emotional Responses to Breast Cancer - Understanding the One You Love**" - has been accepted and added to the EzineArticle.com directory. It is an honor to have been included as a cancer recovery expert on this excellent site.

Call today **(530-271-0747)** to schedule your complimentary coaching session. It could change your life or help you support someone you care about.

[You can read the article here.](#)

It's Not Just About Your Health!

Emotional Freedom Technique

This month I'm highlighting one of the tools I use to support clients in transforming (some call it "busting") those emotions, thoughts and beliefs that interfere with healing and well being.



Recently I've done an advance study of EFT and the results with clients are amazing. Even though I understand the energetic dynamics of the system, I continue to be in awe of its simplicity and power. Originated by Dr. Callahan,

EFT training has been made highly accessible to therapists, coaches and individuals through Gary Craig's work. You can order very inexpensive DVDs and CD demonstrations and workshops with the link below, or through my website.

By tapping on specific acupuncture meridians, and repeating a phrase related to the "problem" you change the electric patterns of your body, bringing your system back to optimum functioning.

Although it's simple to learn the basic technique, it often takes a coach or therapist to help you uncover deeper aspects of the situation, and clear them. None-the-less it's a quick and useful tool for just about anything you want to change. Want to improve your golf score? End procrastination? Heal old wounds? Relieve a migraine? All these and lots more, can be addressed successfully, often in less than an hour, with EFT.

Based on impressive new discoveries involving the body's subtle energies, Emotional Freedom Techniques (EFT) has been clinically effective in thousands of cases for Trauma & Abuse, Stress & Anxiety, Fears & Phobias, Depression, Addictive Cravings, Children's Issues and hundreds of physical symptoms including headaches, body pains and breathing difficulties. Properly applied, over 80% achieve either noticeable improvement or complete cessation of the problem.

To learn the method from its founder through easy-to-understand videos, visit the EFT website now, by clicking on the link which follows.

To experience the wonders of having the life you want, the skills, behaviors and manifestations of your dreams, call or email for a coaching session. EFT website is below.

<http://www.emofree.com/AffiliateWiz/aw.aspx?B=5&A=790&Task=Click&TargetURL=http://www.emofree.com/default.htm>

California Lymphedema Conference

You are invited to attend the 3rd Lymphedema Care Forum, scheduled for **Saturday, October 22 2005**, from 8am-5pm in the Hiram Morgan Hill Room at the Morgan Hill, CA Community and Cultural Center in Morgan Hill, CA.

Presentations HIGHLIGHT: Advancements in Lymphatic Research; Directional flow garments – Why, When and How They're Used in Treating Lymphedema, Wounds and Venous Complications; Psychoneuroimmunology (the study of the interaction of the body, mind and spirit as it relates to healing).

I will be presenting the session on Psychoneuroimmunology. CEU's are available for nurses and MFSWs. Registration for CEU sessions is limited to twenty participants, so register now!.

I hope to see you there.

[Info. for Lymphedema Forum and details](http://www.gingerkcenter.com/) <http://www.gingerkcenter.com/>

Vitamin D and You

The following research of Dr. Wei Zhou and his Harvard colleagues was

published in the Moss reports.

"A growing body of evidence indicates that adequate exposure to vitamin D, obtained through sunlight, provides some protection against several major types of cancer, including the spread of metastases from lung cancer.

Moderate exposure to sunlight in the colder months is a health habit that costs nothing but a little time. In situations where direct sun exposure is impossible, many of the health benefits of vitamin D can probably be attained through dietary supplements."

There are differences in vitamins. I urge you to use the highest grade which is food-based, rather than a chemical compound.

Moss Reports

Lasting Love Part Four - A New Kind of Creativity

Would you like to know the secrets of lasting love?

My teachers, Gay and Katie Hendricks, in their book *Lasting Love - The Five Secrets of Growing a Vital, Conscious Relationship*, explore this. (Pictured here, I sit with a dear long-time friend, Kapitula Lloyd, at a retreat flowing with lasting love.)



All my coaching clients practice techniques related to these secrets, because they affect health as well as relationships. Whether you want to improve your romantic relationships, business relationships, or communication with your teenagers, these "secrets" work.

If you missed the previous "secrets" you can read them in the March, February and May Newsletters on my website BreastCancerCoach.com or email me t@BreastCancerCoach.com.

In previous issues we've looked at the three secrets to creating lasting love, a deep, committed relationship which brings joy and vitality. These keys include:

Commitment

Emotional transparency

Shared responsibility

Here's the fourth "secret". This month I encourage you to honor develop and your **creativity**.

Creativity helps you take your attention away from the other person, away from blame, criticism and trying to fix - and puts it back on you. The energy you save from engaging in the less conscious activities, can be heralded to give you even greater energy. By finding things you are passionate about, even if you only practice them an hour a week, you will be enhancing your relationships.

I used to think that I wasn't creative. Through personal growth work I discovered that my creativity shone forth in a lot of ways - in my garden, the way I create a nurturing and beautiful home-space, conversations, my style of dressing, and later – ecstatic dance, writing articles, poetry and flute playing. I'm not an expert in any of these things, but I love doing them. That's creativity in action.

Gay Hendricks says that creativity is “everything that takes you out of the zone of known and into the zone of wonder.”

Often in working with couples I have found that criticism disappears when the focus comes back to wonder and curiosity. That's thinking creatively. Blaming another is often just a smokescreen for dissatisfaction with an aspect of your *own* life. Enhancing creativity gives a great deal of inner satisfaction and aliveness, and thus opens the flow between and another. Creativity enhances intimacy.

Wonder questions:

How can I be creative about routine task such as washing dishes or folding laundry, washing the car or the dog?

How can I be creative, using wonder and curiosity, while listening to my partner or close friend share something with me?

How can I use creativity to nurture rather than complain?

What do I love doing? Am I spending time doing those things?

For help with questions like these, to resolve blame and criticism (or taking things personally) email t@BreastCancerCoach.com or call (530-271-0747) for your complimentary coaching session. You deserve the best!

*My seminars, **Sacred Relationship -- Your Spiritual Path?** are based largely on the Hendricks' teachings. Call or write to find out about one scheduled near you. For those of you within driving distance of Sacramento, I'll be presenting "**Creating Joy in Relationships**" for the Learning Exchange in Sacramento on **Fri. October 14, 2005**.*

Try Coaching Now. <http://www.breastcancercoach.com/freesession.html>

Thrivers Phone Group

Now you can gain the benefits of breast cancer recovery coaching at a greatly reduced rate, and have the opportunity to meet other thrivers who use alternative and integrated treatments.

Breast cancer coaching, and all my holistic wellness coaching, includes a major component that uncovers and releases emotional blockages, so that healing can occur. We do all this by phone.

Groups of 4 - 6 thrivers meet once a week by phone, for an hour. This is an interactive coaching experience designed to support your healing and

recovery, and avoid recurrence.

Topics include:

- Thriver's Attitude - Using your mind to create the life of your dreams.
- Thriver's Lifestyle - Being a toleration-free zone. Exercise, nutrition and supplementation.
- Feelings as Transformers - Empowerment for healing.
- Frictionless Communication Techniques - Getting your needs met without conflict.

Contact the Breast Cancer Recovery Coach now by email for the schedule, details and your free 15 minute interview. Or call the Center at 530.271.0747.

The next group begins on **Wednesday August 24th at 7:00 pm PT.**

Call (530-271-0747) to inquire about other groups beginning soon.

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 dealing with death and dying issues themselves. Maybe they showed courage. Maybe they healed themselves with mind, body spirit all working together. Please share your story. Email Director@breastcancersupportcenter.org



[and visit this website](#)



Complimentary DreamWork Sessions Available

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, or someone you know, 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!

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.

Dreams are the gateway to your soul. A client recently healed a very old resentment towards her mother, by discovering the message of a recurring dream. Since then she has been free from the struggles and stress of that relationship!

[Visit the holistic wellness coach's website](http://www.BreastCancerCoach.com) <http://www.BreastCancerCoach.com>

Greatest New Book for Integrated Cancer Treatments

You must read the information in this book, *Natural Cancer Treatments* and the free extras, before you decide about your cancer treatments.

It contains over 350 non-toxic natural and alternative treatments that have helped thousands of people beat their cancer. Over 2,000 testimonials! Success rates for surgery, chemo and radiation revealed! Free information on financial and other help available.

Download this set of 4 e-Books and Free Reports NOW. It could save your life.

The set of e-books and reports gives you everything you need to know about natural and alternative treatments for cancer. In one place. It will save you months of searching. Over 350 treatments. Over 2,000 testimonials. Success rates for surgery, radiation and chemo that you won't find anywhere else.

I really like the fact that there are hyperlinks to most of the resources listed, so you can jump right at the website being referenced.

According to the authors: THIS INFORMATION COULD SAVE YOUR LIFE ... HOW OVER 2,000 PEOPLE CURED THEIR CANCER NATURALLY, USING THE



- 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>

Fr*ee Newsletter Subscriptions for Friends

Final Word from Fritz Perls

Two of the most common fears I see present in relationship issues, are the fear of abandonment and the fear of being smothered. Most other fears actually come down to either of these two.



During one of my trainings I remember Gay Hendricks quoting Fritz Perls, the legendary psychiatrist. "Fear," he said, "is merely excitement without the breath." Breathe into the fear and observe what happens to you. The butterflies usually flutter out of hiding and fly away.

If you'd like support for inviting your butterflies to come out of hiding and transform your fear into joy, contact me for a complimentary phone coaching session t@BreastCancerCoach.com.

Thank you for taking the time to read this vital information, and sharing it with people you care about.

If you have any non-medical questions about meeting the challenges of your illness and having a great life that you'd like answered, send them to: director@BreastCancerSupportCenter.org

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