

## Talia, Breast Cancer Recovery Coach

**From:** Dr. Talia Miller, Breast Cancer Recovery Coach [Dr.\_Talia\_Miller\_\_Breast\_Cancer\_@mail.vresp.com]  
**Sent:** Saturday, July 08, 2006 3:39 PM  
**To:** talia@usamedia.tv  
**Subject:** Your requested Stop Breast Cancer - Thrive in 2006 Newsletter



**Dear Talia and Friends,**

### Greetings!



For many people summer offers the opportunity to take some time off and enjoy the outdoors, and time to read books! I've been busy many nights studying the latest evidence-based research to be able to recommend the best non-toxic alternative or complementary treatment options available, to my clients.

Whether you are dealing with cancer or not, there are three books I sincerely recommend.

The first book, a very informative collection of treatments that work, misses only a few of the many excellent cancer prevention and treatment options.

Really, you've got to read it. [Outsmart Your Cancer](#) by Tanya Pierce.

The second book is a best seller published just a year ago by my teacher Arjuna Ardagh, [Translucent Revolution](#). Although the entire book is fascinating in the way it describes the radical change that is occurring in our collective consciousness - deeper sense of joy, deeper sense of purpose, compassion and awakening - the chapter on translucent health care includes data from the foremost experts in body-mind healing. Bruce Lipton and Jeremy Geffen, whose research my powerful healing program **From Survivor to Thrive - The Breakthrough Program for Beating breast Cancer™** is based upon, are quoted extensively.

If you decide to order either of these books, please consider clicking through from my Amazon link, so that the Support Center receives a little bit of income. [Amazon link](#)

The third book is really fun, because if you mention this *Stop Breast Cancer Newsletter*, it is very likely that the author will send you a complimentary

copy. Curious? The book is [Life After Chemo](#) by Sandy Howard. It reads like a well-written novel, and I couldn't put it down. The message I got, which aligns with my heartfelt beliefs, is that "sucking it up" (the pain, anguish, despair, etc) creates havoc inside the body and must be released in one way or another. Sandy discovered her own path to healing. Request your copy of the book by writing to Sandy at [lifafterchemo@aol.com](mailto:lifafterchemo@aol.com)

This inspiring book might prompt you to investigate the many alternative paths available. So contact me by emailing [t@BreastCancerCoach.com](mailto:t@BreastCancerCoach.com) to explore how cancer recovery coaching, by phone, will support your own healing journey.

One more reading recommendation - for the quarterly *Breast Cancer Wellness* magazine. The latest issue, also at no cost to you, was just mailed. If you haven't subscribed, contact [Beverly@BreastCancerWellness.org](mailto:Beverly@BreastCancerWellness.org) to order your copy. I have a featured column, "Ask the Breast Cancer Recovery Coach". You can email me any questions you might have about the body, mind connection, and its affect on breast cancer. You can ask questions about your own journey, which could benefit other survivors or thrivers. I will answer every question in forthcoming issues.

Have a happy summer!

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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](http://BreastCancerSupportCenter.org) and scroll to the Newsletters section.

[My Website](#)

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## Latest Prevention Information - July 11th 2006 - Teleclass

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

**Tuesday July 11th, 2006 at 5:30 pm PST.**

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.

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

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" I had no idea there was so much to still learn. I thought I 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." (Elaine, recent participant)

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Join Breast Cancer Recovery Coach, Dr. Talia Miller by sending an email to [director@BreastCancerSupportCenter.org](mailto: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

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## **The Spiritual Cinema Circle**

Finally, a service that's unique and deeply needed. The Spiritual Cinema Circle, founded by Producer & Director Stephen Simon has created a very inexpensive way to bring hours of inspiring entertainment into your life each month.

The membership for The Spiritual Cinema Circle has grown at an unprecedented rate, and you'll see why when you take a peak. Here's how it works:

Each month you receive 4 features and shorts on DVD. The movies are personally selected by him and other leaders such as Gay and Katie Hendricks. These movies represent the best of spiritual cinema and art. The movies are new films you're unlikely to see anywhere else. The DVDs are yours to keep.

There's no risk - you may cancel your membership at any time. And remember, you never have to return any of your DVDs, even if you decide to cancel your membership.

If, like me, you love movies, but you find it harder and harder to go to theaters because of the violence, emptiness and overall lack of quality and imagination that most of the current crop represents, The CIRCLE is a wonderful opportunity.

Did You Enjoy WHALERIDER or WHAT THE BLEEP?

I loved these films, and felt grateful that so many people got to enjoy them. There are many films as beautiful as these made each year, but almost nobody gets to see them.

The movies you'll see as a member of The CIRCLE are made with love and passion.

Each movie you receive is selected for its spiritual and psychological depth and its value in enriching your life. I have found some to be very humorous, and all to be heart-warming.

They are truly inspiring, healing and open your heart, and an that helps support a healthy immune system. And the Support Center gets a small amount of income from every membership.

**So inspire yourself and help fund the scholarship recipients too!**



### Spiritual Cinema

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## Thrivers Phone Group

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 **Thursday July 20th at 5:30** pm PST.

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

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## Emotional Freedom Technique - Energy Psychology

Stop migraines. Get over worry, fear, anger, blame - quickly and easily. Regain inner peace, joy, self-esteem!



So many clients are requesting more information about the powerful healing technique I use, that I am including a section on EFT again. I use this technique to support clients in transforming (some call it "busting") those emotions, thoughts, behaviors and beliefs that cause upsets and illness - anger, grief, guilt, shame, smoking, over-eating - and more.

Recently I've done an advanced 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 accupressure 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.

To learn about 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.

Extensive application of EFT has shown impressive improvements in a wide variety of issues, including those listed below.

#### PERSONAL PERFORMANCE

- Abundance & Prosperity
- Weight Loss & Smoking Cessation
- Business & Career Goals
- Golf Scores

#### EMOTIONAL CHALLENGES

- Stress
- Self Esteem
- Anger Management
- Depression
- Insomnia
- Severe Trauma (PTSD)
- Addictions
- Sexual & Emotional Abuse
- Phobias

PHYSICAL DISEASE

Cancer  
Allergies  
Migraines  
Pain Management  
Chronic Fatigue Syndrome  
Multiple Chemical Sensitivities  
Heart Palpitations  
Fibromyalgia  
Muscular Dystrophy  
Parkinson's Disease  
Cystic Fibrosis

OTHER

Relationship Issues  
Prosperity Issues

**EFT website**

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**An Opportunity for Former Clients**

Remember how supported you felt when you had your weekly coaching sessions? Remember how great you felt as you deepened your inner wisdom? Enhanced self-esteem? Created better health and or energy? Enhanced your relationships? Improved your sense of well-being? Realized your potential? Had a problem solver and a cheerleader to encourage and help empower your?

Everyone needs a holistic "booster shot" once in a while. This is your chance to reenter the coaching relationship at an extremely cost-effective price.

Returning clients will receive twenty percent (20%) discount on their phone coaching. This offer is available to former clients only. Choose month-by-month, or a a single session (as space allows). Offer available in July and August.

Call Rev. Dr. Talia Miller, 530-271-0747 or email the Breast Cancer Recovery Coach [t@breastcancercoach.com](mailto:t@breastcancercoach.com)

This invitation is for returning clients who are readers of the *Stop Breast Cancer Newsletter*, only.

[Cancer Recovery Coach](#)

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**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](mailto:Director@breastcancersupportcenter.org)

**and visit this website**

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## **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**

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## **Special Healing Conferences**

Two wonderful opportunities await you. Both are offered by colleagues whose work is closely aligned with my own – a holistic, body, mind, spirit centered approach. The first is a summer retreat in Boulder Colorado. The second is the annual (and free) Healing Journeys conference in San Francisco, CA.

***August 18-23, Courageous Women, Fearless Living: A Retreat for Women Touched by Cancer.***

The program will be hosted by integrative oncologist and author of *The Journey Through Cancer*, Jeremy Geffen, MD; meditation instructor and hospice pioneer Judith Lief; Tibetan meditation master who teaches healing visualizations, Tulku Thondup; and yoga teacher, women's health author and editor-in-chief of *Alternative Medicine* magazine, Linda Sparrowe.

Shambhala Mountain Center is a meditation and yoga retreat center in the Colorado Rockies. [www.shambhalamountain.org](http://www.shambhalamountain.org)

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Healing Journeys and others present **Cancer as a Turning Point, From Surviving to Thriving™** This award-winning FREE two-day event is for anyone touched by cancer - patients, survivors, their friends and family, support persons, and healthcare providers. It will be held **September 9 & 10, 2006 (Saturday and Sunday)**

Keynote speakers include Laura Esserman, MD, Patrick Quillin, PhD, RD, CNS, Judith Orloff, MD, Michael Lerner, PhD, Shaina Noll, singer, and Scott Burton, humorist and juggler. In addition, healing stories will be shared by several local cancer thrivers, Araceli Theatre Project will perform, and Sacramento Taiko Dan will perform the ancient healing art of Japanese drumming.

A purpose of this event is to promote healing of the whole person (mind, body, spirit, and emotion). Attendees leave the conference knowing they are not alone, empowered with knowledge to augment their medical program, and inspired by the stories of others.

Visit [www.healingjourneys.org](http://www.healingjourneys.org). or call 1-800-423-9882.

## Natural Supplements that Help - Turmeric

Turmeric (curcumin), discouraged the spread of breast cancer cells in mice. In a study published less than a year ago curcumin cut the rate of metastasis in half. The cancer had spread in 95% of the non-curcumin (control) group. Follow-up research is being done on humans now. Since no pharmaceutical company can patent this natural food additive, the research is being funded by the National Institute of Health and the Department of Defense. (Source, Reuters, June 9, 2005).

PS I have no idea why the Department of Defense is involved! Let me know if you can solve that mystery!

## Newsletter Details

- To join, click the link below.
- If you have questions or comments about any of the content, please contact me by email [t@breastcancercoach.com](mailto:t@breastcancercoach.com) , call 530.271.0747 or visit [BreastCancerCoach.com](http://BreastCancerCoach.com), my website.
- 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

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](mailto:director@BreastCancerSupportCenter.org)

Responses will be included in future editions or in the **Breast Cancer Wellness** magazine, "**Ask the Breast Cancer Recovery Coach**" column.

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