

Breast Cancer Coach

From: Dr. Talia Miller, Breast Cancer Coach [Dr._Talia_Miller__Breast_Cancer_@mail.vresp.com]
Sent: Wednesday, March 23, 2005 6:42 PM
To: talia@sti.net
Subject: Stop Breast Cancer - Thrive in 2005 Newsletter



Dear Talia and Friends,

We're Movng!



Please make a note of this new information. The Breast Cancer Support Center and Dr. Talia Miller, health recovery coach, are moving to Grass Valley, CA on April first. The Center will continue its local activities in Oakhurst, under the leadership of Paula Sweat, Community Liaison Coordinator.

Several new activities will be offered throughout the Grass Valley/Nevada City location. The Board of Directors felt that there would be many more opportunities in northern CA to offer coordinated projects with related health care providers. Dr Miller will continue to serve as the CEO and Director of Operations.

Breast Cancer coaching clients will receive uninterrupted service through the move.

Please make a note of the new address and phone number to reach both Dr. Miller and the Center.

530 - 271 - 0747
16133 Brewer Rd.
Grass Valley, CA 95949

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](#)

Phone Thrivers Group Starts April 5th!

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

Designed to be a segue for clients who have been in individual coaching, and as an opportunity to experience coaching for those who haven't, phone coaching recovery thrivers groups will give women the chance to talk with others facing similar challenges - while having the benefit of an expert to assist them in getting useful personal value from the conversations.

Groups of six thrivers meet by phone, once a week for an hour. This is an interactive coaching experience designed to support your healing and recovery, and avoid recurrence.

As Dr. Miller stated in a recent news article, "Women using alternative, complementary and integrated treatment approaches to overcoming breast cancer, are having a hard time finding the mental, spiritual and emotional support they need.

Most support groups are comprised of women using traditional breast cancer treatments. Women using alternative methods feel left out. They have unique needs requiring specific strategies for coping with breast cancer."

Specific topics which are designed to enhance the learning and practice of tools for healing and recovery, will be taught as part of each phone session.

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 Dr. Miller now for the schedules, details and your fr*ee 15 minute interview. The next group begins on Tuesday April 5th and will meet at 5:50 pm PT. The cost is only \$89.00 for the month. The group is expected to meet for at least three consecutive months by phone. There are still two spaces available, so call today if you are interested -

559.683.7004.

Phone Thrivers Group

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

Back by Popular Demand!- April 17th 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, April 17th 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.

February's call was highly successful despite the fact it was competing with the Oscars!

Several participants sent emails thanking Dr. Miller afro the highly informative and enjoyable presentation.

" 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."

Join Breast Cancer Recovery Coach, Dr. Talia Miller by sending an email to director@BreastCancerSupportCenter.org or calling **559-683-7004 or 530-271-0747** after April 1st, 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 Attends Integrative Cancer Care Conference

Dr. Talia Miller attended an 8 day conference on integrative care for cancer patients, from March 13 - 20.

She participated in the CancerGuides training program sponsored by the Center for Body - Mind Medicine located in Washington DC. The mission of CancerGuides is to create comprehensive individualized programs for cancer patents, using evidence -based integrative and holistic treatment techniques.

Dr. Miller is thrilled to be participating. "I expect to bring back the best of treatment protocols for both allopathic and complementary and alternative treatment options", she stated. "It's exciting to be learning from the leading integrative doctors and nurses in the country."

Talia will be sharing the highlights of the conference in upcoming Newsletters.

Center for Body - Mind Medicine

Genetic Test Predicts Recurrence of Breast Cancer, Effectiveness of Chemo

A new genetic test can help predict the recurrence risk for breast cancer patents. One of my clients got her doctor's approval to stop her chemo, once she had the test.

The test, called oncotypeDX, measures the activity of 21 genes and calculates recurrence risk.

Another study by the same researchers, found those with highest risk of recurrence "were also more likely to respond to chemotherapy."

"This test can identify 59% of patients who have an excellent prognosis and most likely don't need chemotherapy. It appears that we now have a fairly objective means to tell patients 'You do or do not need chemotherapy.'" (Jeffrey Abrams of the National Cancer Institute)

Adding the powerful effects of trianing the mind to think positively and to change self-defeating talk to motivating and joyful language, adds another dimension to the healing process. Many clients have had very positive results applying the new thought tools. Less stress, more peace and joy, and enhanced healing are probable!

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.

Feel Some Love Today - A Transformation Story

The following is an actual experience toldby Dr. Miller, who is both the Breast Cancer Recovery Coach and a highly skilled Relationship Transformation Coach.

"Recently I worked with a woman in her late thirties who had broken off her third engagement. She was in therapy and also worked with a shamanic healer. She decided to enroll in an individualized relationship coaching retreat with me.

Sitting by the waterfall on the cold boulders, she began to share her story, insights and the breakthroughs she had in the last several weeks of intense healing work.

Intuitively I asked a question that hadn't been addressed before, about her relationship with her father - who i knew she adored. She talked about how much she loved him, how close they were . . . but it didn't feel "right" to me. Something was amiss. So I asked her "What about meals? What were they like with your father?"

Her eyes got wide as she shared a memory. Almost instantly she broke into tears, then sobs and before long, she got in touch with a deeply wounded place, and experienced potent anger., which I guided her to feel and experience in her body.

Moving through several layers of turmoil and conflict, this courageous

woman got to the core understanding of her inability to commit fully in relationships.

Time and again she attracted partners who fit her beliefs of men (based on her father experience) so she could reject them - as she had never allowed herself to reject her father while he was alive. Because she was deeply pained by her feelings of "not being acknowledged, "not loved" by her father, she kept projecting her father's attitude onto men who were close to her.

As we hiked back to the car, processing as we walked, she continued to unravel her beliefs about herself in relationship to men.

I continued to coach her. She discovered that her 'Miss Sunshine' attitude was actually a persona. That deep below the surface was an angry hurt child who had learned to beam and smile and make everything look sunny and fine.

At the moment of that discovery, sobbing again, she vowed to allow herself to feel all her feelings from now on – even the deeply painful ones. No more cover-ups.

As we continued using the body-centered transformation tools she realized that she didn't need her dad or any man, to acknowledge or take care of her. That she could now do that for herself. She was free and joyous! Her huge smile was sincere, and shined forth from her heart. As she said, 'Love is an inside job.'

This powerful transformation occurred in just one afternoon coaching retreat! Imagine the possibilities for yourself – for transforming the stuck places that you might have been ignoring or denying."

You might want to ask yourself, *what are my complaints? What gets me frustrated?* These are great starter questions which, with the help of a coach, may lead to deep insights, epiphanies and transformations in your life. You deserve to be free and filled with joy.

Cancer and relationships seem to be closely linked. So many of the women I work with who have unresolved relationship issues stemming from childhood experiences, early traumas in life yet unexplored, also experience breast cancer. Learning how to express one's needs, wants and boundaries are essential skills for creating healthy relationships and avoiding cancer.

Call today to schedule your complimentary coaching session. It could change your relationships and your life.

[Get started now!](#)

Thoughts on Healing by Dr. Bernie Siegal

Twelve years ago, when I was in a body, mind, spirit Getting Well program, I was introduced to Dr. Siegal. His tapes and workshops became a staple in my life. I am honored to have been able to train with him. The following is an excerpt from an article by Dr. Siegal. I always find this information to be very comforting. I hope you do too.

"Our bodies are continually growing new cells. Gums are replaced every two weeks. Skin is replaced every four weeks. The liver is replaced every six

weeks. The entire heart regenerates itself every five to seven months. Bone is continually exchanging calcium with the body's metabolism, as its structures re-knit over microscopic cracks and holes.

It was thought until recently that there were exceptions to the rule of regrowth: that a woman is born with all the egg cells she will ever have, and that new brain cells do not continue to grow after adolescence. We now know that both of these beliefs were mistaken. It is a good bet that every type of cells in the body is capable of regeneration.

When the body's healing and renewal fails, it is almost always a consequence of the body's aging program, which is designed to slow down growth and regeneration. Just as the body is replacing cells, the community of humans is replacing individuals.

More speculatively: There is no fundamental reason why healing and renewal ever needs to fail. Medical knowledge is exploding. Aging will be conquered. Regeneration will be better understood and controlled more reliably.

There is no incurable disease from which someone has not recovered, even at the threshold of death."

Many of the components of my powerful program, *From Survivor to Thrive - The Breakthrough Program for Beating Breast Cancer*, are based on the work of Dr. Siegal. You can read more about them on my website.

Breakthrough Program

Lasting Love - Part Two

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. Since my relationship enhancement coaching program is based largely on their work, I will share one secret with you each month.

Here's the second secret.

If you want to have a passionate, vital and creative relationship, you need to be **emotionally transparent**.

What that means, is that you know your truth, and can express it. You can talk about your feelings, actions, hopes and dreams in ways that allow your partner to clearly understand them.

Admittedly, it does take training or coaching for most people to learn how to do this. It is radical. And intimacy and creative energy is the result.

There are three main feelings that cause most of the problems in relating to others: anger, grief and fear. It's not the actual feelings though, that cause the problems – it's our unwillingness to confront them in ourselves and express them to our partners.

Through coaching you learn to recognize sensations in your body which are associated with specific feelings – and how to express them using a "frictionless communication" model. A variety of processes – all highly

successful by phone and in person, are available.

Without truth, you cannot create a healthy intimate relationship. Secrets create blockages. Telling the truth despite the fear of the outcome - is much easier when you work with a coach.

Consider the following: *Think of a time you knew you were angry. Now take a few deep centering breaths, and notice where you can feel the sensation of anger in your body. Notice its qualities – texture, size, color. Now sit with that sensation and see what happens. (You might want to experiment with the four basic feelings – anger, sadness, grief and sexual feelings).*

Another important question regarding truth and intimacy - *Have you discussed anything significant with someone that you haven't talked directly to your partner about? If so, what are you willing to commit to right 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, (530.271.0747 after April 1st).

- 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
16133 Brewer Rd.
Grass Valley, CA 95949

530.271.0747

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