



Welcome!



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If you live in California, Arizona, Nevada or NY, and know of an organization seeking motivational speakers, please consider recommending me. My powerful motivational talks about moving from Victim to Victor - the Journey for Healing, have been very well received.

(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 - June 19th 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, June 19th 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.

Participants will have the opportunity 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

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 to 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 TREATMENTS REVEALED IN THIS E-BOOK. DISCOVER OVER 350 GENTLE & NON-TOXIC CANCER TREATMENTS THAT NO-ONE ELSE WILL TELL YOU ABOUT.

Here's what Bill Henderson, author of *Cure Your Cancer* and *Cancer-Free* says about his wonderful resource.

"The best reference books on alternative cancer treatments. What a treasure for cancer patients and caregivers!"

Download now and be reading the information in minutes!

Secret Cancer Treatments
Over 350 natural treatments. Over
2,000 testimonials. Download now!

[Download now and be reading the information in minutes!](#)

Breast Cancer Coach - Notes from Integrative Cancer Care Conference

Dr. Talia Miller, Breast Cancer Recovery and Holistic Wellness Coach, attended the CancerGuides training program sponsored by the Center for Body - Mind Medicine located in Washington DC. Here are some highlights of information from the 8 day training.

Many of the components had cutting-edge information to help cancer patients become thrivers. Dr. Gordon stated that by 2020, 40% of the US will have cancer in their lifetime. 69% of cancer patients are using some form of complementary or alternative medicine. That's encouraging. "What is alternative medicine? Anything that doctors over 30, didn't learn in medical school!" (Dr. James Gordon)

One of the topics focused on nutrient intake (supplements). There has been so much controversy about what works, that I found this day to be particularly valuable. The bottom line is that no one program can be relied upon for all people. The best approach is to use several strategies simultaneously so that each client can live in harmony with her own nature.

Another key point affects newly diagnosed patients. "Slow down," says Dr. Gordon, "It's almost never that urgent that a decision must be made in three days. Take time to consult with a professional." (Coach or guide). Feel into what is best of you based on your beliefs, intuition and

sensitivities.

"You can't always sort out what caused the cancer, but you can deal with what is happening now, and use the holistic approach."

I agree and am available to help newly diagnosed and other survivors to unwind the threads of their disease.

Both acupuncture and herbs have been proven scientifically to impact cancer. Emotional relief helps. Body fat ratios should be checked, because more balanced ratios from exercise and healthy nutrition, help prevent cancer recurrence. "Stress depresses lymphocytes. Inability to exert control over stressful situations increase risk of cancer." (Dr. Stephen Sagar, M.D.)

According to a highly respected cancer researcher presenting at the conference, "Joy was a more significant factor in the survival than any other factors on the bio-social-physical scale." Many of my clients do not regularly experience joy because they take life very seriously. Together we discover what brings joy to their lives, and then co-create ways to make that joy a regular part of their daily lives.. Increased joy is a direct outcome of coaching for most, if not all, my clients.

One of my favorite quotes about emotional release work comes from Dr. Naomi Remen who says " The only bad emotion is a stuck emotion." Holistic wellness coaching facilitates your discovering and welcoming your full range of emotions as a tool for joyful living.

There was valuable information about how the body holds memories and how this needs to be addressed. (I really liked that segment because I am highly skilled and trained in body-centered transformation techniques.)

I asked questions about soy, because this is another controversial area. I was told that soy and Tamoxifen don't mix well, and are contraindicative. So if you are taking Tamoxifen, you may want to avoid soy products. Otherwise, limit soy to 50 mg. day if you've had breast cancer, and 100 mg. as prevention.

More intervention strategies, such as removing mercury fillings, will be covered during my June 5th teleclass.

Center for Body - Mind Medicine

Body Care Products and Ingredients

Are you concerned with environmental toxins? How about toxins in personal products you use on your body?

Both issues are related. If you use a hair dye, for example, that contains toxic chemicals, it goes down the drain and ultimately ends up in the ocean or in our groundwater. Not only are you putting toxins on and in your body, but you are also effecting our planet! What about daily moisturizers? Shampoos? Conditioners? Body lotions? Are "pure" or "natural" products safe?

Now you can find out. Go to [http://www. Ewg.org/reports/skindeep/](http://www.Ewg.org/reports/skindeep/) .

This valuable site assigns a health risk rating to 7500 personal care products. I was thrilled to find this site and check out the products I use regularly.

When I discovered that my conditioner was a high risk one, I organized the list of conditioners by risk factor rather than name, printed the list and took it to the health food store. There it was easy for me to compare a few of the low risk conditioners and purchase one to replace Biolage. I am very satisfied with the quality of the product I chose.

Check out the site and type in your products or ingredients you want to evaluate. See the risk factors and if necessary, consider choosing low risk products instead. Your body will love you and so will the environment. You can sort by product name or by risk rating. It is the most helpful guide to buying personal care products that I've ever seen. (Can you tell that I'm enthused?)

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



Odette's Story - A Life Changing Positive Experience

My cancer was really how I dealt with people and how this affected people and how in turn this affected me. All along this path that I have chosen the research I have found dealt with facts, but for me the most disabling thing about cancer was how I felt. There were very few (internet) sites that actually dealt with this part of the cancer nightmare.

In June 2002 we moved to the island, the Azores, from Cape Town South Africa. I could not speak Portuguese and I did not understand or even like the culture and I knew nobody. I hated it.

In November 2003 I went to the gynecologist for my yearly check up and a check up on the lump that I had carried around with me since the birth of my son. A needle biopsy had told me that the lump was not cancerous. Wrong! On 2 December I went into hospital and had a lumpectomy.

On 15 December I got a call to go to the hospital and I received my results. BREAST CANCER - INVASIVE DUCTAL CARCINOMA - DEATH SENTENCE.

This had spread past the actual sample that was cut out and used for a diagnosis. His advice, we have no time to waste. The breast has to be chopped, and the lymph nodes have to be removed to see if it has spread to other regions. Once he had disfigured me and cut away my feminine parts, he would administer huge doses of chemo and then radiation. My nightmare had begun. But little did I know that huge miracles were awaiting me.

The first in a series of events to unfold which would change my life forever, was when a guy from New York knocked on my door, in the middle of the Atlantic - don't forget on an island that hardly anybody in the world knows about. He was looking for property in the Azores to set up a little health farm. He was a naturopath. We just happen to sell property here, too. Not very successfully but we try. We told him what had happened to me and he spent 3 days with me explaining to me what had to be done to change my blood work to a clean slate. He gave me a protocol, but we were so broke that I could not afford to buy the supplements and stuff on his list. Not only was I penniless but the Azores never had a single health shop on its shores. To make matters even worse, he said I had to consume this raw fresh diet of green vegetables. All that was available to me was cabbage, wild spinach and parsley. At, of course, an exorbitant price. I would have to get all my supplements from the USA. No money meant no medicines. BUT HE OPENED MY EYES. HE WALKED INTO MY LIFE WHEN I NEEDED A DIFFERENT WAY OF THINKING.

We soon discovered that the cancer was linked to amalgam fillings and a silent infection in one of my root canals and of course the fact that my immune system was non existent from all the stress of immigrating.

I cannot find the words to explain to you the panic, the tears the thoughts of dying, of leaving my kids to grow up by themselves, the panic attacks and probably the worst, the stress it created between my partner and me. I told my doctor to please give me until February 2004 to make up my mind as to what I wanted to do. He also told me that my chances of survival after doing all of the conventional approach was 50/50. Little did I know that doctors love to use scare tactics on their patients to push them to make a decision. This was what made me fire my doctors.

I decided to take responsibility for my health.

Once I had made my decision, my stress was made worse by my wonderful caring family back home sitting on the phone spending a fortune trying to get me to change my mind. It almost worked. But I soon realized that they were just very scared for me and the only way they could make themselves feel better was to try and get me to do the conventional thing that everybody else does. Even if this way led in most cases down the line to death.

I have made everybody around me see things differently. They still think I am crazy - especially the people living on my island. But most importantly I

withstood the storm and have even got a very few people coming up to me to ask me about how I did it. That for me is a success.

To add to the stress, Richard, the Naturopath from New York, took another Live blood cell analysis and he told me that the cancer had spread to my lymph nodes and to my uterus.

To start the healing process I had to clean up my mouth. Rid them of amalgams and get rid of the infected root canal. Once this was done, Richard could immediately see the difference in my blood sample. I also had to drink 32 oz of green vegetable juice and eat raw live foods. I knew if I did not follow this a painful death was the final outcome... but I could not do this - I cheated from almost day one.

I stumbled onto a source through Jim Henderson, for a year's worth of POLYMVA. (A single bottle of POLYMVA cost at that time \$300 dollars for an 8 oz. bottle. For one month you needed 5 bottles.)

To learn more about the protocol that Odette used, please email her at odette_gaud@yahoo.co.uk or click on the photo above for the whole story including her protocol.

The idea behind my protocol was firstly to boost the immune system, to alkalize the body and very importantly to help the liver rid itself of the toxins produced by the die off of cancer cells. And of course to kill the cancer cells and return the damaged DNA to healthy DNA.

I discovered that I am my own best doctor.

Another part of my healing was being able to forgive and let go. I had to clear my inner thoughts that were in turmoil. I had to learn to love the island I lived on, and forgive Graeme for bringing me here. I had to learn how to enjoy my kids I had to learn how to simply enjoy life. That was perhaps one of my hardest lessons to learn.

Cancer for me has been a very positive and rewarding experience. For the first time in years I am able to look forward to the future, to know without doubt that I am capable of doing anything that I set my mind to. I have met so many great and wonderful people who are doing what I am doing.

I know that the greatest test is still ahead of me, I also know that if I died tomorrow I won't be sorry. I have lived on the edge. And that for me was so much better than living in the confines of what a brainwashed society dictates. I felt alive and that for me was so much more divine than being half-alive with no cancer.

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Odette had complimentary phone sessions before and after she met Richard, and we stayed in touch through teleclasses and emails. I am proud to be able to offer her story to you (which I shortened just a bit).

Call today (530-271-0747) to schedule your complimentary coaching session. It could change your life.

[Get started now!](#)

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](#)

Lasting Love Part Three - Claiming Responsibility

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. 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 and February Newsletters on my website BreastCancerCoach.com or email me t@BreastCancerCoach.com.

Here's the third "secret".

If you want a long-term relationship that is alive with energy, vital and creative, you will break the cycle of blame and criticism and take 100% responsibility for what is in your life.

I remember an activity we did in a training years ago that really brought the idea of each taking 100% responsibility (rather than 50/50) home to me. We played with a partner, one taking full responsibility while the other took on varying degrees, as we moved around the room together, leaning on each other. Then we both experimented with varying degrees of responsibility, our weight distributed against the body of the other as a demonstration of the levels of responsibility we each bore at the moment.

When I took 50% responsibility, my partner was so weighted down by me that he could hardly walk. When I took 150% responsibility (a natural for me – the rescuer/victim in those days) he could barely stand up and walk. We tried a variety of combinations.

Eventually we tried moving with ease as conscious partners, each taking 100% responsibility. That really worked! We were in harmony! I couldn't blame him for being too much or not enough! Nor could I feel victimized by his apparent lack or over bearing.

We experienced the physical expressions of taking on too little or too much responsibility - behaviors so prevalent in relationships. They cause blame and criticism - leading to roles of victim, persecutor or rescuer, rather than being equal conscious partners in sacred relationship.

It is only when both people take 100% responsibility for creating the situation, that a joyful, conscious, resolution can be created. Taking responsibility for no apparent reason, rather than because. . . is especially effective when it looks like the situation is someone else's fault.

Here's a brief example from my clients:

She: *You always watch TV in bed and don't pay attention to me.*

He: *Well if you would pay more attention to me, I'd do it for you.*

Considerations for taking responsibility: What is it about *me* that is creating the lack of attention? What am I really wanting? What am I unconsciously committed to? How am I contributing to this situation?

Resolution: By being guided through these explorations they each discovered that they unconsciously were afraid of intimacy. Although they said they wanted a close relationship, each had so much fear blocking the possibility of it that hadn't been looked at, that each blamed the other for lack of attention. Once they surprised themselves by discovering this similarity, they immediately felt closer to each other and it was easy to deal with fears of intimacy. Each took 100% responsibility and they began to create special times together of affection and attention. Eventually their spontaneity had them both touching, holding, sharing and laughing together a lot. They are so much happier!

Consider the following: *About what have you silently or overtly, been criticizing or blaming someone in your life?*

How could the situation be about you, your beliefs or behaviors? Why might you be struggling with this issue now? What are you doing or thinking that is inviting that behavior? How can you take 100% responsibility?

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 when one is scheduled near you.*



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](#)

Wisdom from Deepak Chopra

"We already know that women with breast cancer can increase their chance of survival by joining therapy groups and talking about their condition. **Empathy and a sense of connectedness change the brain, and it in turn sends signals that change the body.** If healing works, it's because we can make choices that override brain function. Certainly we depend on having healthy brains in order to participate in life. You can't listen to music if your radio is broken, but that is far from saying that radios compose music. A healthy brain exists to carry out your instructions – you are the composer, it is your instrument."

Taken from *Peace is The Way*

Breast cancer coaching, and all my holistic wellness coaching, includes a major component that uncovers and releases emotional blockages, so that healing can occur. A new phone Thrivers Group forms regularly. Call (530-271-0747) to inquire about the group beginning in late June.

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

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 , call 530.271.0747 or visit 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/bccoaching.html>

Fr*ee Newsletter Subscriptions for Friends

Final Word

Here's a tip you won't need a coach for, although I'd be happy to support you with it too!

"Negative thoughts and emotions can damage your body in profound ways, but prayer is a powerful, inexpensive solution." --Dr. Mercola

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

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