



Dear Friends,

Happy Thanksgiving



This Thanksgiving I give thanks for you! People who want to prevent or stop breast cancer can change the world through their thoughts, actions and beliefs. So I celebrate you.

This will be an unusually short Newsletter. You probably have a lot going on around the holiday, and so do I!

Thanks to your referrals and web searching, I've had an extremely full client base these past few months. I appreciate that so many of you are sharing my Newsletter with friends and colleagues, knowing that one doesn't need to have a chronic illness to benefit from holistic wellness coaching.

As a matter of fact, close to 60% of my clients are men and women who hire me to help empower them, with phone coaching, to create more joyful relationships - enhancing their professional, business and personal relationship skills.

Thank you.

(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 - January 5th 2006 - 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 **Thursday January 5th, 2006 at 7:15 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

Support for Scholarship Recipients

End of Year Tax Planning?

This time of giving thanks also offers you the opportunity to make a year-end tax deductible donation to the Breast



Cancer Support Center, the 501c3 of which I am the Founding Director. All monies we receive go directly to scholarships.

So please, consider this organization in your year-end planning. Unlike research-based organizations, we offer services **directly to the people who need it and benefit from it**. You can even make your donation using your credit card (and get travel or other points) using Paypal.

Follow the link below.

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

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.

This month I was featured as the breast cancer expert at, you guessed it, Expert Village! Their mission is to find experts in all different areas of life and ask them the questions YOU would ask them.

The numerous questions and my informative responses can be found at the link below.

To receive individual responses to questions you may have, 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 many questions and responses about breast cancer and its prevention, here.](#)

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 me and my team. 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 WHALERIDER and as thought-provoking as WHAT THE BLEEP 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 a wonderful gift of the holidays or simply a gift to yourself, inspiring healing, opening your heart, and an enhanced immune system. I am glad I joined. 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

Stop Smoking. Transform Emotions. Regain Peace, Joy and Power!

Emotional Freedom Technique - Energy Psychology



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 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 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.

[EFT website](#)

Lasting Love Part Five - The Art of Appreciation

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*, teach 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 impact 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 and July Newsletters on my website BreastCancerCoach.com or email me t@BreastCancerCoach.com.

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

Commitment

Emotional transparency

Shared responsibility

Creativity

Here's the fifth "secret". This month I encourage you to develop your sense of **appreciation**.

That art of appreciation works wonders. It's the fastest way to open up the flow of connection in a relationship. A client was constantly criticizing her teenage daughter for leaving scraps of food on the kitchen counter. We brainstormed what she could appreciate her daughter about – qualities, attributes, actions – specific things like "I appreciate how beautiful you look in that outfit. I fell proud of you."

Within a few days her daughter started dropping into the mother's bedroom and chatting about her life. Instead of conflict, they began to create intimacy.

There are many stories like this. I invite you to experiment to see what happens when you begin to offer daily appreciation to people you relate to. Numerous appreciations are the best! Let us know!

Why appreciations?

- Appreciation is a powerful healer. According to Drs. Gay and Katie, "people enjoy better health and less illness in relationships when there's a vital flow of appreciation."
- The act of appreciation creates beauty. Your partner will take on a beautiful glow as you become more skilled at appreciating him or her.
- Appreciation is cyclical. The more you appreciate others, the more you begin to appreciate yourself. Then, this deeper appreciation for yourself will give you a heightened ability to appreciate others.
- Appreciation is a "mood-shifter" It will get you out of a funk or a relationship conflict quickly, no matter how long you've been stuck. The body feeling of appreciation is yummy, and makes you feel better inside.

Wonder questions:

How many different appreciations can you come up with?

Ask the "Special someone" in your life to share with you how they would most like to be appreciated? What words or actions from you, would really warm their heart?

For help with questions like these, to find interesting ways to deepen your ability to offer appreciation or to feel appreciated, **email t@BreastCancerCoach.com** or call **(530-271-0747)** for your complimentary coaching session. You deserve the best!

*My seminars, **Creating Joyful Relationships** are based largely on the Hendricks' teachings. Call or write to find out about one scheduled near you.*

Try Coaching Now.



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 **Thursday January 19th at 7:15 pm PT.**

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

Integrated Cancer Treatments - A Valuable Resource for You!

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!

Beat Cancer

High Performance Nutrition

If you care about healthful eating, chances are you're getting enough protein, fiber, vitamins, minerals and antioxidants. But you may be forgetting one of the most important items of all -- water.

Water accounts for 60% of body weight and is vital for all body functions. It's used to generate energy ... propel nerve impulses ... drive muscle contractions. You cannot function at peak capacity without enough water. Yet one-third of all Americans suffer from chronic dehydration. Over time, even mild dehydration poses numerous health risks.

These include...

Cancer.

Low fluid consumption is associated with increased risk for colon, breast and urinary tract cancers. In a recent study, risk for colon cancer was substantially lower in women who drank more than five glasses of water daily than in those who drank two or fewer glasses.

Kidney stones.

About 15% of people develop kidney stones at least once in their lives. Dehydration promotes the process, concentrating in kidneys the calcium salts and other compounds that constitute stones. One recent study showed that individuals with a history of kidney stones could reduce the risk for recurrence by 15% just by drinking at least four more cups of water daily.

Diminished coordination and thinking.

Without enough water, hand -- eye coordination falters and reaction time slows. The mind is less nimble, and short-term memory flags. Many older people who consult a doctor fearing dementia may actually be suffering from dehydration.

Medication problems.

Dehydration concentrates drugs in the body, effectively raising the doses. This increases the risk for side effects and toxicity.

Constipation.

Dehydration hardens stools and makes them difficult to pass.

HOW MUCH WATER IS NEEDED?

You don't have to run marathons to risk dehydration.

You lose water continuously simply through respiration, perspiration and excretion.

Trap:

Thirst is a poor indicator of hydration, particularly in children and people over age 60.

By the time thirst sets in, you have already lost 2% of your body's weight in water. Signs of dehydration that you may notice are a slight headache ... dry eyes... a burning sensation in the stomach ... and fatigue.

Helpful:

Check your urine. Unless you've just taken vitamins, it should be odorless and nearly colorless -- no darker than straw.

Some water is replenished through the food you eat, especially if your diet is rich in fruits and vegetables. But that's not nearly enough to replace all the water you lose daily. For that, you need to drink at least 64 ounces of water -- eight cups -- a day or half your body weight plus 20 ounces.

WHAT SHOULD YOU DRINK?

Milk and fruit juice supply water. But they can also pack a lot of extra calories. If you favor these drinks, choose low-fat milk and no-sugar-added juices. But make sure at least five of your daily servings are pure water. Caffeinated and alcoholic beverages -- if more than two servings -- do not count toward your daily water intake. They flush out some of the fluid they

supply.

Offset each caffeinated or alcoholic beverage with one cup of water.
Increase your daily water consumption by at least an extra two cups if you...

- ... consume a high-fiber diet.
- ... take diuretics.
- ... live at a high altitude or in a very dry or hot climate.
- ... are pregnant or nursing.
- ... are dieting to lose weight.
- ... are traveling.

If you exercise vigorously for 15 minutes or more, your need for extra water is even greater. The American College of Sports Medicine recommends that you drink 16 ounces of liquid two hours before exercise... four to eight ounces every 15 minutes while you are exercising... and at least 16 ounces after you exercise.

Caution: Endurance athletes who exercise for more than one hour may need replacement drinks to supply minerals and carbohydrates along with water.

HOW TO DRINK

Get in the habit of drinking throughout the day. Ideal schedule:
Two glasses of water after waking, to replace what was lost during sleep.
Divvy up the rest of your quota throughout the day... in midmorning... at lunch... in place of a late-afternoon coffee break... and at dinner.
Make it easy to maintain your intake. Keep a pitcher of water at work. Carry a water bottle. Place a carafe on your bedside table.
Water overdose is a potential problem only for those with an illness causing fluid retention, such as kidney or liver disease or congestive heart failure.
Consult your doctor in that case.
In general, the only side effect of drinking more water is an extra trip or two per day to the bathroom.

That's a sign you're doing it right.

Article reprinted from original by Susan M. Kleiner, PhD. RD.

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](#)

Wisdom from Dr. O. Carl Simonton

In the book, *The Healing Journey*, the program from which my **Breakthrough Program for Beating Breast Cancer** is derived, Dr. Simonton states 3 important facts about cancer that I want to share with you now.



1. "The body has a natural ability to heal itself and overcome cancer. When cancer cells and normal cells are put together in the laboratory, cancer cells have never been demonstrated to attack or destroy normal cells. Never! However under the same conditions, white blood cells routinely attack and destroy cancer cells. Cancer is composed of weak, confused, deformed cells.
2. Medical treatment can help your body to heal itself, making it your ally in getting well.
3. Cancer is feedback that indicates a need for change – that you need to do more things that bring you fulfillment and joy, and fewer of the things that result in emotional pain; that you need to learn to respond to the stressors in life in healthy ways. The message is one of love. Acting on it can help you to align yourself with your true nature and significantly influence your body's ability to eliminate cancer. "

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.

From Survivor to Thriver - The Breakthrough Program for Beating Breast Cancer

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

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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