



Dear Talia and Friends,

Happy Thanksgiving!



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

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.

If you haven't yet requested a complimentary session, I invite you to do that now.

I usually can accept a few prospective clients for these sessions each month. Just **Request A Complimentary Phone Session** or call my office.

Kudos to each and every one of you who have taken action some kind to transform. You are transforming the world by changing your beliefs, attitudes and actions.

Thank you.

Have a wonderful holiday season.

(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 so that you have access to all the links, please click [Breast Cancer Support Center](#) and scroll to the Newsletters section, or ask me to email you a PDF version.

[My Website](#)

Study Links Childhood Trauma to Serious Illnesses in Adults

San Francisco, CA (PRWEB) --

Children, adolescents and adults can take charge and change their future health by using Emotional Freedom Techniques (EFT) to address traumatic experiences. Research repeatedly shows that children who experience unresolved trauma and adversity are likely to become adults with compromised physical and emotional health. Conventional medicine appears unprepared to supply solutions to prevent childhood trauma from translating into adult illness.



EFT is a do-it-yourself acupressure technique that anybody can use to halt depression, anxiety, anger and fear. It involves fingertip tapping on select acupressure points while focusing on the problem in question. This adaptation of acupressure claims an 80% success rate in calming the body and mind's response to trauma. It and can be learned freely by downloading the EFT Manual at <http://www.emofree.com/downloadeftmanual.asp>

Vincent J Felitti, MD, co-authored the Adverse Childhood Experiences (ACE) Study that compared 17,400 adults' health status with decades-old childhood experiences. According to Dr. Felitti, "The ACE Study reveals a powerful relation between our emotional experiences as children and our adult emotional health, physical health, and major causes of mortality in the United States."

The ACE Study findings categorized adverse childhood experiences (physical, emotional or sexual abuse, dysfunctional households with family issues like violence, alcoholism, mental illness and depression). A person who had four of these adverse childhood experiences (ACE score of 4) was 390 percent more likely to have chronic obstructive pulmonary disease (COPD) than someone reporting no adverse childhood experiences. A person with and ACE score of more than 4 was 460 percent more likely to be a depressed adult than someone with an ACE score of zero.

Gary Craig, founder of EFT explains, "The ACE Study and similar research is finally coming to the conclusion that unresolved childhood emotional issues affect adult health. However, practitioners of EFT have known this since 1995. Furthermore, EFT practitioners all over the world have been erasing traumas associated with adverse childhood experiences for more than a decade."

Although most conventional physicians have yet to learn about EFT, this simple technique fills a void that cannot be filled by prescription medications or traditional psychotherapy. According to the theory behind EFT, childhood trauma causes a severe disruption in the body's energy meridian system (also known as Chi or Qi), and unless this disruption is corrected, physical and emotional symptoms and coping behaviors are likely to erupt as the traumatized child ages. EFT corrects that energy disruption and its accompanying physical and emotional symptoms.

Says Dr Fellitti, "Clearly, we have shown that adverse childhood experiences are both common and destructive. This combination makes them one of the most important, if not the most important, determinants of the health and well-being of the nation. Unfortunately, these problems are both

painful to recognize and difficult to cope with. Most physicians would far rather deal with traditional organic disease.”

Gary Craig, EFT founder, says, “Thousands of EFT Practitioners are currently working with children and adults, teaching them EFT and helping them to resolve complex emotional traumas. In addition to laypersons, medical professionals of all kinds are incorporating EFT into their practices. The work is already being done but it is my goal to have EFT in the family first aid kit of every household in North America.

Although most Americans have yet to hear of it, EFT may be the world’s fastest-growing self-help technique. Over 300,000 have downloaded Craig’s free training manual and another 10,000 download it each month.

The EFT Manual explains the basics so that anyone can begin applying EFT right away. It can be freely downloaded [through my website's learning pages.](#)

I received advanced mastery training from Gary Craig, founder of EFT, (See photo) and am finding tremendous success in this newest approach. I've helped clients alleviate many emotions and blockages which were preventing them from having the free, healthy and easy lives they so desired.

Recent examples: eliminated fear of flying, heart palpitations, smoking, late-night eating, shame, fear of driving on highways, fear of death and suffering, pain in hip joints.

For the month of December I'm offering a special opportunity for a few new clients who have a small issue to clear, to enjoy individual sessions priced according to the time we spend - there would be no long-term commitment to coaching. Call or email t@BreastCancerCoach.com for details.

A comment today from a client during her 4th session. . .

"Using EFT with you is really wonderful. I feel my body lessen the anger. EFT breaks the grip of the compulsion."

Breast Cancer Recovery Coach website

Cancer Thrivers Phone Group

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

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.

We will use **EFT**, Emotional Freedom Technique.

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 to apply to be a part of this empowering experience. Or call the Center at 530.271.0747.

The next group begins on **Thursday, Dec. 14th at 5:15 pm, PST** (8:15 pm EST).

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

This group is very limited in size, so call today!

Breast Cancer Recovery Coach Awarded Susan B. Komen Grant

I am pleased to announce that I have been awarded a grant from the Susan B. Komen Foundation, Central Valley Affiliate.

The grant money will be used to create and produce a CD for free distribution to local cancer support groups and other cancer organizations in the greater Fresno area, which are part of the Central Valley Breast Cancer Coalition - at no cost.

It will also be available through the internet to breast cancer survivors who want to become thrivers, breast cancer support groups and cancer centers.

An audio download will be created and added to the Breast Cancer Coach (www.BreastCancerCoach.com) and Breast Cancer Support Center websites (www.breastcancersupportcenter.org) for free download. Anyone who wants a copy will be able to download it and burn their own CD from the website at no cost to them.

The purpose of the CD is to offer a guided Imagery practice of deep relaxation and pain-free visualization. This is intended to support women in becoming stress-free and to help eliminate pain from the effects of breast cancer and chemo. For best results recipients are urged to listen to the CD in a quiet setting where they won't be disturbed, at least twice a day.

Production by the breast cancer recovery coach will begin in December.

Wanting to increase the possibility of impacting the lives of thousands of women, I had the idea to write and produce a CD that would positively affect the body's immune system. The field of psychoneuroimmunology affirms the connection between thoughts, feelings and the body's ability to heal in a stress-less environment. I am a strong proponent of integrated healing, for which the forthcoming CD will be a model.

My work is about empowering survivors to become thrivers. I usually coach by phone with breast cancer survivors throughout the world, using my 12 component program, **From Survivor to Thriver – The Breakthrough Program for Beating Breast Cancer™** of which deep relaxation is an essential aspect.

I am inviting readers to offer their artwork which could be used for the cover of the CD. Please contact me if you would like to provide this for the "hard" copies to be distributed at my workshops and seminars.

[Contact me about your artwork](#)



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 for December and January only.

Call Rev. Dr. Talia Miller, 530-271-0747 or email the Breast Cancer Recovery Coach t@breastcancercoach.com

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

Cancer Recovery Coach

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.

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.

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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

Honoring Your Creativity

ODE TO THANKSGIVING – VICKI STYLE

November, 2006
Dedicated to My Coach, Talia Miller

I was once a forlorn turkey
Reincarnation has shown,
With skinny arms and legs
And breasts once full blown.

But my turkey feathers were plucked,
My skin pricked and sewn,
My breast was oiled and covered
To be tanned and golden toned.

I was primed and stuffed
And basted, a visionary delight.
I was dressed, plumped and seasoned,
Just totally made up right.

Now, too late, I know the truth,
My body paid the price...I was
Poisoned, cut and roasted.
My doctors didn't think twice.

Despite my physical changes,
My spirit still soars free.
I've changed my old perceptions
To heal holistically.

No longer am I a turkey
No one manipulates me.
I choose my life of freedom.
We will find the real me!

Written by Vicki Adams, age 55, Eugene Oregon

We are accepting stories or poetry from women who have overcome the challenge of cancer in a heroic way. Maybe they continued to offer love to

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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

Creating Your Successful Future - Tips from Brian Tracy

It is not what happens to you that counts. It is how you react to what happens to you, especially when you have unexpected challenges like cancer. Here are four things you can do to assure that your attitude is the very best it can be, under all circumstances. Consider contacting me if you'd like support to accomplish these aspects of healing.

Focus on the Future

First, whatever challenges you face, focus on the future rather than on the past. Instead of worrying about who did what and who is to blame, focus on where you want to be and what you want to do. Get a clear mental image of your ideal successful future, and then take whatever action you can to begin moving in that direction. Get your mind, your thoughts, and your mental images on the future.

Focus On The Solution

Second, whenever you're faced with a difficulty, focus on the solution rather than on the problem. Think and talk about the ideal solution to the obstacle or setback, rather than wasting time rehashing and reflecting on the problem. Solutions are inherently positive, whereas problems are inherently negative. The instant that you begin thinking in terms of solutions, you become a positive and constructive human being.

Look For The Good

Third, assume that something good is hidden within each difficulty or challenge. Dr. Norman Vincent Peale, a major proponent of positive thinking, once said, "Whenever God wants to give us a gift, he wraps it up in a problem." The bigger the gift you have coming, the bigger the problem you will receive. But the wonderful thing is that if you look for the gift, you will always find it.

Look For The Valuable Lesson

Fourth, assume that whatever situation you are facing at the moment is exactly the right situation you need to ultimately be successful. This situation has been sent to you to help you learn something, to help you become better, to help you expand and grow.

Many of my clients have stated that for them, as it was for me, cancer has been the turning in their lives. For many, it has given them the opportunity to heal wounds from childhood that have been festering unconsciously, internally, for years. Once these are transformed, their entire lives change.

Education Not Medication -- a women's health program by Mike Adams

The breast cancer industry is now run by corporations that profit from women with disease.

With nearly all breast cancer nonprofits being subjugated by drug companies, the FDA censoring alternative cancer solutions, and the mainstream media wildly



exaggerating the benefits of near-useless cancer drugs like Herceptin, there's hardly a message heard about breast cancer today that doesn't have a profit motive behind it.

The emphasis on breast cancer "screening," and the circus of holding breast cancer awareness months is, of course, all about recruiting more women into a system of treatment that generates profits for drug companies. Using fear-based tactics of recruitment (like telling women, "You'll die in six months if you don't undergo chemotherapy..."), the breast cancer industry manages to corral women of all races and ages into treatments that actually harm far more women than they help.

Find that hard to believe? Researchers at the Nordic Cochrane Center in Denmark studied 500,000 women to determine the results of breast cancer screening programs. They found that for every one woman helped by breast cancer screening, ten were harmed through false diagnosis or unnecessary treatments that devastated their health.

You can read this worthwhile article in it's entirety.

[Entire article](#)

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](#)

Support for Scholarship Recipients

End of Year Tax Planning Opportunity

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.

We have awarded three scholarships so far this year. Each of the recipients received 4



months of phone coaching using the "Elite" program. Each has benefited personally and also shared a lot from their insights and new skills, with colleagues and associates. It's a win-win for all.

Please contribute whatever you can. Every bit helps add up to the \$1508.00 cost per recipient.

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 Donations

Radiation and Breast Cancer

Clients and teleclass participants sometimes ask me about the causes of cancer. There are so many! When we consider environmental influences, radiation always is at the top.

I thought it would be useful for you to see the relationship between breast cancer and radiation.- especially if you have an activist element inside you and want to protest what is happening!

Some important online videos that explain radiation's correlation with cancers and other diseases are available to you. Additional resources are also listed below. Join with others who are now spreading the word that breast cancer as well as other diseases can be reduced - but only if we are ready and willing to step up the plate and say "no more" to purposeful uranium poisoning.

"If this truth is known", as Dr. John Gofman has said, "then any permitted radiation is a permit to commit murder."

"Poison Fire USA" is an animated Map of Sources of Radiation in US. This is the breast cancer map displayed at a recent meeting. It clearly shows that the highest rates of deaths from breast cancer are within a hundred miles of nuclear power plants and nuclear weapons labs. See the "Bay View" article for the map.

Thanks to one of our readers for sharing this vital information.

[Animated Map of "Sources of Radiation"](#)

Free Hugs Campaign. Inspiring Story!

I couldn't resist sharing this upbeat piece with you. . . If you want to watch a brief inspiring "video" , check the link below. Free Hugs, what an idea! And what a lovely synopsis of the variety of reactions to the free hugs. Have fun with this.



Happy Thanksgiving!

"Free Hugs" video

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 [Breast Cancer Recovery Coach 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.

Request A Complimentary Phone Session

Free 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 Responses will be included in future editions or in the [Breast Cancer Wellness](#) quarterly magazine , "Ask the Breast Cancer Recovery Coach" column.

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