

Shifting From “Surviving” to Thriving After Breast Cancer

A TRANSFORMATIONAL ROADMAP

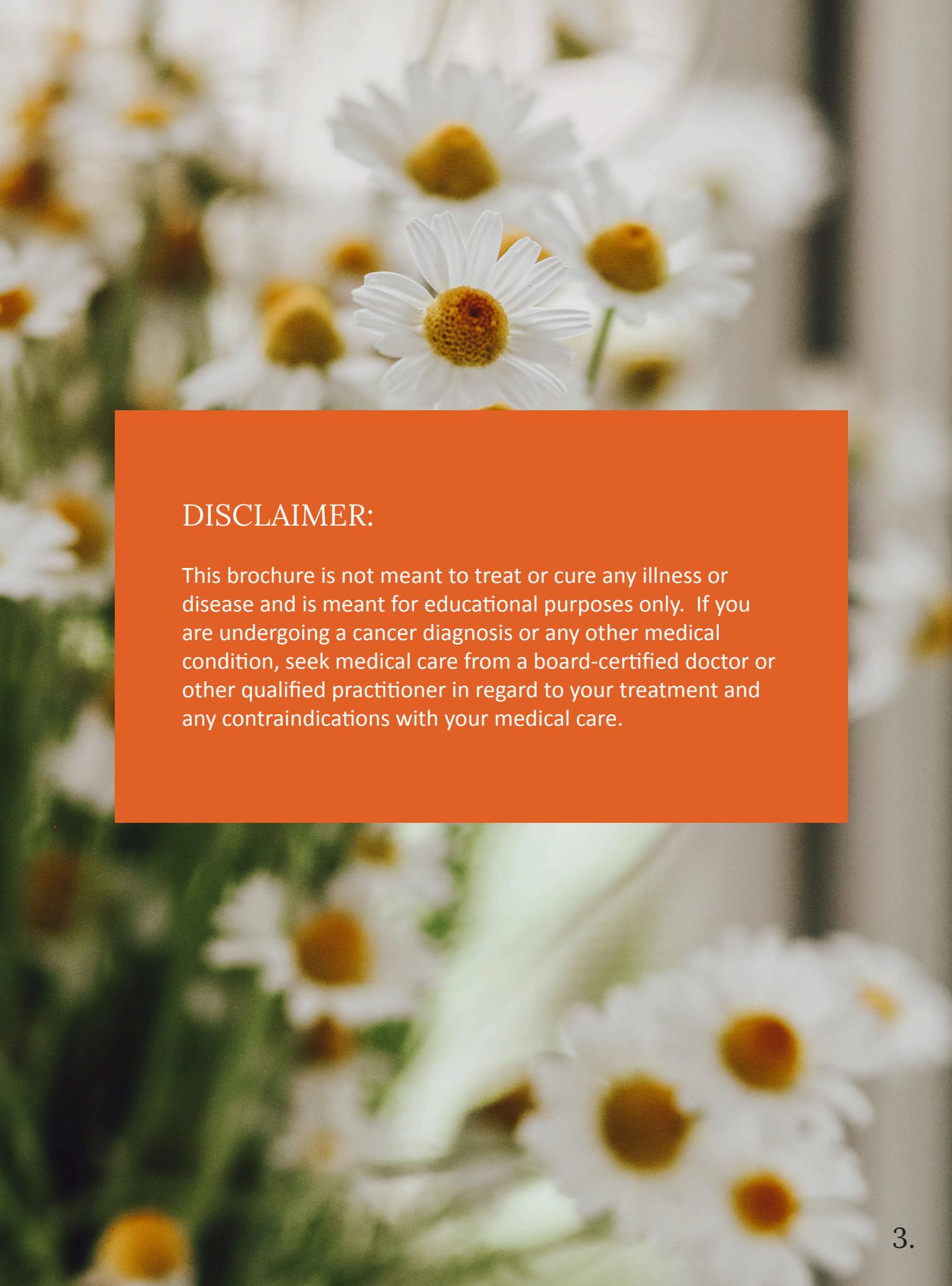


By Anne Ferrier Crook
www.integrativeradiance.com



Table of Contents

- I.) Creating a Healing Mindset
- II.) Top Healing Foods to Prevent and Beat Cancer
- III.) Self-Care = Healthcare
- IV.) Reducing Inflammation
- V.) A Return to Self-Love



DISCLAIMER:

This brochure is not meant to treat or cure any illness or disease and is meant for educational purposes only. If you are undergoing a cancer diagnosis or any other medical condition, seek medical care from a board-certified doctor or other qualified practitioner in regard to your treatment and any contraindications with your medical care.

First, **identify** your self-limiting thoughts and beliefs that are running the show.

For example, if you're feeling overwhelmed and hear yourself saying "I'm always overwhelmed and can't possibly do that." Stop and take a deep breath. Ask yourself, "Is that really true?" What is the deeper truth about my ability to receive support and manage this situation effectively? There is usually a reframe involved that can open up new possibilities. Your mind is powerful!

Mindset Shift



After identifying which limiting thoughts and beliefs are running the show, start to **interrupt** those beliefs with positive affirmations and greater self-love. For example, if you're feeling all alone in your struggle, notice where those emotions land in your body. Are you scared and afraid? Does it feel overwhelming to be facing a cancer diagnosis on your own?

Rather than turning away from those emotions, turn **towards them** and identify where they are coming up in your body. Breathe deeply into that part of you with love and compassion -- the same way you would give your love and compassion to a best friend. Hold that emotion tenderly and build a sense of inner safety and rapport through affirming the deeper truth.

“Life has my back.” “I am deeply loved and supported by all of life.” “As I tune into what my body needs, the right people and situations show up to support me.”

I invite you to gently place a hand on that emotion held in your body while taking some deep abdominal breaths. This is a wonderful way to **interrupt** those negative thoughts of a fixed mindset and begin to plant the seeds of a **healing (growth-oriented) mindset**.

The final step is to **create an inspired vision** that pulls you forward towards vibrant health.

As you begin to trust in your body’s innate ability to heal from the inside out, the right people and situations will show up to divinely support you. Your healing process is a **journey**, not a destination. Therefore, EMBRACE this healing journey with curiosity for what it is here to teach you.

Stay grounded in hope and healing, and all that brings you a sense of love and joy.

Once you are anchored into this place, use your imagination to create an inspired vision of your BEST SELF. Moving beyond simply “surviving” the cancer diagnosis to now fully THRIVING. How do you feel in your body fully thriving again? Who is with you in this inspired vision for your life? How are you spending your time and using this experience as a GIFT? One that propels you forward into your greater purpose?

Know that you have the power right within you to create a healing mindset. So, it becomes a CATALYST for personal growth and transformation.

Allowing you to benefit from ALL that life has brought you, despite any setbacks, continuing to FLOURISH and THRIVE.



II.) Top Healing Foods for Preventing and Beating Cancer

One of the most important actions you can take to prevent, or fight cancer is to eat a healthy diet rich in nutrient-dense whole foods. Whole foods are healing foods that come from the Earth, like vegetables, fruits, legumes, raw nuts and seeds, and Omega-3 fats.

It's best to consume a wide variety of fresh vegetables and fruits daily to give your body a broad range of micronutrients that are full of antioxidants.

That's a key word here: **Antioxidants.**

Antioxidants are essential to cancer prevention because they get rid of free radicals in the body.



Top Healing Foods to Beat Cancer:

Blueberries

Blueberries are not only loaded with cancer-busting antioxidants, but they also contain the phenol **resveratrol**. This compound has been known for its ability to kill cancer cells and it's a powerful anti-inflammatory. So, load up on organic blueberries! You can buy them frozen too and blend them into your smoothies for a delicious taste.



Cruciferous Vegetables

(Brussel sprouts, cauliflower, broccoli, cabbage, kale, and bok choy)

Cruciferous vegetables are especially beneficial when healing from a breast cancer diagnosis that is estrogen/progesterone receptive. They are high in diindolylmethane (DIM), which helps the detoxification pathways and clears “dirty” estrogens from the body. This helps to address estrogen dominance which is a huge contributing factor to hormone receptive breast cancers. Cruciferous vegetables are also high in fiber, anti-inflammatory, and packed with nutrients.



Broccoli Sprouts

These are a nutrient-dense cruciferous vegetable and a powerhouse for beating cancer. They contain the highest level of sulforaphane which is a magical compound that can help phase 1 and 2 of liver detoxification and clear out “dirty” estrogens. Sulforaphane is also anticarcinogenic and is known to kill cancer stem cells.



Green Apples

Studies have shown that eating more apples can reduce the risk of many cancers. Apples contain valuable antioxidants that flush out harmful free radicals and slow down or stop cancer cells from multiplying.

Flax Seeds

Flax seeds are packed with fiber and Omega-3 fats. This is important because fiber helps to provide a feeling of satiation, which could help with weight control and proper elimination. Maintaining a healthy weight is essential in preventing cancer. Also, the Omega-3 fats help to reduce inflammation which is one of the top drivers of chronic disease. On top of this, there is evidence that flaxseed can help to inhibit both the growth and spread of certain types of cancers.

Chia Seeds

Chia seeds are packed with fiber, omega-3 fats, and ALA alpha-linolenic acid. ALA is known to limit the growth of both cervical and breast cancer cells, in particular. Chia seeds also provide anti-inflammatory benefits, and they are excellent sources of protein, magnesium, and manganese.

Turmeric (Curcumin)

This common spice is a deep orange-yellow powder and has become very well known for its anti-inflammatory benefits. It is loaded with antioxidants and has been noted for its ability to stop cancer cells from forming. It has also been known to suppress the growth of tumors and the spread of cancer.

Raw Nuts

From healthy Omega-3 fats and proteins to vital antioxidant compounds, raw nuts like almonds, walnuts, and Brazil nuts are loaded with healing benefits. In particular, nuts are full of proanthocyanins, a class of flavanols that starve tumors and stop cancer cells from dividing.

Mushrooms

Reishi mushrooms, in particular, are commonly known as the mushroom of longevity and immortality. They are the most widely used mushrooms for cancer prevention and to inhibit tumor growth. Mushrooms play a huge role in boosting the immune system and brain function. When navigating a breast cancer diagnosis, Reishi, maitake, and turkey tail mushrooms are the indicated type to consume on a regular basis for their healing benefits. All in all, mushrooms are nature's pharmacy when it comes to preventing and beating cancer!



Matcha Green Tea

Matcha green tea is more nutrient-dense than regular green tea. It also has WAY more antioxidants than regular green tea. Antioxidants play a major role in stabilizing harmful free radicals which contribute to damaging cells and causing disease. Matcha also contains an abundance of catechins which is a compound found in plants and natural in antioxidants. To top it off, Matcha green tea is simply delicious!



Prebiotic Foods

(Asparagus, onions, leeks, garlic, jicama, green bananas)

These fiber-rich prebiotic foods **feed the probiotics** (aka good bacteria) in your gut. Did you know that 70% of your immune system lives in your gut? Therefore, when we replenish our gut with good bacteria through incorporating these prebiotic-rich foods into our diet, our health benefits tremendously. When we heal our gut, we create a healthy and strong immune system so that our body becomes inhospitable to cancer. Creating a healthy gut through prebiotic and probiotic-rich foods lays the soil of our inner ecosystem and “bio-terrain.” In return, we create vibrant health.



TO NOTE:

When buying fruits and vegetables, it's important to eat organic when healing from and preventing cancer. Eating a healthy diet based on mostly organic foods can reduce cancer risk up to 25%!

III.) “Self-Care = Healthcare” Lifestyle Tips to heal the body-mind-spirit from the inside out.

Eat a healthy breakfast

This includes some protein, like raw nuts, legumes, quinoa, or eggs to balance out carbohydrates and keep your blood sugar stable. This sets up your cortisol curve for the day (aka circadian rhythm), which directly impacts your sleep, moods, energy, and metabolism. Breakfast is the most important meal of the day!

Practice restorative sleep

Quality sleep is essential to our health. Turn off all media an hour before bedtime, dim the lights, take a warm bath with Epsom salts & lavender (which lowers cortisol), & make sure the bedroom is a sanctuary for rest & restorative sleep. Avoid sweets before bedtime, as it spikes blood sugar and wakes you up at 3:00 am. Instead, eat tryptophan and magnesium-rich foods like bananas, turkey, pumpkin seeds, and nut butters. For example, almond, cashew, and pumpkin seed nut butter.

Incorporate physical activity into your routine

Exercise is one of the most important buffers to stress. When the weather is nice, get outside & connect with the Earth. Take a walk in the woods and spend time near water, like rivers & waterfalls. Breathing in these negative ions from the moving water uplifts your mood and reduces stress. Walk barefoot on the Earth and enjoy “forest bathing,” which is an ancient Japanese tradition called “Shin Rin Yoku.” This outdoor activity is grounding for your energy, enhances your immune system, uplifts your mood, & connects you to nature.



Nourish your relationship with loved ones

Make sure to spend quality time with friends and family. This provides nutrients that nourish your spirit on a deeper level and enhances your joy and pleasure in life. It helps to put your body in a “healing state” so you can shift from surviving to thriving.

Drink lots of water

Good hydration is essential to good health. Our bodies are 70% water between our blood, lymph, tissues, sweat, and tears. We need hydration to transport nutrients in our body, and without enough water we develop chronic symptoms, like headaches & fatigue. Make sure to drink pure filtered water, avoid plastic bottles, and carry a reliable water bottle (without BPA’s) throughout the day.



Incorporate meditation

This quiets the mind and helps you stay grounded and calm with the demands of daily life. Practice deep abdominal breathing and close your eyes as you focus on your breath. Breathe in through your nose to the count of 4, hold to count of 7, and exhale out through your mouth to the count of 8. Focus on gratitude. Reframe your challenges and ask... “What if there’s a gift for me in this experience? Stay curious about the adversity becoming an actual strength, leading to greater self-love and deeper purpose. We don’t have control over external circumstances. However, we do create our mindset and have the power right inside to triumph over adversity. This nourishes our unconditional JOY & well-being.

Coffee Enemas

Coffee enemas are excellent for detoxifying the liver. This supports the body to clear “dirty” estrogens that may contribute to hormone receptive breast cancers. Coffee enemas also increase glutathione production which is the body’s master antioxidant to prevent cancer. They are not only a great preventive measure against cancer, yet they also relieve depression, boost energy levels, and help to clear out excess Candida in the gut. They have tremendous healing benefits!

Incorporate Celery Juice upon waking

Celery juice activates the gut by restoring hydrochloric acid which helps us to digest food more efficiently. It also helps to reduce inflammation in the body and is a rich source of vitamins, minerals, flavonoids, and antioxidants. Celery juice also supports the mood, assists with weight loss, and supports hydration.



***To note: Check with your doctor to make sure there are no contraindications with your health regimen, including medications.*

IV.) Why Reducing Inflammation is Essential

Chronic inflammation is the leading cause of chronic illness and disease.

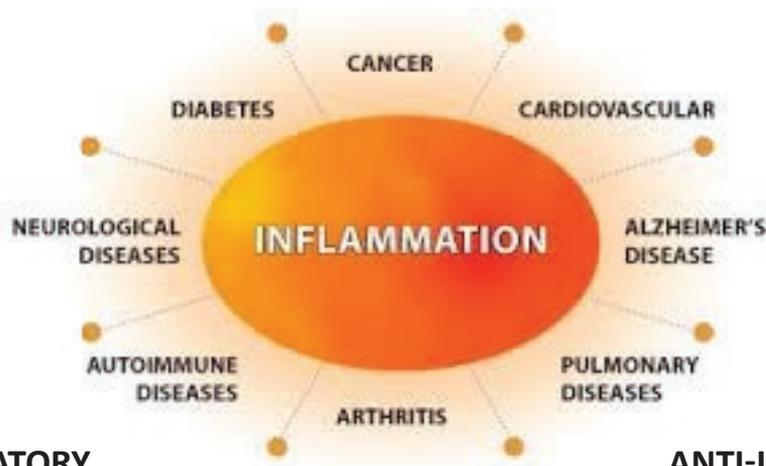
You can prevent inflammation by your daily choices. You either choose a *pro-inflammatory* lifestyle which includes choices that increase inflammation leading to a greater risk of chronic disease. Or rather, you can choose an *anti-inflammatory* lifestyle that keeps inflammation away and sets the stage for vibrant health.

You chose “pro-inflammatory” when you:

- Stress out all of the time
- Eat unhealthy foods your “80%” as an “80/20” balance
- Choose inflammatory oils like refined seed oils (canola, corn, partially hydrogenated, sunflower, safflower)
- Work all of the time and create no work/life balance
- Find yourself in a paradigm where you are “doctored up” on conventional medicine and don't find any wellness outlets (like exercise, yoga, deep sleep, plenty of water, meditation, relationships)
- Have negative thinking, and are critical of both yourself & others
- Run low on vitamin D which is essential for immunity (most of us are, so be sure to get your levels checked)
- Your diet is filled with sugar, gluten, and dairy
- Don't move your body. Humans are designed to move a minimum of 1 hour daily.
- Live isolated without human connection. We are interdependent as human beings and need human connection.

You chose anti-inflammatory when you:

- Maintain a healing (growth-oriented) mindset
- Eat a healthy diet that consists of whole foods from the Earth, dark leafy greens, probiotics, fiber, and Omega-3 fats for your “80%” in an “80/20” balance
- Take a good quality fish oil which is a great anti-inflammatory
- Create good digestive health
- Get plenty of restorative sleep
- Nourish quality relationships in your life
- Increase physical activity and movement
- Spend time in nature
- Cultivate a spiritual foundation and sense of purpose



PRO-INFLAMMATORY

ANTI-INFLAMMATORY



V.) A Return to Self-Love

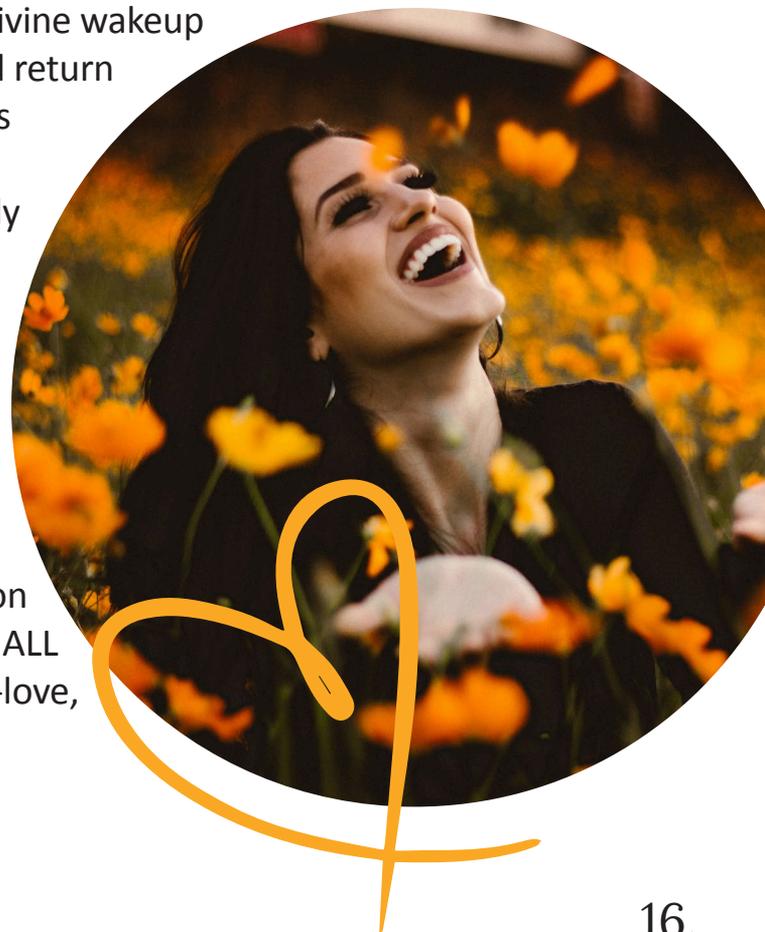
Why healing our emotional wounds is essential to shift from “surviving” to thriving after a cancer diagnosis

Emotional trauma is usually the #1 toxin in a cancer diagnosis. Healing our emotional wounds is essential to truly heal from the inside out. It is how you ultimately shift from “surviving” to fully thriving after breast cancer.

There is a saying “Our issues are stored in our tissues.” This is 100% true. When we have a history of emotional trauma or post-traumatic stress, it gets stored in the body and can later show up as chronic illness and “dis-ease.”

Therefore, a cancer diagnosis can be a divine wakeup call to heal these emotional wounds and return to a place of greater self-love. This starts through acknowledging where the emotional wounds are stored in our body and building a healing rapport with that younger part of ourselves. I like to call this our “inner child” or “body self.”

Through learning how to build a healing rapport with your “body self” that holds all of your pain and emotional wounding, you create a strong foundation of self-love. This allows you to embrace ALL parts of yourself with unconditional self-love, inner safety, and compassion.



Hand Over Heart Exercise to Nourish Self-Love:

Place one hand over your heart and another over your belly. Inhale in through your nose and exhale out through your mouth. Notice your belly rising and falling with each breath. Inhale deeply as you breathe in LOVE. Exhale and breathe out any fear or resistance coming up, just letting it go. Continue to tune into your body and notice the sensations arising without any judgement, and simply holding curiosity. As you tune into your breath, it helps to release negative emotions around life circumstances and fully reconnect to your body. It also creates a sense of inner safety, love and self-compassion. It's simple, brief, and works effectively to shift your vibration. This puts your body back into a "healing state" for greater harmony, ease, and nourishment.

Several reflections to propel you forward...

Trust the process.

Healing is not linear.

Allow its rhythm to guide you.

Your body has its own inner healer.

Be curious.

Engaged.

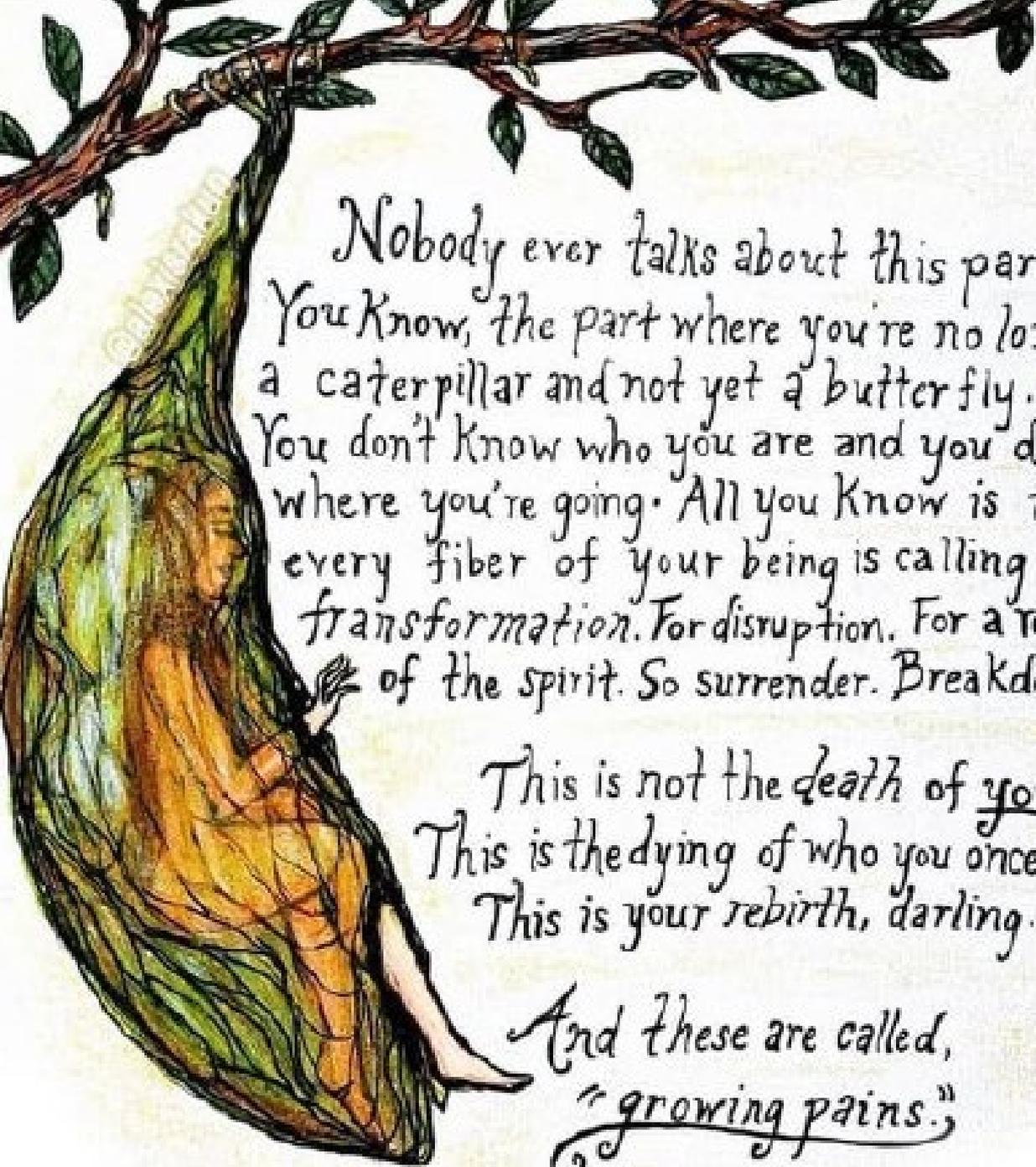
Discover its beauty with an open mind and heart.

Reframe your health challenge into a deeper purpose.

There is a gift waiting for you in this process.

Magnificent YOU.





Nobody ever talks about this part...
You know, the part where you're no longer
a caterpillar and not yet a butterfly.
You don't know who you are and you don't know
where you're going. All you know is that
every fiber of your being is calling for
transformation. For disruption. For a revolution
of the spirit. So surrender. Breakdown.

This is not the death of you.
This is the dying of who you once were.
This is your rebirth, darling.

And these are called,
"growing pains."