

Shifting From “Surviving” to Thriving After Breast Cancer

A TRANSFORMATIONAL ROADMAP



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DISCLAIMER:

This eBook 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.

I.) Introduction



Greetings!

My name is Anne Ferrier Crook.

I'm so glad you have chosen to seek this knowledge so you can shift from surviving to thriving on your healing journey.

I'm a Certified Integrative Health Coach, Holding Space Consultant, Certified Birth Doula, and Certified Spanish Medical Interpreter. I have worked in many facets of healthcare for the past 21 years, and love supporting others through life transitions, health challenges, and thresholds.

I am also a Group Facilitator, Speaker, and Author.

Through working in hospitals and clinics for the past two decades, I have first-hand experience in conventional medicine and understanding the medical setting. Yet, I am passionate about integrative health and wellness and seeing the WHOLE picture of a person's health when it comes to root-cause approaches to healing.

Therefore, this eBook provides an integrative approach to nourish your body-mind-spirit so you can shift out of chronic "dis-ease" and move into greater ease and well-being. I provide my signature formula to shift from "surviving" to fully THRIVING – even after a setback.

My own healing journey from Stage 1 breast cancer taught me that there is often a gift from adversity we encounter in our health when we get curious about the deeper message coming from our body. It is usually an indicator that something is out of balance. So, rather than seeing breast cancer as the enemy, we can see it as an **opportunity** to clean up blind spots that need to be addressed.

The 1st shift I made was to create a HEALING MINDSET.

By creating a healing mindset, I was able to get curious about my own blind spots and address them head on. For example, learning about the importance of detoxification to clear out harmful estrogen. I also took proactive measures to rebalance my gut and get rid of pathogens, like Candida, that were contributing to poor gut health. This included a food sensitivities test to identify which foods were causing chronic inflammation and eliminating them from my diet.

These are just several examples of how I shifted from “surviving” to thriving.

However, most important, I saw breast cancer as an opportunity to heal emotional wounds. I have learned through my own healing journey that there is often an emotional component to any “dis-ease” we encounter in our health. By the time it manifests in the physical body, it has often been inside of our emotional body for years.

As the saying goes, *“Our issues are stored in our tissues.”*

Many of us carry unexpressed grief, post-traumatic stress, and/or other forms of trauma in the body without being aware of it.

Therefore, it is essential to turn *towards* these parts of us rather than away from difficult emotions to fully heal. I believe that emotional trauma is the #1 toxin in our environment. So, as we find the courage to integrate these emotions and create deeper meaning, it propels us forward.

We create a much larger story of courage and empowerment.

As a Certified Integrative Health Coach and Holding Space Consultant, I have the privilege to support clients to heal and transform their lives after a setback. I offer a unique approach that blends health coaching, functional nutrition frameworks, lifestyle guidance, and emotional healing.

If you're on a healing journey from breast cancer, struggling with hormonal imbalances, a thyroid condition, mood issues, or disrupted sleep, I would be delighted to support you. Even if you simply want to prevent breast cancer as you navigate perimenopause/menopause, this eBook is for you.

Enjoy discovering my signature formula to reignite JOY and passion in your life, so that you can shift from “surviving” to fully THRIVING.

Many blessings on your healing journey,

Anne Ferrier Crook
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II.) What is a healing (growth-oriented) mindset and how is that different from a “fixed” mindset?

The 1st step to shift from “surviving” to fully thriving after any cancer diagnosis is to create a **healing mindset**. So, what makes a “healing mindset” unique to other ways of thinking and sets it apart from a “fixed mindset?”

Let’s dive in.

A fixed mindset holds onto thoughts and limiting beliefs such as “I’m always overwhelmed,” “Why do bad things always happen to me?” or “I’m all alone in my struggle.” It’s coming from a place of scarcity and fear, to be specific.

However, a healing mindset is growth-oriented and it seeks new opportunities. It desires to bounce back better than ever because of the adversity and challenge presented. Rather than looking at struggles and setbacks as an obstacle, it sees them as an OPPORTUNITY to grow and transform from the experience as a result. Therefore, the adverse event actually becomes a catalyst to propel us forward.

So how do we turn this all around? How do we shift into a healing mindset after a cancer diagnosis when we’re feeling terrified and overwhelmed?



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.



III.) 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%!

IV.) “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. Smoothies are great in the morning, as you can incorporate protein, healthy Omega-3 fat (like avocados, raw nuts, and chia/flax seeds) with dark leafy greens into your morning routine. This provides balanced energy and stable moods. Breakfast is the most important meal of the day!

Get 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 (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 3am. Instead, eat tryptophan-rich foods and magnesium, 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 and connect with the Earth. Take a walk in the woods and spend time near water, like rivers and 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, and 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.



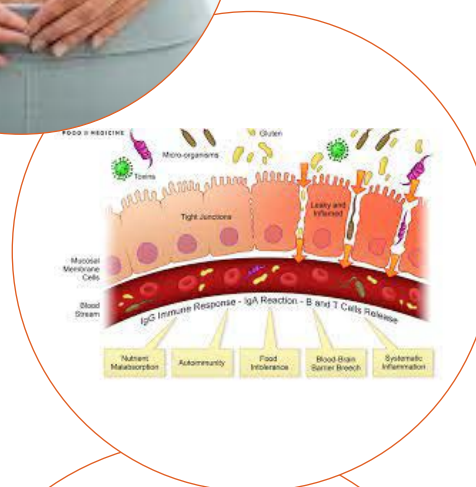
***To note: Check with your doctor to make sure there are no contraindications with your health regimen, including medications.*

V.) Heal Your Gut

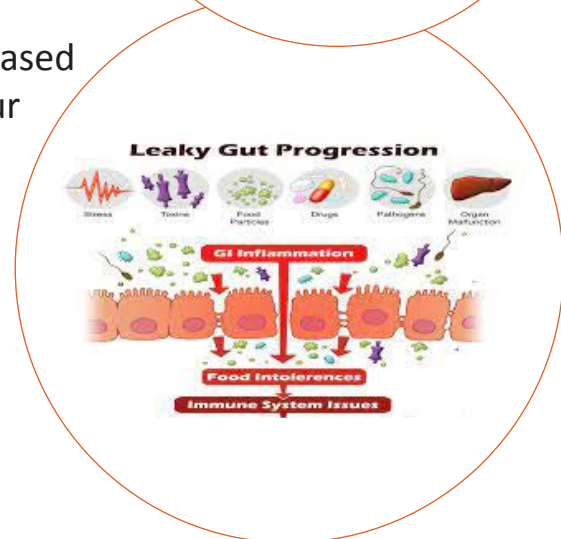


As Hippocrates said, *“All health or disease begins in the gut.”*

That said, it is important to address GUT HEALTH when on a healing journey from breast cancer. Chronic inflammation often starts in the gut and begins to affect other parts of the body, including the brain, hormones, and our immune system.



Did you know that **70%** of your immune system is based in your gut? Not to mention, **90%** of serotonin (your happy mood neurotransmitter) is also produced in the gut? Now that’s worth paying attention to. If you struggle with anxiety/depression or any other mood issues, you could simply have a “leaky gut” issue, therefore causing a “leaky brain.”



So, what is LEAKY GUT?

“Leaky gut” is often referred to in functional medicine as **intestinal permeability**. Another term for poor gut health is known as GUT DYSBIOSIS. This happens when there are too many bad bacteria that outnumber the good/healthy bacteria in our gut microbiome. Therefore, when the gut lining breaks down from harmful bacteria and becomes “leaky” (or permeable), food particles, molecules, and toxins can leak out through the tight junctions of the small intestine. Once they circulate through the bloodstream, they begin to wreak havoc on the immune system. If this happens, it puts you at an increased risk for autoimmune conditions, like Grave’s Disease, Hashimoto’s Thyroiditis, or Celiac Disease, to name a few.

When it comes to gut dysbiosis, it's important to note that other pathogens and infections may be contributing to poor gut health. For example, CANDIDA is an overgrowth of yeast, and when there is an imbalance of good/bad bacteria in the gut, yeast begins to flourish. Once it becomes full-blown Candida, this overgrowth of yeast directly impacts a myriad of health issues -- including brain fog, fatigue, anxiety/depression, hormonal imbalances, and breast cancer.

Other pathogens like parasites, or gut infections like H. Pylori can also play a role in poor gut health and create "leaky gut" or gut dysbiosis. That said, it is essential to get a high-quality lab test that provides a comprehensive overview of your gut microbiome.

So, how is this directly tied to healing from breast cancer?

When it comes to maintaining a healthy immune system, remember that 70% of your immune system is based in the gut. Therefore, when we keep our immune system healthy and strong, it is able to combat cancer cells much more effectively that could potentially mutate in unhealthy ways.

Maintaining a healthy immune system is the key to great health.

Finally, your gut is otherwise known as the MICROBIOME. So, begin to think of it as your "inner ecosystem." For example, our planet Earth has the rainforest and all of the other types of forests and trees that maintain our planet's ecosystem. The same is true for healthy bacteria in your gut, and how they play a key role in maintaining your own inner ecosystem.



So, how do you create a healthy gut?

Here are some suggestions:

- Eat probiotic-rich foods, like fermented vegetables, sauerkraut, and coconut water kefir
- Consume healing bone broth which nourishes the gut lining
- Avoid foods high in sugar, dairy, and gluten (all inflammatory)
- Eat lots of prebiotic-rich foods, like onions, garlic, Jerusalem artichokes, asparagus, and leeks.

****To note:** Prebiotic-rich foods “feed” the probiotics to replenish your gut with healthy bacteria.

- Consult with your doctor about taking a healthy gut supplement that contains L-Glutamine, Slippery Elm, and Aloe Vera leaf gel, to name a few.
- Consider getting a comprehensive lab test to assess your gut health and rule out pathogens, like Candida, parasites, or an increase of Zonulin, which can indicate “leaky gut.”
- Get a food sensitivities (IGG) lab test to see which foods you are reactive to that are driving chronic inflammation.
- Consider the importance of DETOXIFICATION to reset your body and do a functional medicine detox through a board-certified practitioner.
- Educate yourself about the importance of maintaining proper gut health to keep a strong and healthy immune system.



Remember, Food is Medicine. Knowledge is Power!

VI.) Why Reducing Inflammation is Essential

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

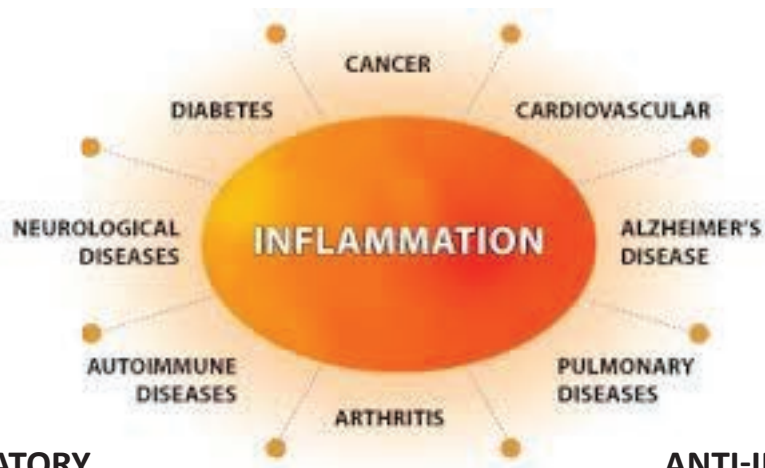
You can prevent inflammation by your daily choices. You either choose a *pro-inflammatory* lifestyle which includes choices that increase inflammation leading to a greater risk of chronic disease. Or rather, you can choose an *anti-inflammatory* lifestyle that keeps inflammation away and sets the stage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

You choose “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 choose 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



VII.) 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 often 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.

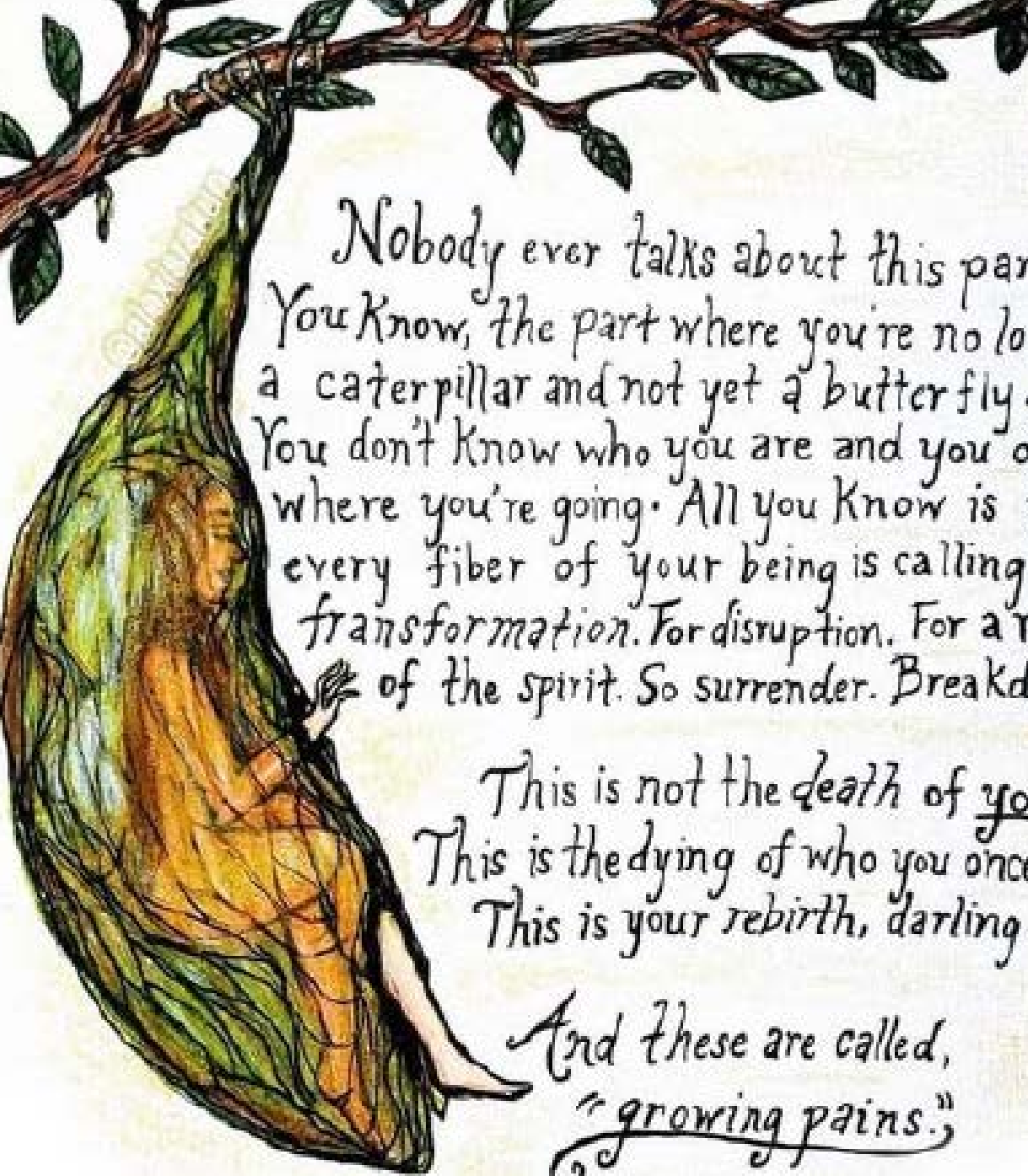
Discover its beauty with an open mind and heart.

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."