

# Healing Journeys

2012 SPRING  
NEWSLETTER

support healing activate hope promote thriving

Healing  
Journeys

support healing, activate hope, promote thriving

## upcoming events

### **Sexy After Cancer**

April 21 & 22, 2012 - Berkeley, CA

A two-day retreat with Barbara Musser

### **The Cancer-Fighting Kitchen**

May 5, 2012 - Los Gatos, CA

With Rebecca Katz & Jeanne Wallace

August 4, 2012 - Eureka, CA

With Rebecca Katz & Lise Alschuler

November 3, 2012 - Portland, OR

With Rebecca Katz & Jeanne Wallace

### **Cancer as a Turning Point, From Surviving to Thriving™**

Two-day FREE conference

(Pre-registration suggested)

June 23 & 24, 2012

Spartanburg, SC

Presenters

Gaye Adegbalola

Lise Alschuler, ND

Emmett Miller, MD

James Navé

Laura Pole

Jonna Tamases

September 8 & 9, 2012

Sacramento, CA

Presenters

Lise Alschuler, ND

Karen Drucker

Jonathan Ellerby, PhD

Sacramento Taiko Dan

Marianne Williamson

Nina Wise

... and more



Jan Adrian

## Director's Reflections

Jan Adrian, MSW

Thank you for the good wishes and gifts that helped us celebrate my 70th birthday last year. A year ago we announced I would be stepping down as

Executive Director of Healing Journeys and Beth would assume that position. We've had to accept another plan, surrendering to what is. Financial stability for Healing Journeys has not been created and I will continue as Executive Director for another year. Beth is working with me in a limited capacity as Volunteer Coordinator at some of our events in 2012.

This past year has been full of blessings. The *Cancer-Fighting Kitchen* workshops were again empowering and life-saving. I attended all three and was grateful to be immersed in the information which prompted me to improve what was already a pretty healthy diet.

My own healing journey continues. The "spot" we've seen on my lung since 2007 was biopsied recently and labeled metastatic breast cancer. It is very slow-growing, and the growth has actually slowed down this past year, probably due to my dietary changes.

Because it is small and slow-growing, I want to see how it can be affected by "inside" work before choosing invasive surgery or hormone treatments. In Kelly Ann Turner's PhD thesis on *Spontaneous Remission of Cancer*, she found there are six "treatments" that may elicit spontaneous remissions: (1) deepening one's spirituality; (2) trusting in intuition regarding health decisions; (3) releasing nega-

tive and/or repressed emotions; (4) feeling love/joy/happiness; (5) changing one's diet; and (6) taking herbal/vitamin supplements.

Already practicing #2, my intuition is that this is an opportunity for me to employ the six "treatments." I put "treatments" in quotes because I think of a treatment as something someone does to me, and these are all inside jobs – things I must do for myself – that will improve my life whether they affect my tumor or not. My plan is to focus on these till July, then have another scan to see what the tumor is doing (if it's still there).

As I'm doing my "inside" work, I am planning to write a weekly Blog to share with you my lessons, challenges, and gifts. Watch the March eNewsletter for information. (If you aren't receiving it, please go to [www.healingjourneys.org](http://www.healingjourneys.org) and give us your email address.)

I feel excited about our 2012 programs and I know I, too, will benefit from them. We are offering three *Cancer-Fighting Kitchen* workshops, presenting the latest evidence-based information about nutrition and cancer. I hope we will have a new DVD to offer you this year. I also love what we have planned for our two conferences in 2012 – a combination of some of your past favorites and some exciting new voices.

As I resume the role of primary fundraiser for Healing Journeys, we will depend more than ever on the generosity of those who have been touched by our work and want to ensure that it continues. Thank you for your support, prayers, good wishes, and continued contributions.

## VISION STATEMENT

*Our vision is that EVERYONE touched by cancer or any life-altering condition be empowered to move from surviving to thriving.*

# Good Medicine: Spirituality and Health

From page 39 of *Return to the Sacred*, by Jonathan H. Ellerby, PhD



Jonathan H. Ellerby, PhD

Hippocrates is often credited with being the father of modern medicine, although many of his timeless teachings are no longer central to medicine today. One of his beliefs was that physicians are only the facilitators of their patients' natural and supernatural powers to heal themselves. His statement, "Natural forces within us are the true healers of disease," points us to a lesson that the most advanced medical sciences are now beginning to rediscover: health and medicine aren't confined to the physical domain.

Over years of spiritual experience and study, I've come to see a healing force at work in many spiritual practices. I've

also witnessed that all healing is ultimately derived from a Sacred Source: a source within each of us and greater than any one of us. When we live in connection to that essence within and beyond us, we access a force, an actual energy that can be harnessed and directed in our bodies and lives. This is a key to understanding the value and importance of mind-body medicine and the embrace of ancient ways of healing.

The idea that physical health is impacted by the congruence of our inner and outer worlds, as well as the subtle energies we direct with our intention, is becoming more broadly accepted in Western medicine. More than just a sense of meaning or philosophy, we find that a deep spiritual life is medicine to the body, sometimes evoking an auxiliary power to heal. The Sacred connects us to mechanisms and means to heal our hearts, minds, and bodies.

**BIO:** Jonathan Ellerby, PhD, is the CEO of TAO Inspired Living, a new wellness-retreat center and residential community in the Riviera Maya of Mexico. His books include: "Return to the Sacred" and "Inspiration Deficit Disorder," and a new book, "The Promise of Paradise." The former Spiritual Program Director for Canyon Ranch Health Resorts, Jonathan has over 20 years of experience in holistic healing, spiritual counseling, integrative medicine, and corporate consulting. He will be a presenter at our Sacramento conference.

[www.jonathanellerby.com](http://www.jonathanellerby.com)



support healing, activate hope, promote thriving

## Mission Statement

Our mission is to support healing, activate hope, and promote thriving.

## Vision Statement

Our vision is that EVERYONE touched by cancer or any life-altering condition be empowered to move from surviving to thriving.

## Our Commitment to Diversity

Healing Journeys is committed to diversity and pledges to include, welcome, and support all individuals of any race, ethnicity, national origin, gender, age, socioeconomic background, religion, sexual orientation, and disability.

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## Donate at [www.healingjourneys.org](http://www.healingjourneys.org)

### BELIEVERS' MATCHING GRANT

Healing Journeys has two free conferences planned for 2012. We rely on sponsorships, grants, and donations to be able to offer the conferences free, and we have been working hard to find available funding in all three of those areas.

We have some exciting news to share! A matching grant is being offered by a strong core group of supporters that we call the 'Believers' because it is what they do – they continue to believe in the mission and vision of our organization

and faithfully support it. From now through August, any amount you contribute will be matched dollar for dollar by the 'Believers' Matching Grant' (up to \$20,000). We invite you to be a 'Believer' for Healing Journeys and donate now to have your contribution matched.

The conferences promise to be phenomenal this year – we anticipate touching well over 1,500 lives with education, inspiration, and hope. We are so grateful for the important part all Believers continue to play in keeping Healing Journeys' programs available to those in need.

# Remembering My Mom and Healing Journeys

by Julie Pereira

*When*

*“When we view cancer in the context of the whole person (body, mind, emotions and spirit), we see its transformative potential, as an awakening for the soul and spirit. Only then can we see it as a blessing and utilize its gifts.”*

The above quote is from the *Cancer as a Turning Point, From Surviving to Thriving* conference brochure. My mother, Terry Pereira, was 53 when she attended this conference in 2009. She had a rare type of cancer, cholangiocarcinoma, which affects the bile ducts. A tumor was first discovered in her liver in 2007, and removed. Unfortunately, cancer was again found in 2008. Thus began a few years of alternating chemotherapy with ablation procedures to eradicate lesions on her liver. As much as this diagnosis presented itself as a curse to my mother and our family, she was determined to not give it that power, which is why she decided to attend the conference.

She looked forward to discovering different ways of living with cancer, and meeting other people who were facing the same challenges. She wanted to hear stories of how their cancer affected their families, how they dealt with it, and how it was a



Julie Pereira with her mother, Teresa

part of their lives. Being a positive person, she knew that, believe it or not, some good could come from cancer – and she was set on finding it.

At the time of the conference, I was 19 years old, home from college for the summer, living with my parents and younger brother in Greenville, SC. I attended the second day of the conference with my mother. I walked behind her as she breezed into the convention center, found our nametags, greeted the ladies at the reception table, and made her way to the auditorium, pointing out different people on

the way and telling me short facts about each one that she had learned the day before. I remember the energy my mother had by simply being in that room.

We laughed at Debra Jarvis’s candid and very “real” talk about her own battle with cancer, and we cried when Anita Burroughs-Price played the harp so beautifully and explained how powerful and healing music can be. At lunch we sat with other women, all different ages with varying stages of cancer. We talked about the sad elements of it, but we mostly focused on the importance of being positive, and realizing that cancer can be a blessing as much as it can be a curse – it can make clearer all the blessings you have and give you a newfound appreciation for living. I’ll always remember my mother sitting happily among new friends, embracing what had been an ugly and negative experience in our lives, and seeing the good in it. I remember clearly the smile on her face.

Going through old e-mails from my mother after she passed last April, my sister found an article she sent us, writ-

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## Sexy After Cancer?

by Barbara Musser



Barbara Musser

Every day I talk with women about cancer-related changes to their bodies, emotional life and self-esteem. Too many women who have had breast cancer treatments tell me they will not look at themselves naked, or allow their partners to see them naked. Even as their bodies heal, many women become disconnected from themselves in profound ways. The consequences of chemotherapy and hormonal therapies to energy, libido and the physical experiences of sex often surprise women, and they say they’re not told in advance about these side effects.

There aren’t many places where they can talk about this, much less accept, make peace with, forgive and love their changed bodies. While there is a lot of research about the disease, there is far too little about the real and practical difficulties of reconnecting

emotionally, spiritually, physically and sexually after the transformations that occur with breast cancer.

The *Sexy After Cancer*™ retreat for women is designed to explore these needs and help build bridges back to creating a happy, healthy, robust life that includes enhanced femininity, intimacy, sensuality and sexuality on the breast cancer “journey.” This retreat picks up where the clinical solutions and how-to books end.

During the weekend, we will dive deeply into many aspects of the impact of breast cancer and treatments on the experience of being a woman, including:

- ❖ Navigating the shock of diagnosis and treatments
- ❖ Exploring the question, “Am I damaged goods?”
- ❖ Understanding that beauty is much more than skin deep
- ❖ Processes for forgiveness and appreciation
- ❖ Discovering that sex is much more than what happens with genitals, penetration and fluid exchanges
- ❖ Exploring “Sexercise” to develop and strengthen pelvic floor health

If you’ve experienced changes to your libido, femininity, sensuality and sexuality on this journey, this is a place to be with

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# Thank You for Your Contributions

We appreciate the following individuals and organizations for contributing to Healing Journeys in 2011.

While every effort has been made to ensure accuracy, please accept our apology if there are any errors or omissions with your name or gift. If your listing requires correction, please contact us at [info@healingjourneys.org](mailto:info@healingjourneys.org) or (800) 423-9882.

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Kerry Freeman & Wendy Wolfe	Jill Boggs Miller	Sue Quinn	James & Diana Lucas
Donald Bryan	Jan & Don White	Post BMT Support Group	John & Joanne Marshall
Wes & Janet Bryan	Jill Rider Graves	Elizabeth Montgomery	Colleen Donnelly
Elaine Jessen	Shari Lurie	Robin Davenport	& Bob Martino
Julide Cox, MD, CMT	Jim Gettys	Judy Coe	Kevin & Suzanne McCabe
Anne Dahle	Donna Gettys	Sally Hunt	Kimberly Morgan
Maryellen & Robert Dietz	Jim Thrower	John Hunt	Joyce & Kevin O'Flanagan
Carolee Efron	Billie Thrower	Shirley May Stansbury Weishaar	Andrew Olmem
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Elizabeth Thayer	Gene Gore	Mary Ann & Bob Brewster	Thelma Barcroft
Robert Trainer	Madeline Piazza, My Mother	Craig & Vicki Brown	June Prowell
Dirk & Birgitta Van Zanten	Toni Roberge	Brian & Christine Burnikel	
Susan Weinstein	Maggie Passanisi	Betsy & Paul Bynarowicz	

**REMEMBERING****MY MOM**

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ten by a breast cancer survivor about her struggle. My mother highlighted a part she resonated deeply with: "If I die from this disease, I do not want it to be said that I battled cancer. I've lived with cancer." (Jan Pool Stecher, *Living With Cancer*). This was the attitude my mother discovered at the conference and one that she steadily maintained. It is her hope, and mine, that Healing Journeys is able to bring this message to those with cancer for years to come.

**BIO:** *Julie Pereira is the daughter of Teresa Pereira, who in her passing remembered Healing Journeys as a source of hope and comfort for those living with cancer, and requested that in memoriam gifts be directed to Healing Journeys in her name. Julie and her mother attended the "Cancer as a Turning Point" conference together in Greenville, South Carolina, in June of 2009. Julie graduated from the Catholic University of America in 2011 and now lives and works in New York City. When not working, Julie spends time with her father, two older sisters, and younger brother. Julie and her family remember their mother and wife every day and live positively and happily in the present, just as she would.*

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Madalyn Wade	Linda Wildman
Sandra Waller, LCSW	Paul Wildman
Lynne Walters	Mary Williams
Sandra Warne	Mary Lue Wilson
Susan Weinstein	Maureen Witherell
James Welch	Robert Wong
Nancy Welch	Katiann Wong-Murillo
Jacquelyn Westwood	Sherry Woo
Janellyn Whittier	Esther Wright

**With Appreciation**

Special Thanks go to Totally Tapioca, an a cappella singing group in Sacramento, and to Karen Drucker and Gary Malkin, all of whom contributed their time and talents to offering concerts last year to benefit Healing Journeys.



# Sugar and Cancer: A Low Carb Diet Prevents Tumor Growth

by Lise Alschuler, ND and Karolyn Gazella

Cancer cells feed themselves differently than do normal cells. Cancer cells prefer to make their energy from sugar (glucose) via a process called glycolysis. Normal cells use a different process which is oxygen dependent, but very efficient at making energy. Glycolysis used by tumor cells, on the other hand, is a markedly less efficient way to make energy from sugar. Why would cancers preferentially use such an inefficient process? It seems that glycolysis, while generating less energy, has the advantage of simultaneously making the building blocks for DNA while the energy is being produced. So, while less energy is made, cancer cells use sugar to make a greater variety of components essential to their growth. Also, the process of glycolysis lowers the pH of the tissue around the cancer cell. Lowered pH causes normal cells to die, new blood vessels to develop, and decreases immune activity – all advantages to the cancer cell. So, on the surface, cancer's use of an inefficient method of sugar metabolism may seem like a mistake, but, the advantages for cancer are numerous. Perhaps the only downside to the cancer cell is that this inefficient way of generating energy from sugar means that a lot of sugar is required.

Recently published animal research looked at the question of whether a low carbohydrate diet could decrease blood sugar supply to cancer cells enough to slow their growth and even prevent new tumors from developing.<sup>(i)</sup> By comparing a low carbohydrate, high protein diet to a diet more similar to the typical Western diet that provided the same amount



Lise Alschuler, ND



Karolyn Gazella

of calories, investigators were able to see that blood levels of glucose could be lowered from both an 8% carbohydrate (comparable to the amount of carbohydrate in the Atkins diet) as well as from a more sustainable 15% carbohydrate diet (with 58% protein and 26% fat). Both low carbohydrate diets also resulted in slower tumor growth than in the higher carbohydrate group. In an additional phase of the study, adult mice with a genetic lifetime risk of 70% to 80% for developing cancer were fed either a low carbohydrate diet or a typical diet. Thirty percent of mice eating a low carbohydrate diet developed cancer, whereas 70% of the mice on a normal diet developed cancer.

The researchers determined that the low carbohydrate diets lowered insulin and therefore glucose uptake by cancer cells. Insulin is itself a growth factor for cancer cells, which adds another reason that a low-carbohydrate diet has an overall anti-cancer

effect. While this study was not done on humans, the results are thought-provoking. It is known that low carbohydrate diets lower blood sugar levels in humans. Thus, one could surmise that a low carbohydrate diet may be an important dietary consideration to both prevent and impede cancer. Removing refined sugar and refined grains (pastries, pasta, white bread, etc.) are excellent strategies for lowering carbohydrate intake, blood glucose, and ultimately deterring cancer growth. Removing fruit as a way to reduce carbohydrate intake is not recommended as fruit contains so many important cancer-fighting compounds. These recommendations are consistent with what we recommend as a Thrivers' lifestyle: an unprocessed food diet coupled with daily exercise, relaxation, happiness and sufficient sleep.

For more tips on reducing the risk of cancer through a healthy lifestyle, please visit [www.five2thrive.com](http://www.five2thrive.com).

(i) Victor W. Ho, Kelvin Leung, Anderson Hsu, et al., "A Low Carbohydrate, High Protein Diet Slows Tumor Growth and Prevents Cancer Initiation," *Cancer Res* 2011;71:4484-4493.

**BIO:** Lise Alschuler, ND and Karolyn Gazella are the authors of "Five to Thrive: Your Cutting-Edge Cancer Prevention Plan" (AIM Publishing, 2011), and "The Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment, and Healing," now in its 3rd edition. Dr. Alschuler is board certified in naturopathic oncology and has been practicing naturopathic medicine for 17 years. She will present at three Healing Journeys events this year.

SEXY AFTER CANCER continued from page 3

others with the same issues, to share your experiences, learn practical ways to heal and enhance your experiences, and design your personal path to transforming. We will do visualizations, paired and group exercises and processes, receive information and helpful tips and tools.

Healing Journeys has partnered with me to sponsor this breakthrough retreat, being offered for the first time. To encourage your attendance and enable us to ask for your feedback, we are offering the retreat at a significantly reduced price. I hope

you will be one of the 50 women to join me for this extraordinary experience!

My just-completed book, *Sexy After Cancer ~ Finding Your Inner Aphrodite After a Breast Cancer Diagnosis*, offers a deep exploration of these issues. To read an excerpt from the book to get a taste of this, please go to [www.SexyAfterCancer.com](http://www.SexyAfterCancer.com), and sign up to receive it. If you are unable to join us for the retreat, this is a wonderful way to get some of the information.

**BIO:** Barbara Musser had breast cancer 23

years ago as a young single woman. She married and had a child after treatment. A sex educator and workshop facilitator for 20+ years, she has supported many women, their partners, and families; interviewed hundreds of women about their experiences and needs; worked with support groups and tumor boards on the subjects of femininity and sexuality. She's a member of the American Association of Sex Educators, Counselors and Therapists.

For more information and to register go to [www.healingjourneys.org](http://www.healingjourneys.org)



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## *I Had To Look*

by James Navé

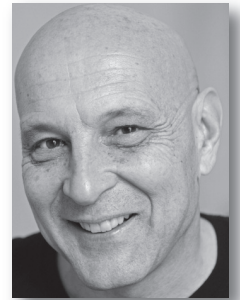
This morning by the Carolina mountainside I climbed down my spine one bone at a time into unfamiliar territory. I saw veins, arteries, cells, blood, connective-tissue, nerves, heart, lungs, liver, kidneys, ureters, and bladder.

As I descended, I realized I was in a rainforest filled with things I didn't expect to see: iguanas, bats, lizards, snakes, scaly-tailed squirrels, toucans, fairy bluebirds, and butterflies. Beautiful, graceful complicated butterflies.

I'd never imagined millions of butterflies were free inside my body. A purple one landed on a bush, then another, red with pink dots, then another, big brown eyes. I arrived at my pelvis. Stood between my hips.

I thought, "I've been attacked by blades and fingers." As I surveyed the cavernous territory inside my butterfly filled body, I saw repair. "Nothing to weep about here," I thought. With that, I climbed my spine, one bone at a time.

This afternoon, my surgeon called. My margins were clear; the cancer had not spread.



James Navé

**BIO:** *In February 2010, Navé was diagnosed with prostate cancer. The day after his surgery, he began writing a poem a day, resulting in a series of poems titled "Looking At Light, 100 Poems in 100 Days." Poetry kept him connected to the flow of his life's work even as his body was interrupted with the business of healing and recovery. Navé is one of the pioneers of the Spoken Word movement. He knows over 600 poems by heart and has performed over 3000 shows and workshops for schools, universities, and businesses around the globe. He will be a presenter at our Spartanburg conference this year. [www.jamesnave.com](http://www.jamesnave.com)*