

# Healing Journeys

2013 SPRING  
NEWSLETTER

support healing activate hope promote thriving

Healing  
Journeys

support healing, activate hope, promote thriving

## upcoming events

**Saying Yes: Cancer as a Catalyst**  
March 22 & 23, 2013 – Sacramento, CA  
A two-day workshop with Julie Interrante

**The Cancer-Fighting Kitchen**  
April 13, 2013 – Greer, SC  
With Lise Alschuler, ND & Laura Pole, RN

October 4, 2013 – Sacramento, CA  
With Lise Alschuler, ND & Laura Pole, RN

**Totally Tapioca – Benefit Concert**  
September 14, 2013 – Sacramento, CA

**Healing Journeys Tropical Retreats**  
Riviera Maya of Mexico  
With Jonathan Ellerby, PhD

October 29 to November 3, 2013  
*Healing the Healer*

November 5 to November 10, 2013  
*Healing Adventure*

2014

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

Any donations made in response to this newsletter will be used to fund a **free conference** in the Bay Area of California in 2014.

Please contribute generously.



Jan Adrian

## Director's Reflections

Jan Adrian, MSW

First, here's a quick update on my personal healing journey. In 2011, the spot on my lung was identified as metastatic breast cancer. Since it was

slow-growing, I addressed it first with non-invasive "treatments." In November 2012, I had a cryoablation to freeze it. We won't know how successful it was for 6–12 months when the debris in the lung settles. I am feeling good and have no symptoms, but in 23 years of living with cancer, my only symptoms have come from treatments, not from cancer.

I am still following the six "treatments" I mentioned in last year's newsletter (and in my blog at [www.healingjourneys.org](http://www.healingjourneys.org)). Focusing on #4, feeling love/joy/happiness, I have reduced my work hours, giving me more play hours – to travel, dance, laugh, and love. I'm looking forward to a month of traveling in Spain and Morocco in May, and two weeks in Mexico with the Healing Journeys retreats in October/November.

Thank you for your support and participation in our programs in 2012. We had successful *Cancer as a Turning Point™* free conferences in Spartanburg, SC and Sacramento, CA as well as *Cancer-Fighting Kitchen* workshops in Los Gatos and Eureka, CA. The Los Gatos workshop was recorded and can be purchased as a high quality three DVD set from our webstore. We have received a small grant from the Symington Foundation to allow us to gift these DVDs to cancer centers.

Please let us know if you are part of a cancer center or library and want to receive one of these sets for the cost of shipping only.

We are offering two *Cancer-Fighting Kitchen* workshops in 2013 with Lise Alschuler, ND and Laura Pole as the instructors. This workshop is empowering, fun, entertaining, and includes a delicious lunch.

Because I have experienced such benefits in the two workshops I've taken with Julie Interrante, I have asked her to offer one through Healing Journeys. It will be a two-day workshop called *Saying Yes: Cancer as a Catalyst*. This will be an opportunity for us to explore the transformative potential of cancer, or any life-altering experience, when it is viewed as a call from the soul for a deeper connection with oneself.

I loved our first retreat with Jonathan Ellerby at TAO Inspired Living on the Riviera Maya of Mexico last year. It was so well received that we are offering two in 2013. One is geared toward "Healing the Healer" and the other is for anyone touched by cancer or any life-altering experience. The price is unbelievably low for the high quality you will receive. You will stay in a 5-star all-inclusive hotel and have access to the services at the TAO Wellness Center, a beautiful private beach, and a seminar with Jonathan Ellerby.

We are not offering a free conference in 2013, but are planning to offer one in the southern part of the San Francisco Bay Area in 2014. We are depending on your support to make it happen. Please send a donation in the enclosed envelope.

More information about all of the 2013 programs is at [www.healingjourneys.org](http://www.healingjourneys.org).

## VISION STATEMENT

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

## Cancer Evokes the Soul

by Jeannine Walston



Jeannine Walston

In 1998, at 24 years old, I was working in the U.S. Congress with intentions for law school when a shock changed my direction. The diagnosis of a brain tumor turned my world upside down. My new journey began.

Falling on my knees asking for guidance, I began a profound conversation with God. After awake brain surgery, I learned the cancer could return and I no longer felt invincible.

While recovering, I used integrative cancer care for my body, mind, spirit, social, and environmental health. I also felt tremendous fear and spoke with God about mortality. God listened with presence. I still often felt alone. Changes can take time.

2004 brought more shocking news. A major cancer hospital where I had frequent MRI scans for many years told me I had a brain tumor recurrence, and it had been visible on my scans since 2000. In the confusion, I didn't know what to do or who to trust. I studied more about spirituality and what happens after death, examining my own belief system. My soul's existence and process for evolution further emerged.

My healing involved highs and lows. Over five years, I had hundreds of integrative therapies, including at three clinics in Europe. Sometimes I felt improvements in my quality of life and sometimes only pain. In 2011, I became extremely sick and absolutely needed a second awake brain surgery. Since then, my healing continues with more insights about spirit. Over time, I've felt spirit everywhere, though not every moment. My relationship with God has strengthened.

My massive distress evoked me to see through my eyes and feel through my heart that life is a spiritual journey. I've learned on all levels that life experiences are opportunities for the soul's evolution, and disease opens gateways to go deeper into the soul.

Over the fifteen years in my cancer journey, my relationship with my soul and spirit has intensified, bringing me more into the light, which is home internally and externally. As I root in my core, I further know the most significant truth: We are eternal. The being continues when the physical body dies. My commitment to continue as a cancer survivor remains the priority in my life. And I know that when it's time for me to go, I'll continue. My soul remains in eternity.

I've come to know that soul and spirit support the innate healing capacity, especially with the combination of passion and purpose. As I work with integrative cancer care for the whole person, and assist other cancer patients, my own wellness is supported in the process.

**BIO:** *Jeannine Walston provides integrative cancer care information through her educational website. Her services include work as a cancer coach, writing, consulting, and public speaking. Jeannine has experience in cancer education and advocacy, health care policy, and conventional and integrative cancer through work for the NCI, FDA, NIH's NCCAM Clearinghouse, the U.S. Congress, cancer nonprofits, and health care practices.*

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

"Wherever you live, you have to make your **total well-being** a daily promise to yourself. Your action, attitude, and accountability are all within your control. Total well-being comes from an alignment between who you feel you truly are and how you live and conduct yourself. The more clear and consistent you are, inside and out, the more vibrant your days will be."

From *The Promise of Paradise* by Jonathan H. Ellerby, PhD. Jonathan will be leading the Healing Journeys Tropical Retreats at TAO Inspired Living – Riviera Maya of Mexico. [www.TaoInspiredLiving.com](http://www.TaoInspiredLiving.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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# Recent Research Continues to Confirm The Benefits of Vegetables

by Lise Alschuler, ND and Karolyn Gazella

All those veggies are worth it! This fact bears repeating, especially when the scientific research continues to support this fact. A January 2012 Italian study published in *Breast Cancer Research and Treatment* gives vegetables still another thumbs-up in terms of breast cancer risk reduction. In a very large prospective trial (following study participants over a long period of time) called the EPIC Italy study, more than 31,000 adult women had their diets and lifestyles assessed over an average time of about 11 years. The researchers found that women who consumed the highest quantity of vegetables had the lowest risk of developing breast cancer. The greatest association of lowered risk was found with leafy and fruiting vegetables, and raw tomatoes. Fruit consumption did not have a protective (or harmful) effect on breast cancer risk.

Some of our favorite leafy greens include these:

- **Kale** – excellent source of vitamins A, C, folate and K; rich in minerals such as calcium and potassium. If you've never eaten kale, try washing it, then cooking it until it is soft in olive oil, garlic, and a dash of soy sauce or sea salt. This makes a delicious and fast dish.



Lise Alschuler, ND and Karolyn Gazella

- **Collards** – excellent source of minerals such as calcium and high in vitamins A, C, folate and K. Collards are excellent in soups or as a side dish. Southern cooking features collards.
- **Swiss chard** – good source of vitamins A and C, with a mild taste. Chard sautéed well and can be mixed with Kale for variety.
- **Spinach** – has folate, vitamins A and C, and minerals such as calcium. It is most nutritious cooked and can be sautéed, added to soups or other dishes or even chopped and baked into breads and scones.

Fruiting vegetables include tomatoes, peppers, cucumbers and eggplant. Sounds like a perfect platter with some hummus!

The goal should be five servings of vegetables daily (one serving is the equivalent of a cup of raw or ½ cup of cooked vegetables).

Reference: Masala G, et al. *Fruit and vegetables consumption and breast cancer risk: the EPIC Italy study. Breast Cancer Res Treat.* 2012 Jan 4. [Epub ahead of print]

BIO: Lise Alschuler, ND, and Karolyn Gazella are the authors of **"Five to Thrive: Your Cutting-Edge Cancer Prevention Plan"** 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 19 years. She will teach two **Cancer-Fighting Kitchen** workshops for Healing Journeys this year.

## Saying Yes

by Julie Interrante, MA



Julie Interrante, MA

I listened to President Obama on "60 Minutes" recently and noticed that several times he referred to transition and transformation. I said to my husband, "hey, even the President is talking about transition and transformation!" He referred to our country and the world being in the midst of deep change. I am heartened to listen to our President use the words that so aptly describe life.

Bio: Julie Interrante, MA, is the founder of Elements, a Teaching Center for the Art of Living through Change, in Sacramento, CA. Her focus is on the power of transition in our lives. Building on decades of work in hospital and hospice care, Julie teaches the importance of embracing pain which breaks open the heart, catalyzing great courage, trust and creativity for living life fully. She is the author of **"The Power of a Broken-Open Heart."**

julieinterrante.com and www.elements-sacramento.com

The truth is all of life is a transition. Everything is changing all the time. It seems that nature handles these changes with less resistance than we as humans do. I believe one of the reasons is because as human beings we have minds that can think about the future. We have attachments. We have deep feelings of love and loss and we don't want to hurt.

**"You can only enter half way into the dark forest before you begin to come out the other side."**

I also believe we struggle with change because as a culture we have made an unconscious agreement we cannot tolerate our own pain. This is not true. I have long subscribed to the quote by Anais Nin, "And then the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." I believe we are all called into transformation by the wisdom and power of our own souls because it is how we are designed. I also believe we can use any circumstance in our lives as a catalyst for transformation. For some it is an illness; for others, it may be the end of a relationship, a job or a long-held belief; for others it may be the death of a loved one. The circumstance that breaks our hearts open to transformation is less important than our response to the call.

continued on page 5

# Thank You for Your Contributions

*We appreciate the following individuals and organizations for contributing to Healing Journeys in 2012.*

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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**SAYING YES continued from page 3**

Pain is the price of admission into transformation. I believe in the truth that lies at the bottom of Anais Nin's insight – there comes a time when it is more painful to hold on to old ways of thinking and living than it is to risk being changed. It is for this reason that you are invited to *Saying Yes: Cancer as a Catalyst*. It is a two-day workshop in Sacramento for anyone who

feels they are in the midst of transformation. The two days will be an opportunity to explore your own soul in the company of others exploring theirs. You will learn techniques and skills for navigating transition. There will also be time for introspection, for sharing and for nurturing yourself. Please join us March 22 and 23 for this life-enhancing workshop.



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## Three Covenants

by Mark Nepo

***Our love needs to be bigger than our insanity.***

—Henk Brandt

There are three covenants that keep us engaged in the work of love. To begin with, when we see something true and beautiful in someone, it is not the work of love to change them or force their growth in our direction. It is the work of love to create conditions by which what is true and beautiful in all we behold can grow and blossom, bringing forth its deepest nature. At the same time, the work of love depends on giving others, especially young people, a sense of safety in the world, nurturing their confidence to lean into life and the unknown—not away from these eternal resources. Still, being human, we constantly slip from integrating our experience to being consumed by our experience. We move, almost daily, from having our fear, pain, and worry live in us to living within our fear, pain, and worry. So the third covenant of love is to keep each other company when we're drowning in our experience and awash in our feelings, until it all can right-size, until our experience and feelings can once again live in us. These covenants exercise the muscle of compassion we call the heart.



Mark Nepo

**Bio:** *Mark Nepo is a poet and cancer survivor who has taught in the fields of poetry and spirituality for forty years. A New York Times #1 bestselling author, he has published fourteen books and recorded eight audio projects. This passage is from his recent book "Seven Thousand Ways to Listen." Mark's work has been translated into more than twenty languages.*

www.MarkNepo.com  
and <http://threeintentions.com>