

21 Crucial Things To Do When You Have a Breast Cancer Diagnosis



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Introduction



Hello, my name is Marnie Clark and in 2004, I was diagnosed with breast cancer. The photo above is me, taken while I was going through chemotherapy in Australia, close to Perth. I was 49 at the time.

My story

One morning when I was getting ready for work, I found a lump in my left breast. I didn't remember it being there the month before but I wasn't terribly worried about it. I just thought "Oh, that's not good. I had better get that checked out!" I knew I shouldn't wait.

I monitored it for a few days, had my husband check it as well, and the size and shape of it never varied. Still, I wasn't all that worried.

I was eventually diagnosed with a 2.5 cm tumor, it was Infiltrating Ductal Carcinoma and DCIS, Stage 2A, ER-, PR+. I was not tested for HER2 or BRCA1 or 2, those tests were either not available or not offered to me.

My breast cancer diagnosis scared the heck out of me because I'd lost both my mother and my grandmother to breast cancer. I knew I was going to have to be extremely pro-active in every aspect of my treatment and after-care. What I learned during this journey (and indeed what I'm still learning) is what I am passing on to you.

For my entire story, see my page on my website:

<https://marnieclark.com/breast-cancer-diary>

I'm happy to be able to share with you the 21 crucial things that helped me through my breast cancer diagnosis, surgery and treatment, to THRIVING!
I hope it helps you too!

PREFACE



Please keep in mind as you read this that what works for one person may not work for another. At no time do I suggest that you replace your doctor's treatment protocol with anything that I suggest here.

The suggestions in this e-book are meant to be used as an adjunct to what your doctor suggests. It worked beautifully for me to combine conventional medicine and complementary medicine.

This list of 21 things was prepared to share with you what worked for me. I hope it will inspire you to try a few things. Pick and choose what resonates with you and makes sense to you. This is your journey and only you should choose how you wish to travel this road. I am truly honored to be part of it!

Though I have endeavored to impart this information to you with no religious affiliations because I know my readers come from all walks of life and religions, I wish to share some words of wisdom by Buddha:

“Don't blindly believe what I say. Don't believe me because others convince you of my words. Don't believe anything you see, read, or hear from others, whether of authority, religious teachers or texts. Don't rely on logic alone, nor speculation. Don't infer or be deceived by appearances. Do not give up your authority and follow blindly the will of others. This way will only lead to delusion. Find out for yourself what is truth, what is real. Discover that there are virtuous things and there are non-virtuous things. Once you have discovered for yourself, give up the bad and embrace the good.”

THE 1ST CRUCIAL THING

ENSURE YOU HAVE A RAPPORT WITH TREATMENT PROVIDERS



A breast cancer diagnosis can scare the hell out of you. So it is truly important to have a doctor, surgeon and oncologist that will listen to you, take your needs and feelings into account and answer all of your questions to your satisfaction.

If at any point you feel that your doctors are not listening to you, you have the right to find another one. We are not often told that we have the right to do this! But this is your LIFE! You need to be able to trust your doctors and know that they have your best interests at heart. Breast cancer is a hard thing to go through and you absolutely must take charge of your treatments and therapies.

I also recommend taking someone with you to your appointments because having two listening pairs of ears is always better than one. I guarantee you, at some point in the interview with your doctor, you are going to feel overwhelmed and confused and at that point you stop listening (especially the oncologist appointment). So take notes (or have your friend/spouse do it) and do not be afraid to ask questions.

Also, if you think you need to get a second opinion, do so. Or even a third. Your doctors are working for YOU, not the other way around.

THE 2ND CRUCIAL THING - DO YOUR RESEARCH



There are unquestionably a baffling array of books and websites out there to help you to discover what you need to know to get through breast cancer. For a list of the books that helped me through it, see my page <https://Marnieclark.com/Recommended-Reading/>

Most of the books listed are also available for purchase from that page, just click on the link. I have tried to find the most budget-friendly copies possible.

Empower yourself with information because knowledge is power! When you have breast cancer, it is vitally important to learn everything you can about your particular form of breast cancer.

Studies show that the patient who is proactive and participates in her health care has a great advantage over those who do not.

For a list of the questions you might need to ask your surgeon, go to: <https://marnieclark.com/14-questions-to-ask-your-surgeon/>

Feel free to scroll through the categories on my website for access to articles that will give you more help and information. Still have questions or can't find what you're looking for? Contact me by email:

info@marnieclark.com

THE 3rd CRUCIAL THING

BUILD A ROCK SOLID IMMUNE SYSTEM



Rock of Gibraltar

I was aware from my naturopathic studies that I would need a strong, well functioning immune system if I was going to beat breast cancer.

I have read so many books on the subject, spoken to so many natural health professionals, tried quite a few different things myself, and I have finally found a few natural products and foods that boost immunity beautifully.

For boosting my own immune system, I chose Chinese medicinal herbs, particular mushrooms, and the juice of the goji berry (also known as wolfberry). These days I have found other things that are much more powerful and I teach about them through my newsletters (the slower way) and coaching sessions (the much quicker and personalized way).

If you would like more information on my coaching services, contact me at info@marnieclark.com

THE 4TH CRUCIAL THING - MEDITATION



I gradually began to realize that in the lead-up to my breast cancer diagnosis, I was suffering from a lot of very badly managed stress.

I knew that getting rid of this stress was going to be important for me to heal, and I also knew that meditation can have good effects on the immune system, so I began to look around for help.

A friend suggested I go to a meditation class held by a Buddhist monk. I have always been interested in learning meditation, because I'd been studying the power of the mind and its ability to help a person heal. I feel strongly that learning meditation is one of the most important things I did to help me through breast cancer.

Learning this technique brought a lot of peace into my life and really helped me to get through the stress of the various scans, chemotherapy and associated treatments.

Our teacher was a Buddhist monk named Kelsang Rabten and he was a delight to listen to. He was charming and funny and full of wonderful information. He referred to himself as a "skinhead in a skirt" so the classes were generally

light-hearted and fun to attend. My husband and I attended his weekly classes and learned about how the mind works, how to overcome things that cause anxiety, stress and suffering.

I will always remember Kelsang Rabten saying that while we cannot change what happens to us, we can certainly change how we react to it. That was a transformative thought for both of us.

If you don't have access to classes such as these, most big cities have people who teach meditation and there are many on-line resources as well. How important is it? I believe it to be absolutely crucial.

In fact, I believe it's so crucial I created a free meditation for YOU on my website. Go to this article and you'll find it 3/4 of the way down the page:

<https://marnieclark.com/using-visualization-to-calm-anxiety-in-trying-times/> Feel free to download it. I used this particular meditation personally and it helped me SO much. If you like it, please make a comment on the page!

Often when I mention the importance of being able to quiet the mind and relax, people tell me "There's not enough time!", "I can't seem to squeeze it in!", or "I'm not good at it!" All of which are things that can and should be overcome. If you can keep stress at bay using simple relaxation techniques it will be a skill you will deeply appreciate all your life.

If you think about it, many of the illnesses and diseases of modern society are due to an overabundance of stress. We have become Human Doings, rather than Human Beings. We were simply NOT meant to live life at this pace.

Meditation is not easy at first for some people. But it is just like learning a new sport or craft. You can't do it very well to begin with, but the more you do it, the better you get at it. Try it! What have you got to lose except a heap of stress?

**THE 5TH CRUCIAL THING - GET THE TOXIC CHEMICALS OUT OF
YOUR LIFE, GO ORGANIC**



Organic food: I immediately switched to organic produce because my natural health doctors urged me to. Ordinary fruit and vegetables are just too full of pesticides and herbicides which pose a danger to our health. If your immune system is already under threat – which I guarantee it is if you have a breast cancer diagnosis, or indeed any other form of cancer – the last thing it needs to deal with is more toxins.

I only wish that I had switched to organic produce years ago! I did not allow myself to purchase it because of the increased cost but what I came to realize is how it is undermining our health and our environment.

We also turned a grassed section of our garden into an organic vegetable garden and grew as much of our own produce as we could. For a list of the best cancer fighting fruits, vegetables and nutrients to eat, go to my website page: <http://MarnieClark.com/diet-and-cancer/>

Organic Body Products & Cosmetics: I took "going organic" one step further and I highly recommend you do so as well. Here's why. During my natural therapies studies, I was made aware that our skin is like a big sponge. Whatever you put on your skin is taken up and utilized by your body. I once

heard one of my thought leaders say "If you would not eat it, do not put it on your skin." That made a lot of sense to me.

It took me a long time to find body products that I actually felt I could eat. Fortunately for us, many companies are now creating organic body products and cosmetics - way more than there were available back in 2004.

You can also make your own! That's what I have been doing for quite some time now, and though it takes a little while to get the recipes together and create your own, it is SO worth doing. There's just nothing better for you or your family than a home-made organic body product. Use organic ingredients whenever possible, because even though something like "natural apricot kernel oil" may seem safe, it could still be harboring toxic chemicals used to extract the oil from the apricot kernel. So make sure it's organic.

If you need help locating safe companies and products to use, check out the Skin Deep database of the Environmental Working Group website, here's the link:

<https://www.ewg.org/skindeep/>

Also watch out for my newsletters as I will cover this subject more thoroughly in them.

THE 6TH CRUCIAL THING - START JUICING



When my mother was diagnosed with breast cancer that had metastasized to her bones, and I was doing research to help her, I found out about the importance of juicing for cancer patients. Even though she was Stage 4 and bedridden, when I returned home and started juicing for her, she was out of bed in a day or two and up baking a cake for my husband! It helped her so much, although she did eventually succumb to the disease, we were able to buy more

precious time with her by juicing for her.

Juicing organic vegetables and fruits is an extremely efficient way to take in loads of cancer-fighting nutrients and also helps to keep your body alkaline, which is so important because cancer cells thrive in acidic conditions. If you can keep your body as alkaline as possible, that creates a problem for cancer cells and that's just what we want!

The Style of Juicer Matters

Please be careful about what kind of juicer you buy. Most inexpensive juicers and blenders heat the juice a little as it passes through the machine and that wrecks the living enzymes and thus one of the major reasons you are juicing. Low enzyme levels, which are usually the result of eating too many commercially prepared and fast foods, are linked with an inability to kill cancer cells.

A good quality juicer (like the one in the picture above) will separately grind and then press out the juices. I have several juicers to recommend, so ask me and I'll send you the link.

THE 7TH CRUCIAL THING - GET SOME EXERCISE



All the latest research confirms that exercise has a beneficial effect for those with breast cancer.

How much do you need? 30 minutes of exercise per day is recommended to keep your blood and oxygen circulating.

Even while undergoing chemotherapy (when you really might not feel much like exercising), you can do things like gentle yoga which helps to keep your body supple and lymphatic fluids flowing.

My preferred type of exercise was yoga one day, a gym workout the next, although I didn't do the gym workouts until after I'd finished all of my breast cancer treatments.

Not too sure about yoga? Here's a little more info.

Yoga is said to cultivate prana, which means "vital energy" or "life force" and is similar to the description of qi (or chi) in traditional Chinese medicine. People who practice yoga claim it leads to a state of physical health, relaxation, happiness, peace, and tranquility. There is some evidence that shows that yoga can lower stress, increase strength, and provide a good form of exercise.

I found it particularly useful to restore range of motion after my breast reconstruction surgery. I was getting so many questions about which position I found the most helpful, so I wrote this article:

<https://marnieclark.com/the-most-helpful-yoga-position-after-latissimus-dorsi-flapsurgery/>

Don't care for yoga? Try something else! There are dozens of ways to incorporate movement and exercise into your daily schedule. All the research studies done on exercise and breast cancer point to the fact that when we are exercising and oxygenating our cells we not only live longer but we feel better and it is a very effective way to keep cancer cells (and stress) under control.

There are many forms of exercise, just find one that works for you. Even oncologists these days will agree that exercise is really important and actively recommend it for their patients.

THE 8th CRUCIAL THING - START USING HEALING ESSENTIAL OILS



Frankincense resin

I started getting involved with essential oils in 1999 when I finished my massage therapy training. What interested me most about the oils is something I'm not allowed to tell you! Due to certain governmental restrictions, I'm not allowed to share with you my specific reasons for what excited me most about essential oils! But please stick with me and read on... and please read between the lines!

Keep in mind the fact that I had just lost my mother to breast cancer which had spread to her bones and I was looking for anything and everything I could find to help protect myself. When I discovered essential oils, found out how they helped to oxygenate the body (always keeping in mind the knowledge that certain diseases love to play in anaerobic - meaning without oxygen - conditions), I got very excited. My research led me to understand exactly how essential oils can help with illness, emotions, immunity, so much.

Plants have been closely studied and used for centuries for medicinal purposes and what has been discovered is that essential oils are the life-blood of the plant. They have many healing properties including anti-inflammatory, anti-bacterial, anti-fungal. The phytochemicals that are in these plant oils protect the plant's immune system and they can do the same for ours (and so much more!).

Many pharmaceutical drugs are based on the natural phytochemicals obtained from plants. Pharmaceutical companies do their best to copy them so that they can create patentable drugs that imitate the healing properties of these natural oils. The problem with drugs, though, is that they often have side effects! The side effects you are likely to get with essential oils include more energy, improved digestion, clearer thinking, better sleep, better immunity, and so much more!

It is important to be using medicinal quality essential oils if you are relying upon them for your good health. I spent a lot of time researching which essential oils are the best. My studies found that many of the essential oils we buy from retail outlets like the health food shop are often not helpful, and so many can actually be harmful. Some of the reasons for this are:



- The companies claim that their oils are "pure and

- therapeutic” but are actually grown down-wind or down-stream from a non-organic farm;
- Some are improperly distilled, at too high a pressure or temperature, or too short a time, and this means they are not getting the maximum amount of therapeutic properties from the oil; and
 - Many are adulterated with chemical extenders that smell as delightful as the “good stuff” in the oil, but this takes away the therapeutic properties and renders the oil ineffective. Some of these oils could be damaging to the body if applied topically, ingested or inhaled.

So you can see why it’s really important to find the best source of essential oils that you can. If you don’t know and trust your supplier, you have no way of knowing what you’re buying. Your nose doesn’t know! If you need the names of good suppliers, just let me know.

I use essential oils daily for breast health and for so many other facets of health. I feel strongly that one of the reasons my cancer did not spread into my lymphatic system is because I used essential oils every day on my breasts and body. I used to think that essential oils alone were enough to keep me protected but now I know that I wasn’t looking after my mental/emotional health, which is just as important.

I have a list of the essential oils that have the most research on them on my website, here is the link:

<https://marnieclark.com/breast-health/essential-oils-for-overall-health-and-specific-health-problems/>

I have lots of research studies for each and every essential oil on that list, so if you need to see it, let me know.

THE 9TH CRUCIAL THING - LAUGHTER



See a funny film, read a silly book – laughter really is the best medicine.

When I was going through some of my treatments, I read "Anatomy of an Illness" by Norman Cousins, who cured himself of a rare disorder by watching funny movies and it was such an inspiration to me.

Knowing this, a close friend who accompanied me on my chemotherapy treatments would bring along things to make me laugh while receiving my infusions. That helped a lot to diffuse the stress and anxiety. The other patients got a laugh too! I cannot over-emphasize the importance of injecting daily humor into your life while you're going through breast cancer.

We really can tend to get a little too focused on just surviving the treatments and forget that sometimes it's good to keep things light.



THE 10th CRUCIAL THING - LOVE AND PRAYER



Please do not underestimate the power of love and prayer.

As soon as I could bring myself to spread the word about my breast cancer diagnosis, I told my friends and family across the world what I was going through. I let them know the dates of surgery and commencement of chemotherapy and asked them to simply think of me (or pray, or use meditation - whatever they believed in) on those days.

I found that everyone wanted to help somehow and that this was a great way for them to be involved with the healing process.

The best part is that I felt absolutely uplifted and so protected by their good thoughts and prayers, it was very nearly euphoric. I can't recommend this highly enough. It makes a huge difference.

THE 11TH CRUCIAL THING - JOIN A SUPPORT GROUP



When I was first diagnosed with breast cancer, my doctor recommended a nearby cancer support group. I initially wasn't very interested in going. I didn't think I was really a "joiner".

But I was stunned to subsequently learn that studies have shown that women with breast cancer who belong to support groups actually live longer than those who do not.

I suspect it must be all those hugs and the chance to air your feelings and share your innermost concerns with others either going through it or who have been through it. We are intensely social as human beings. Sometimes that sympathetic glance or a hand held can make all the difference in a person's day.

The other benefit of joining a support group is that it provides you with a chance to help others, which in itself is good for your immune system. It is a great feeling to be able to help other people newly diagnosed with cancer.

My cancer support group was pretty special. Prior to meeting us, visitors to our group would have the idea we were all going to be looking sickly, or in wheelchairs, or that we would be "on our way out the door" but one look at us revealed that we were a vibrant bunch of people who laughed a lot. They really were surprised.

Even if you're not a "joiner", if there is a cancer support group close to you, give it a try. It is just great to spend a little time with people who know exactly what you are going through and are able to support you with no judgment.

THE 12th CRUCIAL THING -

THE DANGERS OF UNCONTROLLED CANDIDA FUNGUS



Candida albicans is a fungus which can play havoc on your immune system. Candida excretes toxins which weaken and harm the body. This is something your doctor knows little about.

I had a bad outbreak of systemic candida albicans (aka “yeast” infection) the year before my breast cancer diagnosis and truly believe it gave my immune system such a beating which, in turn, gave the tumor in my breast a chance to grow unchecked. Many of my coaching clients have reported similar outbreaks prior to their cancer diagnosis.

Get yourself checked out by your naturopath and if you have it, get it out of your body as soon as possible. There are special diets and supplements that will assist.

The diet is quite strict and NO FUN but it's absolutely crucial to get this fungus under control if you want to be as healthy as you can be. I followed the diet for about four months before I got on top of it.

Candida sometimes gets a toe-hold in your body when you are going through chemotherapy as well - again, get yourself in to see a naturopath about it because many conventional doctors don't believe that it is anything to worry about. It is.

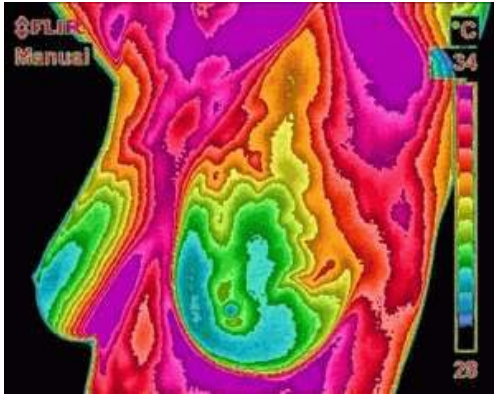
THE 13TH CRUCIAL THING - MASSAGE and BODYWORK



The benefits of massage and bodywork are wide-ranging for breast cancer patients: stress reduction, improved immune function, detoxification, decreased muscle pain, fatigue reduction, increased circulation (which is doubly important if you have had lymph nodes removed), and the release of those feel good endorphins we all could use a lot more of. The best thing is, by reducing your stress levels, you also have a decreased chance of recurrence of cancer.

Taking care of yourself should be your number one priority all of the time, not just when you have a breast cancer diagnosis. Let me ask you this: If you don't, who will? When your family sees you taking care of yourself, it's such a good reinforcement that taking care of yourself is important. It makes you a nicer person to be with too! Beyond anything else, regular bodywork takes the rough edges off of life!

THE 14TH CRUCIAL THING - BREAST THERMAL IMAGING



Thermal imaging is another way of seeing what is happening in the breast by the use of infra-red camera.

I much prefer it over mammography - it is a much safer, non-invasive, method and doesn't hurt a bit! Combined with ultrasounds and regular breast self-exams, this trio of things are much better and safer than subjecting your breasts to half-yearly or yearly doses of radiation.

Thermal imaging is not available in all cities, but it should be. If you are fortunate enough to have it in your area, definitely get yourself there because it has the capability of discovering problem areas in the breast long before traditional mammography can and, as we all know, early detection is key. I have lots of information on my website about thermal imaging/thermography.

To find it in your area, just Google the words "breast thermal imaging" and your city and state or country and see what you can find. Ask your doctor too - the more times we request something, the more apparent it becomes that public demand is high. That's the only way things are going to change.

THE 15th CRUCIAL THING

THE WONDERS OF COLONIC HYDROTHERAPY



This is a subject not many want to discuss, but I feel it is important and is why I have included it here.

Because we tend to accumulate toxins in our colon and because your colon is the major organ of absorption of nutrients and elimination, it is really imperative that your colon work properly

and not be all gunked up with... well you get the idea.

After my breast cancer surgery and after chemotherapy, I had a course of colonic hydrotherapy to help rid my body of the anesthesia and chemo drugs. I knew it would be important to get any residue of toxic chemicals out of my body so as not to impair my immune system.

Not everyone is going to want to do this but you will definitely feel the good results if you do. Coffee enemas are also good to do, they help the liver detoxify itself.

You will find that the people who administer colonics are very professional and will make you as comfortable as possible during the procedure. It does not take long, it is not terribly embarrassing or uncomfortable and you will be doing your body a real service.

THE 16TH CRUCIAL THING - COMPLEMENTARY MEDICINE



Chinese Medicine offers both herbs and acupuncture which can assist you during surgery, chemotherapy and any hormonal therapy you might be having. The herbs can help with low energy, detoxing, and some of the chemotherapy side effects. I used Chinese Medicine all through my breast cancer journey and it helped me so much.

Naturopathic medicine is also of huge benefit.

A good naturopath will be able to help you with herbal remedies that can help you deal with any side effects of the therapies you choose to undergo, and to strengthen the immune system.

I was extremely fortunate to be the patient of a gifted naturopath in Perth, Australia. Val Allen is well known in Perth and she is particularly gifted in iridology, which is seeing the health of the body through the iris of the eye. She would look into my eyes and be able to tell me exactly what was happening with my body and how I was coping with all the treatment. I found this to be extremely comforting.

Not convinced about iridology? Let me share this story with you. I was talked into a nipple reconstruction by my surgeon, who assured me it was going to be an absolutely easy and wonderful procedure. I had a lot of trouble with it, however, and picked up an infection from somewhere (probably the hospital) which was plaguing me and causing me more discomfort than the breast reconstruction or chemotherapy combined! Val looked into my eyes and told me, two days before it was diagnosed by my doctor via blood tests, that I had a golden staph infection. She prescribed herbal complexes made from mushroom extracts to help my immune system. I eventually lost the reconstructed nipple but I got rid of the infection quickly. She made a believer out of me with iridology.

THE 17TH CRUCIAL THING - DENTAL HEALTH



Make sure all your teeth are healthy and not leaking toxins into your system. This can be an area that is often overlooked.

Amalgam fillings are full of mercury, which is a known neurotoxin. While the FDA has deemed amalgam fillings to be safe, most natural health experts disagree.

“When you plant a neurotoxin two inches from the brain, can you say no one is ever harmed from that?” said Charlie Brown, director of Consumers for Dental Choice. His group advocates that dentists be required to disclose the mercury content of amalgam fillings to patients. Four states and several cities mandate such disclosure, though federal law does not, and the American Dental Association has no such recommendation.

All I know is, going through chemotherapy is HELL on your teeth and gums and if they are not in great condition, you will soon know it. I had one tooth flare up every time I had a chemo infusion and ended up losing it, which was fairly traumatic and had to be timed toward the end of a chemo cycle so that my white blood cell count was not too low.

If you are contemplating chemotherapy, make sure you get your teeth checked out first and continue to have them checked through your chemotherapy regimen.

Beyond chemotherapy, it is vitally important to visit a **holistic dentist** and have old root canals removed. All you need do is Google the words “root canal breast cancer” to see how the two are related. Don’t skip this step. It’s truly important.

THE 18TH CRUCIAL THING

FILTER YOUR DRINKING and BATHING or SHOWERING WATER



Breast cancer has been linked to the accumulation of organochlorine compounds in the breast tissue. A study in Hartford, Connecticut found that women with breast cancer have 50- 60% higher levels of organochlorines in their breast tissue than women without breast cancer.

Organochlorine compounds build up in the fatty tissues of humans, plants and animals.

Here is a link to a Chinese study on the pubmed.gov website: A *case-control study on the relationship between organochlorine and female breast cancer*. <https://www.ncbi.nlm.nih.gov/pubmed/23596706>

Organochlorines come from many sources: chlorinated water, chemical pesticides and herbicides, many of which are now banned (like DDT).

The best way to protect yourself:

1. Ensure that your drinking water is filtered;
2. Install a filter on your shower head (a whole house water filter is best);
3. Use earth friendly pest control in the garden;
4. Rethink swimming for long periods in chlorinated swimming pools.

THE 19TH CRUCIAL THING

LEARN TO DO SOMETHING CREATIVE WHILE UNDERGOING TREATMENTS



Doing something creative, no matter what it is, helps you get through the months of treatment, focuses your attention on something else and is very therapeutic. And if you are any good at it, it can also be a source of extra income!

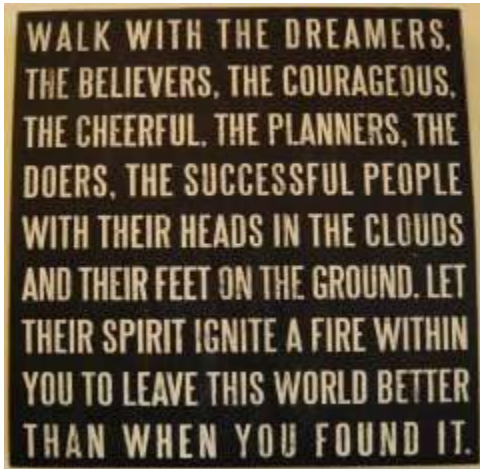
For me it was beading and jewelry making. My best friend took me to a bead shop after my first chemo infusion and I chose a few nice beads to make some earrings. It became an obsession!

Every time I had a "green moment" (what I called the mild nausea I would get from chemo), I sat down with my beads and got creative. Interestingly, going through chemotherapy seemed to fire up my imagination! I have no idea why all those chemicals would cause that, but they certainly did.

So fire up your imagination and get creative - honestly, it will help you through it.

THE 20TH CRUCIAL THING

PSYCHOLOGICAL COUNSELING and THE POWER OF POSITIVE THINKING



Breast cancer is not simply a disease of the body. It affects every aspect of you, the physical, the emotional and the spiritual.

To only deal with the physical side of you is a mistake many make. It is so important to talk to someone, even if you think you are dealing with it well.

In particular, I had some really negative thoughts to deal with. I knew about the power of positive thinking and I normally was a positive thinker, but while I was going through breast cancer (especially in the initial phase) I was aware that I had some very scary thoughts with relation to my ability to beat the disease.

The negative thoughts I had to deal with were "What if everything I do proves not to be enough?" and "What will my family do without me?" By far, the worst thought I had was "What will I do when this comes back?". I knew I needed to deal with these very real thoughts and fears.

I had to get some counseling and get really strong in my thinking and change all those negative thoughts. There are many metaphysical teachers who tell us WHAT YOU THINK ABOUT IS WHAT YOU BRING ABOUT so I knew this would be a really important facet of my healing journey. Please don't ignore this stage for yourself.

What path you go down next is up to you. Some people might be drawn to neuro-linguistic programming or hypnotherapy. For me it was something called Emotional Freedom Technique, or "Tapping". I found that to be very powerful. I went to several sessions of counseling with a psychotherapist and I used Tapping. I also empowered myself with the information I'd need to stay well - which is an incredibly important part of the healing process.

Whatever you do, find what works for you and begin thinking thoughts that will help you to heal, thoughts that work FOR you, not against you.

Check out my website for some ways to create good affirmations (because there are good ways and bad ways) and get your subconscious mind working FOR you. Here's an article that may assist you:

<https://marnieclark.com/creating-positive-affirmations-that-work/>

If you like the article, please make a comment on my page. Making comments helps the search engines to know that this is a relevant site and will help my site get found more easily by others searching for breast cancer information. Thank you!

THE 21ST CRUCIAL THING - JOURNALING



There is something so therapeutic about writing down thoughts and feelings. It's all about getting these things out of your head and onto something concrete - bringing them into the real world is important somehow.

I wrote down my thoughts and feelings and details of treatment received (because you can forget absolutely everything when you are going through chemotherapy, hence the term "chemo brain").

I found this to be so useful, especially if I forgot which herbs I'd taken! It also helped me later examine my states of mind so that I could see that I'd made some real progress.

Keep An Inspiration Journal

I also kept a separate book of inspirational quotes that I put together from all the reading I was doing. I really recommend this, because at points you are going to feel very low and to have these quotes to sit and read through really helps you get through all of this so much better.

I copied down anything and everything that helped my mood, brightened my spirit or gave me hope. It was amazing how often I needed to refer to my inspiration journal and even now gives me a glimpse of exactly where I was and how far I have come since then.

CONCLUSION

I hope that you found something within this e-book to be useful. Thanks for allowing me to share your journey with you, I am truly honored. If you would like more information on anything I have discussed, feel free to contact me by email at info@marnieclark.com

I have some online courses available that will help you on your journey. One course, Toxic Free Me, teaches people how to stay well after a breast cancer diagnosis - the food, the supplements, the natural therapies, the diagnostic tests that help - everything you need to know. Also available is my course that will teach you how to meditate - just in case you live in an area where meditation classes are not available or just want/need some help with your individual practice. Lastly, I have a detox course called Chemo Cleanse System which was designed to show you exactly how to go about cleansing your body from toxins like chemotherapy, radiation and anesthesia. More about my courses here: <https://marnieclark.com/how-to-courses/>

I am also available for one-on-one coaching. What my clients are sharing with me is that I helped them move forward with a holistic healing plan and feeling better in a lot less time, and with a lot less worry, anxiety and confusion, than it would have taken them to put together their own plan. They tell me that it makes all the difference - knowing that you are doing everything you possibly can to get well goes a long way toward peace of mind. And a peaceful mind means a healing body.



Marnie Clark