

Meeting the Challenge

Handbook for People Diagnosed with Cancer

- dealing with diagnosis • the wellness approach to cancer • complementary therapies
- questions to ask your doctor & oncologist
 - power of the mind • how to relax & meditate
 - diet & nutrition • lifestyle medicine
 - impact on family • role of the carer
 - cancer support & resources in WA



Cancer Support Association
www.cancersupportwa.org.au



About the Cancer Support Association

The Cancer Support Association of Western Australia Inc is a non-profit charitable organisation which was established in 1984.

CSA's key intention is to help people become informed, empowered and supported on their cancer and wellness journeys. CSA encourages an integrative, well-informed understanding of health and treatment options and strategies. We are committed to supporting all people with cancer, regardless of their treatment choices.

CSA supports individuals who are living with cancer, their families, carers and the wider community through its services, as well as through the Wellness publications and unique cancer information website.

CSA's workshops, courses, groups and complementary therapies are held at CSA's premises in Cottesloe and venues around the State.

About this handbook

It is our vision that everyone in Western Australia diagnosed with cancer has access to the **Meeting the Challenge Handbook, Seminar and 5 Week Course** giving them an increased chance of recovering from cancer and leading a long and fulfilling life.

Meeting the Challenge Handbook is published by the Cancer Support Association of Western Australia Inc (CSA) and contains information on subjects related to lifestyle and cancer which is not intended as medical advice. CSA encourages readers to be discerning with information presented and make treatment, dietary and lifestyle choices in consultation with their team of health-care professionals.

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This handbook is for people with cancer and is not intended as an academic paper. References and information sources are included in the text as *"Reading and Resources"*. All books and resources listed are available from the CSA library and/or shop.



Contents

Introduction.....	2
Foreword by Dr. Ian Gawler.....	3
Dealing with Diagnosis.....	4
Causes of Cancer.....	6
Treatment options.....	7
Non-medical treatment options.....	8
The Wellness Approach to Cancer.....	10
Lifestyle Medicine.....	11
Create a Healthy Home.....	13
Diet & Nutrition.....	14
Integrating Complementary Therapies.....	18
The Power of Your Mind.....	20
How to Relax & Meditate.....	22
Impact on Children & Family.....	24
Role of the Carer.....	26
Your Daily Wellness Routine.....	27
Cancer Wellness Plan.....	28
Questions to ask your Doctor and Oncologist.....	30
Cancer Support & Resources.....	32



The wellness approach is about meeting the challenges cancer presents to you – by gaining control of your healing, opening your mind to new possibilities, making changes to your lifestyle and establishing a sensible wellness plan. If you accept the challenge, there is a real possibility of lasting happiness, wellness and healing.





Foreword

By Dr. Ian Gawler OAM

“I have seen many people get well from cancer but have seen very few who got through by just hoping for the best. Most people who beat the odds are people who really work at it.”

We all know when we come across something that will be really useful.

I have worked closely with people affected by cancer for over 30 years. Anyone newly diagnosed with cancer, anyone close to someone recently diagnosed with cancer, anyone working with people who are diagnosed with cancer, will find “Meeting the Challenge” Handbook incredibly useful. That is a fact!

Meeting the Challenge brings together a wide-ranging smorgasbord of ideas and techniques in a way that is gentle, compassionate, relevant and immensely practical. It clearly comes with the authority of a great deal of close experience in this field as it sets out to methodically and rationally discuss the available options.

“Meeting the Challenge” Handbook will help allay the natural fears people so often feel when first diagnosed with a life threatening cancer; but more than this, the information and techniques available here will help many people to transform their initial confusion and suffering into clarity and confidence.

I congratulate all those associated with this excellent production and strongly wish it receives a wide readership. Anyone involved with a recent cancer diagnosis will find “Meeting the Challenge” extraordinarily useful.

Dr. Ian Gawler OAM
Author of You Can Conquer Cancer
Founder of the Gawler Foundation

Dr. Ian Gawler is one of Australia’s best known cancer survivors and advocates of a healthy lifestyle. Ian has played a major role in popularising meditation and other Mind-Body techniques in Australia. He is the founder of the Gawler Foundation and author of many books and resources including the highly acclaimed You Can Conquer Cancer.



Introduction

Meeting the Challenge



It is now widely acknowledged that lifestyle plays a major role in cancer healing. **The Meeting the Challenge Handbook, Seminar and 5 Week Course** presents holistic wellness suggestions based on the principles of lifestyle medicine and mind-body healing – to improve your quality of life and cancer outcome.

There is no doubt that cancer is a challenge for the person diagnosed, their family and community. For many years the Cancer Support Association has hosted the **1 Day Meeting the Challenge Seminar** and **Cancer Wellness Courses** to help people meet the many challenges of cancer. CSA has developed this handbook to supplement our Seminars and Courses and also to help anyone with cancer gain a balanced perspective on their illness and to develop strategies to recover.

If you have just been diagnosed with cancer you will benefit from the immediate strategies in this handbook which may help you positively deal with cancer, improve your life and maintain a sense of hope. **Meeting the Challenge** is based on the principles of lifestyle medicine and mind-body healing, and contains balanced information to help you process your diagnosis, to learn about the options available to you, and introduce you to the key areas of lifestyle medicine which you can introduce into your life immediately.

Lifestyle medicine is about what you can do within your everyday life to improve your health. Adjustments to lifestyle including improved nutrition, meditation, exercise, natural and complementary therapies can all improve your wellbeing. Once you've read through this handbook you may have a clearer idea about the kinds of changes you can realistically make to enhance your life and help you recover from cancer. At the back of the handbook we have included a template for you to start thinking about your own personalised cancer wellness plan.

With total commitment, it has been found that even after being given a 'terminal' cancer diagnosis, there are many people who defy the odds and recover from cancer. Ian Gawler, CSA staff members Cathy Brown and Mike Sowerby and many current CSA members are all long-term cancer survivors who are vibrant examples of the potential success of the wellness approach to cancer. We wish you well!

Mandy BeckerKnox
CSA General Manager



Dealing with Diagnosis

It's never a good time to get cancer, but at any stage there are often more options than you realise. Seek out balanced information about both mainstream and complementary therapies suitable for your particular cancer...then make calm, measured decisions and **take your time** to develop your own cancer wellness plan.

Cancer Decisions

Being diagnosed with cancer is a huge shock and can be a life-changing event. There are many important decisions to be made around treatment and there is usually a sense of urgency about starting a treatment regime. You may feel pressured to make decisions in a very short time-frame. Compounded with this, your family may feel devastated by your diagnosis and not able to give you the objective help and emotional support you need to make important decisions. The diagnosis, fear of what might happen and pressure to make decisions can leave you feeling stressed and anxious.

Find Inner Calm

When you are given 'bad' news, there is a physiological response and your anxiety levels may be high. You may feel many emotions such as anger, fear and a sense of helplessness. All these feelings are completely normal in the circumstances, and will eventually pass if you allow them to. It may take minutes, days or weeks, but you will again feel fine. Later in this handbook we outline some simple relaxation techniques you can use to feel calm in difficult times. These can be as simple as breathing slowly and deeply and bringing your attention to the breath rather than focussing on the worrying thoughts. The key to making good decisions about cancer treatment is to establish inner calm first and to then consider your options without panicking.

Balanced Information

At diagnosis, the information you receive from your oncologist and medical professionals may not include details about complementary, alternative and lifestyle cancer therapies or nutrition. You can access this kind of information directly from CSA by attending the Meeting the Challenge Seminar, Cancer Wellness Course, Support Groups or Counselling to help you gain the clarity and perspective needed

READING & RESOURCES

- **You Can Conquer Cancer** by Dr. Ian Gawler
- **Living Simply With Cancer** by Ross B. Taylor

to discover the resources which will aid your decision making process. The CSA library contains many books and resources and is licensed to hold the complete **Moss Reports** which are regularly updated to contain the current treatment information for almost all cancers. CSA also publishes **Wellness News** magazine and a comprehensive website, both of which contain relevant, useful and inspiring information.

Support

Early on, it is beneficial to identify your “wellness team” which is comprised of the people who are going to help and support you through cancer. This may be friends, family members, medical professionals, carers and therapists. Don't be afraid to ask family and friends for help when you need it. They may be ready and willing to help, but it will be up to you to communicate what your needs are.

Attending a cancer support group where participants share their experiences is a good source of information and comfort. Support groups are a place to make connections and find emotional and practical support so important on a cancer journey.

Your Wellness Plan

Formulating a realistic cancer wellness plan will help to relieve some of the anxiety and fear you may be feeling after diagnosis. A wellness plan helps you articulate your healing goals and gives your choices structure and purpose. Your wellness plan can include mainstream treatments as well as lifestyle, complementary and/or alternative therapies, counselling, spiritual healing and whatever else suits you. You can also include practical items such as childcare and work arrangements. There is a template at the back of this handbook to give you some ideas for your wellness plan.

Have Faith

It is a fact that people recover from all types of cancer at all stages of the disease. Have faith in your ability to meet the cancer challenge and your body's innate capacity for healing.



THE KEY THINGS TO DO AT DIAGNOSIS:

- **INNER CALM** practice relaxation techniques
- **RESEARCH** find balanced information & carefully consider your options
- **CONTEMPLATE** take your time to calmly reflect on your life and changes you can make
- **GET SUPPORT** reach out to family and friends. Join a support group, attend counselling
- **MAKE A PLAN** develop a wellness plan and write it down
- **HAVE FAITH** in your body's capacity to repair and heal.



Causes of Cancer

In many instances, cancer is a lifestyle-based disease. While there are many possible factors which caused the disease, the progression of cancer is often linked to lifestyle factors. Making lifestyle changes can contribute to getting well again.

After being diagnosed with cancer your first question may have been “Why did this happen to me?” There is no easy answer to this as it is difficult to pinpoint a single cause of cancer. It is more likely that there were multiple contributing factors over a long period of time. While there is much debate over the causes of cancer, it is now widely acknowledged that cancer is a lifestyle-based disease like heart disease and diabetes. Some possible contributing factors to cancer are:

- **habits** – lack of exercise, lack of sunlight, excessive stress, poor sleep habits, smoking, alcohol, obesity; use of pharmaceutical drugs.
- **nutrition** – diet of processed and demineralised foods, consumption of alcohol, poor eating habits, acid/alkaline imbalance, vitamin and mineral deficiency.
- **environment** – exposure to pollution, chemicals, heavy metals, chemically-laden foods, toxins in the home and environment; excessive use of sunscreen; excessive sun exposure and sunburn; wireless technologies; radiation.
- **emotions and beliefs** – sudden shock, emotional turmoil, ongoing chronic stress, negative beliefs, unresolved emotional issues.
- **genes** – genetic tendencies, hereditary factors.

Over time, a combination of these factors can lead to the breakdown of your immune system and greater susceptibility to chronic illness. While there is no doubt that the medical approach of chemotherapy/surgery/radiation can save lives in the short-term, regaining your long-term health will most likely require an integrated “wellness approach” where you identify and remove the underlying causes of the disease, choose treatments which restore your body to health and then adjust your lifestyle to support ongoing good health. Cancer prevention is also about modifying your lifestyle to reduce potential causes of cancer.

Treatment Options



Because there isn't one single cause of cancer, there isn't one single cancer treatment which is going to work for everyone. You will benefit from knowing about the different approaches to treating cancer and how to integrate various therapies and lifestyle changes into your cancer wellness plan.

Cancer is a complex disease and while conventional treatments can reduce or eliminate symptoms including tumours, they can also weaken your immune system. Conventional medicine doesn't usually treat the underlying causes of cancer which also need to be addressed to become fully well and to reduce your chances of recurrence. It is useful to consider complementary, alternative and lifestyle therapies which specifically address the causes of cancer and support your immune system while you heal.

Conventional Medicine

The term *conventional medicine* refers to medicine as practiced by medical doctors and allied health professionals. Other terms for conventional medicine are allopathic, western, orthodox and mainstream medicine. The conventional approach to treating cancer involves surgery, chemotherapy and radiation.

Oncology is the medical field concerned with cancer. Upon diagnosis you will be referred to an oncologist for treatment. Within oncology there are two approaches to cancer treatment, depending on the type of cancer you have and how progressed it is.

- **curative** – this is where a medical treatment is available for your type and stage of cancer. These treatments leave you free of symptoms and post-treatment you will have a normal lifespan.

- **palliative** – this is where there is no medical cure. Around 40% of people diagnosed with cancer die in the first 5 years following diagnosis, so are in this category.

Even when there is no medical cure for your type and stage of cancer you may still be offered medical treatment which may reduce your symptoms. At this point you may want to explore non-medical treatment options (outlined on the next page).

Even if there is a conventional medical cure available, you would benefit from the lifestyle and complementary therapies which can reduce side effects and improve your quality of your life and overall wellbeing.



Non-medical Treatment Options

Most people diagnosed with cancer will be offered conventional medical therapies such as surgery, chemotherapy and radiation. If your cancer is not medically curable, you can still investigate other ways of treating cancer using non-medical treatments and therapies. 80% of all cancer patients use some form of complementary and/or alternative therapies.

Complementary and Alternative Medicine (CAM)

Complementary and Alternative Medicine is often referred to as CAM and covers a broad spectrum of therapies. As well as the traditional medical and healing systems such as Traditional Chinese Medicine (TCM) and Ayurveda, there are new and emerging fields of medicine such as Integrative Medicine, Environmental Medicine, Energy Medicine, Nutritional Medicine and high-tech alternative treatments. These are some of the main categories of non-medical cancer treatments:

Mind-Body Therapies

Mind-body therapies focus on the interactions between the brain, mind, body and behaviour with the intent to use the mind to influence the wellbeing of the body and bring about healing. Many CAM practices embody this concept.

Specific mind-body therapies can include meditation, visualisation, prayer, psychotherapy, hypnotherapy and therapies that use creative outlets such as art, music or dance in a therapeutic context.

Natural Medicine

Natural Medicine is based on complete systems of medical/healing theory and practice such as homeopathic medicine, naturopathic medicine, TCM and Ayurveda. They are used as a complementary therapy or can be used as an alternative to conventional medicine when there is no medical option available.

READING & RESOURCES

- **One in Three: Real Hope for Cancer** by Kathleen Austin
- **The Moss Reports** by Dr. Ralph W. Moss
- **Questioning Chemotherapy** by Dr. Ralph W. Moss

Alternative medicine

Alternative medicine can be used in place of conventional medicine or when conventional treatment has failed. There are many alternative cancer therapies. Most are unproven by western medicine and science, but there is much anecdotal and empirical evidence for their success.

Integrative Medicine

Integrative medicine combines therapies from conventional, complementary and alternative fields of medicine. Therapies are overseen and administered by medical practitioners who are also trained in the other systems of medicine. Integrative Medicine is also referred to as Holistic Medicine.

Complementary Therapies

Complementary therapies are used alongside conventional medicine. Complementary therapies improve wellbeing, relieve symptoms and reduce stress. Examples of complementary therapies are yoga, tai-chi, reiki, energy-healing, chi kung, massage and reflexology.

Lifestyle Medicine

This is the most important non-medical approach to treating cancer available – and the cheapest! Lifestyle factors are often a major contributing factor to cancer, and changes to lifestyle have been proven to aid cancer recovery.

If you have just been diagnosed with cancer you would benefit from adjusting your lifestyle immediately. Positive changes to lifestyle can include: adopting a cancer wellness diet; doing more exercise; getting good quality sleep; daily exposure to sunlight; dealing with stress and emotional issues; healthy work practices; creating a healthy, chemical and smoke free home; taking time every day for relaxation and meditation.



CANCER TREATMENT OPTIONS

- **CONVENTIONAL** Mainstream medicine (chemotherapy, radiation, surgery)
- **COMPLEMENTARY** natural & holistic therapies used with mainstream medicine
- **ALTERNATIVE** natural, eastern and high-tech medical alternatives to mainstream medicine
- **INTEGRATIVE** combining conventional treatment with CAM
- **LIFESTYLE** exercise, diet, relaxation, meditation





The Wellness Approach

CSA promotes the **wellness approach** to cancer which is about making balanced choices, learning self-help strategies, accessing and strengthening inner resources; discovering supports and health information, developing a positive outlook and managing the stresses of cancer and everyday life with grace and ease.

When you take the wellness approach to cancer you ultimately feel good. This is because you draw on your inner resources to take charge of your illness, and come to realise that responsibility for your wellbeing, health and happiness lies within you. The positive benefits of wellness flow to every aspect of your life including your environment, health, food, state of mind, relationships and spiritual life.

Focus on the individual, not the disease

The wellness approach to cancer recovery addresses the causes of cancer, particularly lifestyle. The wellbeing of the “whole” person is considered – not just the disease. This includes taking care of the emotional and spiritual needs as well as the physical requirements to heal. Many complementary and alternative therapies are said to ‘be treating the whole person’. You may hear this called ‘holistic medicine’. The wellness approach understandably appeals to many people because all aspects of the individual are considered and addressed when devising a cancer treatment plan.

This Handbook outlines the key elements of the wellness approach to cancer:

- **Lifestyle Medicine** – making positive changes to your lifestyle including changes to habits, diet, home environment, dealing with emotions and beliefs
- **Integrating Complementary & Alternative Therapies** – an emphasis on including ‘holistic’ therapies which promote healing and wellbeing
- **Healing** – developing inner resources through meditation and relaxation
- **Support** – emotional, practical and spiritual support from your networks, health-care team, support groups, family, community.

READING & RESOURCES

- **Take Control of Your Health** by Dr. Joseph Mercola
- **Perfect Health** by Deepak Chopra M.D.

Lifestyle Medicine

“The doctor of the future will give no medicine, but will interest his patient in the care of the human frame in diet and in the cause and prevention of disease.” Thomas Edison (1847-1931)



Up to 70% of all visits to a doctor are for lifestyle-based issues and diseases. Lifestyle Medicine has emerged in response to the prevalence of preventable chronic disease. Lifestyle Medicine is a new model of healthcare where individuals become more proactive in their health by modifying the lifestyle factors which may contribute to disease. This approach recognises the underlying causes of chronic diseases such as cancer are often based around dietary and lifestyle choices.

Currently within mainstream medicine there is not as much emphasis on cancer prevention as there is on treating and eliminating symptoms once the disease has already emerged. It is not currently standard practice for doctors to counsel their patients on the dietary and lifestyle factors which may have contributed to cancer or suggest lifestyle modifications patients could make to recover from the disease.

Lifestyle Medicine is a different approach where the emphasis is on recovering from or preventing disease by adopting a health-promoting lifestyle. **It is what you do for yourself.** This approach is cheap (for you and the healthcare system) and has no adverse side-effects. There are also many evidence-based studies which demonstrate that positive lifestyle changes improve cancer outcomes.

The key areas of Lifestyle Medicine which have been shown to aid cancer recovery and improve outcomes are:

- **Relaxation** – reducing stress levels through relaxation practices
- **Detoxification** – reducing the toxic load on the body helps you recover faster
- **Nutrition** – a plant-based wholefood diet contributes to cancer recovery
- **Exercise** – you need at least 30 minutes a day to prevent and recover from cancer
- **Sleep** – good quality, uninterrupted sleep
- **Sunlight** – vitamin D deficiency is a major risk factor for cancer
- **Hobbies** – finding a purpose and strong interests
- **Marriage** – supportive, loving relationships are good for your health



The key areas of your lifestyle which are important in recovering from cancer are:

- Relaxation
- Detoxification
- Vegetables
- Exercise
- Sleep
- Sunlight
- Hobbies
- Relationships
- Support groups
- Meditation
- State of mind
- Fighting spirit
- Faith

• **Support** – attending cancer support groups provides emotional support which improves outcomes.

Other factors which are important to cancer outcomes (but haven't been proven through empirical studies) are:

- **Meditation** – develops a strong mind, and has positive effects on the physiology and immune system
- **Purpose** – finding meaning and a strong reason to live
- **Fighting spirit & determination** – a shared quality amongst all long term cancer survivors
- **Faith** – your spiritual values, and believing in yourself.

The human body is designed to maintain itself in good health and to heal. It is up to each individual to support their own healing process by creating the right conditions through their lifestyle. Given the right conditions, it's amazing what your body can do!

You may not realise it, but all your lifestyle choices have an impact on the initiation, progression and even reversal of disease. Your everyday choices impact on immunity and physiological functions such as metabolism and digestion and also on your emotional, mental and spiritual wellbeing.

All aspects of your lifestyle are interconnected, and together have a 'holistic' effect on health. Lifestyle Medicine is about choosing health and wellbeing over disease and developing the strength of mind to follow through on the choices you make: this is what we call ***Meeting the Challenge!***

The following pages outline the key areas of Lifestyle Medicine that you can integrate into your life.

READING & RESOURCES

- **Quest for Life: A handbook for People with Cancer and Life-threatening Illness** by Petrea King
- **Biology of Belief** by Bruce H. Lipton, Ph.D.

Create a healthy home

Healing starts in the home. Create a home environment conducive to wellness and healing.



There are many products and substances in your home and pantry which contain known carcinogens. If you have cancer it is important to remove chemicals and toxic products from your home environment and to start choosing foods which don't contain chemicals or additives. Chemicals are absorbed through your lungs and skin as well as through your digestive system.

Chemical-free – remove all chemicals from your home. This includes fly spray, aerosols, cleaning products, pesticides, gardening products, personal care products such as shampoo, deodorant, shaving cream, cosmetics. It also includes chemicals, additives, colours and synthetic vitamins in food products.

Natural & Organic – where you can replace all household, garden and personal-care products and food with 100% natural, chemical-free alternatives which are now widely available from supermarkets and health-food stores. Check the ingredients carefully as phrases in product names and on labels can be misleading.

Air Quality – open the windows everyday, especially if you live in a new home which may be offgassing hazardous chemicals. Don't allow anyone to smoke inside your home, even when you are not there.

Radiation – turn off all devices which emit or receive a signal when not in use, particularly at night. Remove electronic devices from your bedroom including TVs, handheld electronic devices and mobile phones. Minimise talk time on mobile or cordless phones, use the speaker and try not to have the phone close to your head for extended periods of time.

Harmonious – create a warm, peaceful atmosphere and make your home a conflict-free zone! Ask members of your household and visitors to respect your need for tranquility within your home.





Food & Nutrition

A third of all cancers are related to diet*. This statistic is not surprising as 80% of your immune system is located within the digestive tract, and immune deficiency is a major factor in the progression of cancer. In cancer recovery, food is of primary importance.

A chronic disease like cancer usually takes years to develop. There will be a factor which initiates the disease (ie chemicals/genes/event) and then a process in which the disease can potentially be accelerated or repressed during its 'progression' stage by nutrition. In other words, what you consume can determine whether the disease will ever progress to become recognisable as cancer. This is one of the key findings in the "The China Study" featured on the following page. This also means that at any stage of having cancer you can use food as a Nutritional Therapy.

Principles of Cancer Nutrition

When you have cancer, EVERYTHING you consume impacts on your health and chances of recovery. These are some very general guidelines to help you understand the principles of cancer nutrition. These guidelines can be personalised to suit you with the help of a naturopath or nutrition professional:

- Food is of primary importance. Everything you eat should be good for you. There are no exceptions to this rule.
- Regularly consume foods with anti-cancer properties
- Use food that creates an environment within your body in which cancer cannot thrive (alkaline, oxygenated, hydrated)
- High nutrient intake by consuming fresh vegetable and fruit juices daily
- Use wholefood vitamin and mineral supplements as required
- Eat organic (chemical-free) food whenever possible
- Eliminate foods which promote cancer (such as sugar)

Be strict: if it's not going to help you recover don't eat it. **Be prepared:** make sure you have plenty of good food in your fridge and pantry. **Trust yourself:** even if you consult a nutritionist or naturopath to assist with developing a cancer wellness diet, you should trust your body and be sensible about food choices.

READING & RESOURCES

- **Recipe for Life (Recipes)** by Dr. Dorothy Edgelow of the Gawler Foundation
- **Food for Life (Recipes)** by Petrea King
- **The Gerson Therapy: Nutritional Program for Cancer and Other Illnesses** by Charlotte Gerson and Morton Walker, D.P.M.

Trust your Instincts

It is important to tune in to the needs of your body and allow your body to guide you in your food choices. Taking this approach you'll need:

- access to good information
- to develop a mind/body connection

We can't emphasise enough the importance of meditation in cancer healing. Learning to meditate gives you the skills to relax, heal and become attuned to the real needs of your body – including nutritional.

Detoxification

If you want to speed up your recovery from cancer you may consider a detoxification program. This should always be done in consultation with a natural health professional and can include supplementation and other therapies such as saunas and massage to assist the detoxification process. A detoxification program with proven success in treating cancer is "The Gerson Therapy" which is based on organic vegetarian food and large quantities of fresh juices.

Juices

Dr Gerson (founder of Gerson Therapy) recommended people with cancer consume up to 7 freshly-made vegetable juices a day. A fantastic investment for your health would be to purchase the best quality juicer you can afford. Champion juicers and Oscar juicers are two of the best brands available.

Water

You can assist your body's healing process by drinking enough pure, filtered water. Nutritional guidelines suggest consuming 30ml of water per 1kg body weight per day. Drinking hot water with slices of fresh lemon is a healthy and cleansing alternative to tea and coffee.



When you have cancer...

THE BEST FOODS TO INCLUDE:

antioxidant & anti-inflammatory foods; high fibre food; salads, many vegetables (raw or lightly steamed); cabbage; garlic; broccoli sprouts; tomatoes; raspberries; brown rice, quinoa & whole grain foods; oats; legumes; almonds, herbs and spices; turmeric; pure or filtered water; fresh vegetable juices; fresh lemon juice; herb tea, dandelion coffee substitute

CONSUME IN SMALL QUANTITIES:

flaxseed oil and olive oil; avocado; tofu/tempeh; fruit; green tea; fresh fruit juices; fish and white meat (if you really need it!); wheat and gluten (unless you are intolerant, then avoid)

FOODS/SUBSTANCES TO AVOID:

all dairy products; all red meat products; all fats/oils except flaxseed and olive oil; added salt; chemical additives; synthetic vitamin additives; coffee and caffeinated tea; alcohol; take-away food; processed food; canned food; tap water

Supplements

Many people with cancer benefit from taking nutritional supplements. This should always be done in consultation with a natural health practitioner and/or medical specialist – particularly if you are taking prescription medication or undergoing chemotherapy. Ensure all vitamin and mineral supplements you take are derived from plants and whole foods and do not contain synthetic substances.

Meal Suggestions

Some ideas for foods to include in your diet while you have cancer

On rising

Drink hot water with lemon

Breakfast

Rice milk smoothies with blended fruit, dates and nut; muesli; porridge with linseed; wheat/yeast-free toast with nut spread or avocado; organic yoghurt; fresh fruit; fresh vegetable juice; sprouted mung beans

Snacks

carrot & celery sticks with hummus; fresh vegetable juice; nuts and seeds; rice crackers with avocado or hummus; homemade muffins (wheat/sugar-free)

Lunch

brown rice salad with avocado, red onion, tomato, cucumber, corn, herbs; variety of salads with vegetarian protein such as tofu or tempeh; warm roast vegetable and almond salad; tempeh patties; chick pea salad; yeast-free rye flat bread with salad and protein filling; quinoa salad

Dinner

steamed/baked vegetables with well cooked whole grain (ie gluten-free wholemeal pasta, brown rice, quinoa, barley); use blended pumpkin as a sauce; vegetable soup with chickpeas or lentils; miso soup; tofu with rice noodles; brown rice and red lentil dahl

* Our information on cancer nutrition is based on research and recommendations from the **Gawler Foundation** who have over 30 years of clinical experience with cancer patients. The Gawler Foundation conducts wellness programs in Victoria to educate and support people with cancer. More information: www.gawler.org



The China Study

Principles of Food and Nutrition

The China Study is the most comprehensive study of nutrition ever conducted and the results have been compiled in a book of the same name. After extensive investigations over many years, the authors T. Colin Campbell PhD and Thomas M. Campbell II, conclude that a whole food, vegetarian diet prevents and reverses many diseases, can extend lives, and can literally ‘turn off’ cancer.

The **Eight Principles of Food and Nutrition** from the China Study are listed here. We recommend you read the book for the full explanation and evidence to support each of these principles. There are many copies available in the CSA library.

PRINCIPLE 1: Nutrition represents the combined activities of countless food substances. The whole is greater than the sum of its parts.

PRINCIPLE 2: Vitamin supplements are not a panacea for good health.

PRINCIPLE 3: There are virtually no nutrients in animal-based foods that are not better provided by plants.

PRINCIPLE 4: Genes do not determine disease on their own. Genes function only by being activated, or expressed and nutrition plays a critical role in determining which genes, good and bad, are expressed.

PRINCIPLE 5: Nutrition can substantially control the adverse effects of noxious chemicals.

PRINCIPLE 6: The same nutrition that prevents disease in its early stages (before diagnosis) can halt or reverse disease in its later stages (after diagnosis).

PRINCIPLE 7: Nutrition that is truly beneficial for one chronic disease will support health across the board.

PRINCIPLE 8: Good nutrition creates health in all areas of our existence. All parts are interconnected.





Integrating Complementary Therapies

Despite many claims, there is no one conventional or CAM therapy for cancer which works for everyone. What we all have in common is the potential of our bodies for healing. CAM and lifestyle therapies support the body to heal itself and can be integrated with mainstream treatments.

The goal of natural/alternative medicine and complementary therapies is to initiate and support your body's own healing potential. To assist the cancer healing process, all of your treatment and lifestyle choices should promote health and sustain your wellbeing. Ideally, you also avoid or minimise activities, situations, thoughts and emotions which you know will not help you recover from cancer.

CSA provides various complementary therapies from our premises in Cottesloe for members and the public. These therapies are also widely available at many venues. We provide details here about the complementary therapies currently available from CSA. These therapies can all be used to supplement your main cancer treatment choices and improve your general wellbeing.

Meditation

Meditation involves sitting or lying still and using various techniques to still the mind to experience a peaceful, transcendent state where healing is possible. In a class environment participants are guided in meditation by the instructor.

Yoga

Modern yoga is based on the classical Indian system of relaxation, breath awareness, gentle movement, stretching and meditation which brings you into physical, emotional, mental and spiritual balance. People with cancer could benefit greatly from a gentle or therapeutic yoga practice which emphasises relaxation.

READING & RESOURCES

- **Return to Wholeness** by David Simon M.D.
- **Cancer Free: Your Guide to Gentle, Non-Toxic Healing** by Bill Henderson
- **Healing Cancer: Top 12 Non-Toxic Treatments** by Simon & Enrida Kelly

Qigong

Qigong is a traditional Chinese mind-body practice that uses meditation, breath control and movement to balance the flow of energy through the body to allow healing to occur.

Sound Healing

In a group setting, sound healing practitioners produce resonant, soothing sounds using instruments such as music bowls and the didgeridu and voice harmonics. Brings about a profound feeling of peace conducive to healing.

Reflexology

Reflexology is the application of pressure, stretching and movement to the feet and hands to trigger healing in corresponding parts of the body. It complements conventional cancer treatment by relaxing the body and reducing stress.

Laughter Yoga

Laughter Yoga is a complete wellbeing workout which combines laughter with yogic breathing. Laughter is simulated through various exercises to give you the same physiological and psychological benefits of laughter.

Art & Writing Therapy

Art and Writing Therapies actively and creatively engage you to explore and develop your unique inner resources to make personal meaning of your life experiences and find acceptance and healing.

Reiki

Reiki is a Japanese energy-based therapy which promotes healing and overall wellness. A reiki practitioner transmits energy to the recipient to help with pain management and side effects of cancer treatment.



NATURAL/ALTERNATIVE THERAPIES WHICH MAY BE USEFUL FOR CANCER

Traditional Chinese Medicine

Acupuncture

Ayurveda

Flower Essences

Homeopathy

Herbal Medicine

Nutritional Medicine

Vitamin B17 Therapy

Hyperthermia

Sauna Therapy

Immune Therapies

Oxygen & Ozone Therapy

Gerson Therapy

Photodynamic Therapy

Vitamin C infusions

Essiac Tea

This list is a general guide and is not endorsed by the Cancer Support Association



The Power of Your Mind

There is a saying “*you can’t always change your circumstances but you can always change your mind*”. When it comes to healing, your mind is a powerful ally. Changing your perceptions, and utilising the intrinsic power of your mind, gives you more control over thoughts, feelings and healing outcomes than you realise.

It is normal and natural to feel afraid when you are first diagnosed with cancer, especially if you have been told there is no curative medical treatment available for you. Chances are whenever you think back to the moment when you were diagnosed you feel that same fear all over again – even though the actual event has passed. You can’t change that event, but from now on you can *change your mind* and how you respond and react to memories, circumstances, stressors and new situations. When you keep focussing on what you’ve lost, *ie a perception of perfect health and longevity*, it is easy to become depressed. If you instead focus on the great things about your life, you will naturally feel happier. The quality of your life is deeply connected to your ability to direct your thoughts towards happiness and calmness.

Transforming Fear

At diagnosis, most people start off feeling afraid and uncertain of the future. Fear and anxiety can cloud your thoughts and focus your mind in the wrong direction. Before making big decisions you will want to find some clarity and calmness. A good first step is to learn self-help, meditation and relaxation techniques to eliminate the negative impact of fear and the associated stress. Using these techniques will help you develop peace of mind, trust your instincts, regain a feeling of control, make good choices, and to enjoy your life – regardless of the circumstances or outcomes. It is personally empowering to realise you can transform negative thoughts, feelings and reactions into something positive and beneficial.

Making Good Choices

You can literally change your life through the positive choices you make in every moment of every day. Good choices are the ones made when you have a calm, clear positive state of mind.

READING & RESOURCES

- **The Mind that Changes Everything** by Dr. Ian Gawler
- **Molecules of Emotion** by Candace Pert Ph.D
- **You Can Heal Your Life** by Louise L. Hay

Goals

Set clear goals. Write them down. You can program your mind to accept the goals by regularly repeating present-tense affirmations *ie I am perfectly healthy and happy*. Use your affirmations often, and make choices in your life which lead you to your wellness goals.

Habits

Recognise the bad habits which influence unhealthy choices. Changing habits which have taken a whole lifetime to cultivate is challenging and requires inner strength and willpower. Learning to meditate increases your willpower and strength of mind which is needed to achieve your goals.

Beliefs

To get well, you need to deeply believe you can do it, and make your recovery from cancer an absolute priority. Meditation, counselling and mind/body therapies help you reprogram the unconscious part of your mind where deep-seated beliefs and habits are formed.

Meditate

Meditation has a proven positive effect on mood, concentration, energy levels and immunity. When you meditate everyday you start to feel good. When you feel calm and happy and have greater clarity you will naturally make good choices in other areas of your life which reinforces the cycle of wellbeing.

Be Present

Learn to focus on what is here now. Mindfulness is when you pay attention to what is here right now. You will notice that most of your everyday thoughts are focussed on replaying the past or worrying about the future. When you focus on what is in this moment you feel greater peace of mind and much less anxiety.

Gratitude

If you are alive then you have a lot to be grateful for! All of us, regardless of whether we have cancer or not, are here on earth for a short time so we should be grateful for every precious moment. Many long-term cancer survivors look back on cancer as a transformative experience as they learnt to more deeply appreciate life. We often hear people say "cancer was a gift".



PRINCIPLES OF POSITIVE THINKING

- Set Goals
- Meditate
- Change Your Habits
- Adjust Your Beliefs
- Believe in Yourself
- Be Present
- Be Grateful





How to Relax & Meditate

Meditation is one of the most powerful healing tools available to you.

Why Meditate?

Studies show that regular meditation has a beneficial effect on your immune system and disease prevention. Meditation creates a positive, healthy state of mind enabling you to naturally make life-affirming choices and want to take good care of yourself.

Relaxation and Meditation

Relaxation is a physiological state of deep calm where your body, nervous system and mind are completely at rest. It is different to sleep, because you are still awake and aware. Relaxation is attained through activities you can do yourself (listen to music/relaxation CDs; gentle yoga; a warm, scented bath etc) or through complementary therapies you engage people to do for you (bodywork such as massage; reiki; guided yoga relaxation; acupuncture; healing therapies etc).

Meditation is a deep experience of physical relaxation and mental/emotional stillness which you attain through the practice of relaxation, breathing, mindfulness and concentration techniques. These techniques calm and quieten the mind and lead you towards an inner experience of bliss and peace; a thoughtless state of mind; a feeling of connection and expansion. It is in the stillness of meditation that healing of the body, mind and soul can occur.

In everyday life, most of us don't pay much attention to the continual stream of thoughts within our minds, so in meditation practice it is normal to be surprised and distracted by the nature and volume of thoughts! It is very restful to halt this stream of thought, even if for a short while.

For people with cancer, regular meditation can provide many healing benefits. With practice, you become attuned to the subtle needs of your body, more intuitive and develop strong willpower – qualities which are very helpful when making lifestyle, nutritional and treatment choices. You may also come to realise that you won't effectively solve any of your problems through worry, but rather through letting go of that worry and focussing on what is positive and beneficial.

READING & RESOURCES

- **Meditation Pure and Simple** book and CD by Dr. Ian Gawler
- **Peace of Mind** by Dr. Ian Gawler
- **How Meditation Heals Body Mind** by Eric Harrison
- **Relaxation Meditation CD** by Cathy Brown

There are many different techniques for relaxing and meditating. CSA offers short yoga and meditation courses to help participants develop the skills to practice on their own. We share some easy techniques here:

Yoga Breathing

To bring instant calmness to your mind, thoughts and nervous system, give your full attention to breathing. Expand your chest as you breathe in deeply and slowly. Draw in your abdominal muscles as you breathe out emptying the lungs. Hold the breath for a few seconds in between. Do this about 12 times and notice the difference in how you feel! You can literally transform feelings of stress and anxiety by focusing on and regulating your breathing.

Easy Relaxation

Lie down flat on a firm, comfortable surface. Start with Yoga Breathing (above). Slowly bring your attention to each body part in turn starting from your feet, legs, hips, shoulders, arms, neck, head, face. As you focus on each body part, relax the muscles. For example focus on your feet relaxing, then focus on your legs, hips etc. Afterwards lie still for a few minutes and focus on the sounds in the world around you, once your mind is quiet focus on the sounds inside you (breathing, heartbeat) then the focus on the stillness of the moment.

Meditation

Before you begin meditation, do some gentle stretching, Yoga Breathing or the Easy Relaxation to prepare your body and mind for stillness. Sit in a quiet space, light a candle and make yourself comfortable. Gaze at the candle flame while breathing slowly and deeply. Notice any thoughts which arise and let them pass. After a few minutes, close your eyes and turn your attention inwards and focus at your heart centre (middle of chest). Become aware of your breathing. Each time you breathe in, mentally count "1", each time you breathe out count "2". Counting the breaths will help you stay focused. If you prefer you could mentally recite a simple, peaceful sound and synchronise it with the breath ie om, hum. Continue for 10-20 minutes, then sit quietly for a few minutes before getting up.



BENEFITS OF MEDITATION

- powerful self-healing tool
- increases longevity
- decreases stress
- reduces chronic pain
- gives you a feeling of deep peace
- brings clarity and calmness to your mind
- harmonises and balances emotions
- brings awareness to your reactions and responses to situations
- increases your general happiness
- develops and increases intuition and wisdom
- gives greater depth and meaning to life
- helps you define your 'purpose' in life



Impact on Children & Family

Being diagnosed with cancer can have a huge tsunami-like effect on your life and the lives of the people close to you. Your family may experience a shift of direction as healing becomes the focus. This can be tough on family members, but with love, tolerance and clear communication your family can get through cancer together.

Talking to children about cancer

Soon after diagnosis you will need to tell your children what is going on. They will sense that something is wrong and the fear of the unknown is much worse than having their parents calmly and clearly tell them about the disease, the treatment and what this might mean for them. Kids will need reassurance that they will be okay. The best way you can help your kids is through clear and honest communication. If you feel uncertain about how to communicate the news to your children and family you can seek guidance from a cancer counselling session with a trained CSA counsellor.

Impact on Family Members

At some point during a parent's journey with cancer, your partner and children may become highly stressed and anxious as they worry about what will happen to you and the family. Cancer counsellors who work with families tell us that this stress is not always dealt with as the focus is on getting the parent with cancer well and getting by on a day-to-day basis. This can create tension in the home which can weigh heavily on all family members.

When left unchecked, young children who are stressed may display changes in their behaviour and adolescents can become depressed or withdrawn. These changes are an indication they need support and a safe way to express any unspoken feelings such as fear, anger, guilt, loss or loneliness.

Counselling and Support for Children

Cancer is not something that children may be able to discuss in depth with their friends, which can lead to them feeling alienated from their peer group. Right from the time of diagnosis it would be beneficial for your children to attend counselling or support groups specifically for kids and families.

CSA offers counselling sessions for individuals (including children) and groups (ie siblings or the whole family). Some schools offer programs for children who have experienced loss or trauma. Organisations such as CanTeen specifically support children and teens affected by cancer.

Practical Resources

Ideally if you have children you can find the financial resources for paid childcare during the treatment phase of cancer. This will create a safe, alternative environment for them to receive nurturing and companionship while you are occupied with treatment and recovery. It is important that kids spend time with people who have absolutely nothing to do with the cancer. Paid childcare is good because it is a neutral, non-emotionally charged environment.

Extended Family & Community

There are many practical ways your extended family, friends and community can support your family during cancer – ie. childcare, housework, financial assistance. It is important you are able to articulate your family's needs and ask for help. You will most likely find many people willing to support you! You may be accustomed to being strong, independent, resourceful and find it difficult to ask others for assistance, but this is the time to reach out and ask for help.

Family Values

Facing the challenge of cancer can potentially bring family members together and strengthen the family unit. It is an opportunity for deepening relationships, sharing responsibilities and developing personal strengths. The key is to work together, keep the channels of communication open to ensure everyone is able to express their feelings, and to get the support you all need.



RESOURCES FOR KIDS & FAMILIES

- **COUNSELLING** Individual or group counselling sessions for children, parents, families affected by cancer at CSA or onsite
- **CARER'S SUPPORT GROUP & LIBRARY** at CSA. Meet others, share stories, get support.
- **NOW WHAT** Helpline for children affected by cancer 1800 669 942. Website: www.nowwhat.org.au
- **"IT'S LIKE THIS..."** DVD for kids and young adults. Available directly from CanTeen.org.au



Role of the Carer

In many ways, cancer is as challenging for carers as it is for the person with the disease. Once you know what the likely impact of cancer and your treatment will be, together you can plan ahead.

The role of the carer usually falls to the spouse of the person diagnosed with cancer, or in children and single adults it is often their parents. Caring for a loved one with cancer can be emotionally, physically, practically and financially demanding. There are many extra duties which fall to the carer and combined with the worry and sense of loss, this can lead to chronic stress. In the long-term, carers can suffer from poor health and greater susceptibility to illness.

Carers often don't reach out for support. They have gone from having a relationship where they shared their concerns and supported each other equally, to being the main source of comfort and support for the person with cancer. From this point of view alone the carer needs to find external emotional support to help themselves so they can better help their loved one.

Support for the Carer

While difficulty often brings people together, the demands of cancer can place great strain on relationships. It is wise to find resources and support as early on as you can. This can include counselling, attending support groups together or alone, and scheduling time outside the home/hospital environment for activities such as massage, meditation, yoga or simply spending time enjoying life.

CSA holds regular support groups specifically for carers and families where participants can share their experiences and concerns and gain emotional and often practical support from others. The wellness strategies outlined in this handbook are equally applicable to carers who also need to practice self-care and make their own health and wellbeing a priority.

Your Daily Wellness Routine

Wondering how to integrate the lifestyle suggestions from this handbook into your busy life? You can start by following a wellness routine for a set period of time (three weeks is ideal). Then assess your progress, make any changes, and commit to a longer duration. These are suggestions which you could include in a health-promoting wellness routine.

Morning

Give yourself an hour for the morning routine

Rise – wake up at the same time every day

Gratitude - before getting out of bed make your first thoughts a prayer of gratitude

Internal Cleanse – drink hot water with fresh lemon squeezed into it

Meditate – 20 minutes meditation while your mind is still clear and calm from sleep

Exercise – go for a walk or do yoga at home

Shower – Use a dry skin brush on all areas of your skin, then have a refreshing shower

Breakfast – allow time to prepare and eat a wholesome breakfast.

Day / Work

Take regular breaks to stretch your body and practice deep breathing

Say no - learn to say no to tasks or situations which create stress

Hydrate – Drink lots of pure, filtered water throughout the day

Sunlight – Eat your lunch outside in the sunshine. Take a short walk.

Afternoon

Use your afternoons for wellness activities and to enjoy life

Therapy – Get a massage, complementary therapy, attend a counselling, meditation or hypnotherapy session etc

Exercise – Attend yoga, tai chi, the gym or other exercise class. Go jogging, cycling or for a brisk walk outdoors

Sauna – detoxifying and relaxing (drink plenty of water!)

Evening

This is the time for relaxation. Avoid working at night if you can

Dinner – eat early to allow 3 hours between eating and going to bed

Relax – listen to calming music, take a hot bath with essential oils, do some light yoga

Meditate – 20 minutes meditation brings relaxation and calmness to your mind

Sleep – go to bed at the same time every night. Have faith that you have created the right conditions for healing and repair to occur while you sleep. If you wake during the night stay in bed, practice relaxation techniques.



Your Wellness Plan

Use this form to help devise your own cancer wellness plan. Review your plan regularly. Be flexible, allow your goals and strategies to change as you move through the different phases of cancer, healing and recovery.

Set an Intention

To achieve success be clear about your goals. Write down your goals here using present tense language (ie I am in perfect, radiant health)

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Treatment Choices

Once you have done your research and made decisions about your treatment choices write them down.

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Complementary & Alternative Therapies

Write down the complementary therapies you intend to try.

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Support & Counselling

Identify your support network. It may include family members, friends, cancer support groups, counsellors, community.

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Practical

Make a list of the practical things which need to be taken care of during your treatment (ie childcare, housework, employment). Prioritise and delegate tasks to willing people in your support network.

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Lifestyle

Write down positive lifestyle changes you can make to improve your general wellbeing, health and outcome.

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Changes

What changes (big and small) do you need to make in your life to support your emotional, spiritual and physical wellbeing?

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Commitment

Make a contract with yourself to do your very best to follow through on your cancer wellness plan.

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*Have faith in your ability to meet the cancer challenge
and in your body's innate capacity for healing.*



Questions to Ask Your Doctor and Oncologist

It is important to develop good relationships with your doctors/oncologist and for you both to communicate clearly. Make the most of appointments by writing down the key information they will need from you, and by asking relevant, targeted questions.

Be Prepared. Write down information which will be needed, such as:

1. Any changes you have noticed, ie any lumps, changes in appetite, mood, body
2. All medications you are currently taking
3. Every vitamin, mineral or natural supplement you are currently taking

Ask Your GP

1. What are my options and what are the processes for obtaining a diagnosis?
2. What are my options if I am diagnosed with cancer?

Make sure you understand any instructions your doctor gives you.

Questions to ask your Radiotherapy Oncologist

1. What is the purpose of radiation for my type of cancer?
2. Will it prevent or stop the spread of cancer?
3. Can I have radiation instead of surgery?
4. What are the statistics of radiotherapy for my type of cancer?
5. How will the radiation affect the surrounding areas?
6. What are the side-effects during and after radiation?
7. Will the side-effects change my appearance?
8. Will the side-effects affect my ability to function?
9. Will the side-effects change my appetite and ability to eat or drink?
10. Will the cancer come back even if I have radiation?
11. What is the time-frame for each treatment?
12. What is the cost of the treatment?

Questions to ask about chemotherapy

1. What is chemotherapy (chemo) and what does it do?
2. How do you decide which chemo drugs to use for my cancer?
3. Where do I go to have chemo?
4. How is it given?
5. What happens if I miss a dose of chemotherapy?
6. Can I walk during chemo?
7. What are the side-effects of my chemo treatment and how will I cope with them?
8. Can I take my normal prescription drugs and natural therapies during chemo?
9. What will happen if I don't want to have chemo to treat my cancer?
10. How will I know if the chemo has worked?
11. How much does the chemo treatment cost?
12. How long does the chemo treatment take?

Your Notes, Questions, Comments

Use this page to make notes. You may have extra questions, or want to record your doctor's advice or information.



Cancer Resources

Many people start out with enthusiasm and good intentions, but cancer is a challenging journey and it can become difficult to stay on track. CSA offers courses, support groups and a monthly *Wellness News* magazine to help you gain knowledge and stay inspired.

Cancer Support Association

Phone (08) 9384 3544. 80 Railway St, Cottesloe

The Cancer Support Association provides practical support and self-help strategies to individuals and their families through every stage of the cancer journey. CSA offers the following support services:

Cancer Support Groups

CSA holds weekly support groups for people with cancer and their carers. Groups include: Open Cancer Wellness Support Group; Men's Cancer Support Group; Carer's Support Group; Grief and Loss Support Group

Cancer Counselling

Individual and group counselling sessions available with CSA's compassionate, qualified counsellors who specialise in counselling for people with cancer and their families. Skype counselling and home or hospital visits available upon request.

Complementary Therapies

Reflexology; Reiki; Qi Kung; Art Therapy; Yoga; Laughter Yoga; Meditation; Massage; Art Therapy; Writing Therapy; Sound Healing; Exercise Program; Cancer Wellness Walking Group (this list may vary - check CSA website)

Library & information

CSA hosts an extensive library of books and resources related to cancer, wellness and healing, and holds the Moss Reports in closed reserve which are regularly updated to contain the current treatment information for almost all cancers.

Website & Publications

CSA publishes *Wellness News* magazine online monthly and in print quarterly. *Wellness News* is unique to CSA and is an extremely positive, uplifting and beautiful publication which focuses on life-enhancing wellness strategies and a broad spectrum of information related to wellness, healing and the environment.

CSA 5 Week Courses & Seminars

Meeting the Challenge 1 Day Seminar

Life changing & empowering information for people with cancer presented in a one day seminar. Includes a free introductory counselling session. 1st Friday of each month in Cottesloe. Seminars also hosted in regional WA (1 day)

5 Week Cancer Wellness Course

This course introduces participants to the key areas of the *wellness approach* to cancer including: how to cope with cancer; lifestyle medicine; diet and nutrition; developing personal and practical resources; meditation and exercise; integrating natural medicine and complementary therapies. Informative, practical sessions and demonstrations with notes and home practices (weekly 2 hour session)

Gawler Foundation 12 Week Cancer Wellness Program

This 12 week program for people with cancer introduces participants to the principles of the wellness/self-help approach to cancer. The program is designed to improve both quantity and quality of life. Held 3 times a year (weekly 2.5 hour session)

5 Week Eating for Cancer Course

An introduction to the principles of eating for cancer recovery. Course includes information and practical demonstrations of juicing, sprouting, raw food preparation. Includes juices, sprouts and food! Recipes, notes given (weekly 2 hour session)

5 Week Absolute Beginners Yoga & Relaxation Course (suitable for people with cancer and other illnesses)

A gentle, systematic, introductory yoga course designed for: absolute beginners; people with cancer or other medical conditions which may prevent them from joining regular classes; anyone wanting an understanding of the fundamental and underlying principles of yoga. Emphasis is on safely stretching, strengthening and relaxing (weekly 1 hour session)

5 Week Introduction to Meditation Course

A structured course where participants learn and practice simple techniques to help them concentrate better, meditate deeply, replenish energy levels, counter stress, cultivate inner peace and promote healing. Notes and home practices given (weekly 1 hour session)

Websites & Online Resources

Cancer Support Association hosts a comprehensive **cancer information website** with many online resources including a cancer profiler, online counselling, magazine, library and much more. The CSA site also provides a gateway to the most relevant cancer sites on the web. Here are a few which may be helpful to you:

www.cancersupportwa.org.au The CSA website hosts the **Cancer Profiler** which is an interactive treatment decision-support tool for cancer patients which examines the diagnosis, medical history, and personal preferences of the cancer patient.

www.cancerdecisions.com Dr Ralph Moss provides expert guidance for individuals diagnosed with cancer and their families on the best alternative, complementary and cutting-edge conventional options for your specific type of cancer.

www.gerson.org The Gerson Institute is a non-profit organisation dedicated to the holistic treatment of degenerative disease, including cancer.

www.gawler.org The Gawler Foundation provides innovative and integrated support for people affected by cancer and hosts residential cancer-wellness retreats.

www.cancerguide.org A website to help you find the answers to your questions about cancer, and to help you find the questions you need to ask.

www.canceractive.com Regularly updated archives of major cancer research studies from around the world.

www.mercola.com Natural health information with an excellent search facility on alternative treatments for cancer and other lifestyle diseases.

www.cancerhelp.org.uk CancerHelp is a free information service about cancer and cancer care for people with cancer and their families.

www.health.wa.gov.au/wacr The Western Australian Cancer Registry is part of the Department of Health, Western Australia, and collects information, statistics and research about cancers diagnosed in WA.

www.cancerwa.asn.au The Cancer Council provides advocacy, mainstream medical research, education and support for cancer patients in WA.

www.canteen.org.au CanTeen supports, develops and empowers young people living with cancer by providing an Australia-wide peer support network of young people.

www.solariscare.org.au Support centres at Sir Charles Gairdner and St. John of God hospitals in WA offering information, counselling and complementary therapies.

Other cancer resources in WA



This list is a **starting point** for people in WA with cancer looking for holistic medical or natural health practitioners who support the wellness approach to cancer. Contact CSA for a more comprehensive list of West Australian practitioners recommended by our members.

Holistic Medical Practitioners

Churchill Health Centre. Phone 9381 3691.
217 Nicholson Rd, Shenton Park
Hair analysis, nutritional medicine, B17

Naturopaths

Tara Centre. Phone 9444 4190.
384 Oxford St, Mt Hawthorn
Homeopathy, nutritional medicine, minerals & vitamin deficiencies, bacterial infections

Hilary Lane. Pharmacist, Clinical Nutritionist, Naturopath
Ultra Health Centre. Phone 9383 7930.
1 Newry Street, Floreat WA
Live/clotted blood analysis; nutritional medicine; nutrient, diet, hormone analysis; chemo, drug & nutrient interactions explained

Nutritional Medicine

Health Quest. Phone 9438 2299
Point Walter Medical Centre, 322-324 Canning Hwy, Bickton
Nutrition/diet/hair analysis/cancer

Traditional Chinese Medicine

Dr Yun-Fei Lu. Phone 9286 1968
7 Devon Road, Swanbourne
Acupuncture & Chinese Herbs

Cancer Council Helpline. Phone 13 11 20

Phone support and information on medical cancer related issues.

LifeLine. Phone 13 11 14

24 hour phone counselling and crisis support.

WHAT CANCER CANNOT DO...

Cancer is limited.
It cannot cripple love
It cannot shatter hope.
It cannot erode faith.
It cannot eat away peace.
It cannot destroy confidence.
It cannot kill friendship.
It cannot shut out memories.
It cannot silence courage.
It cannot invade the soul.

Cancer might rob you of that blissful
ignorance that once led you to believe
that tomorrow stretched forever.

In exchange you are granted the vision
to see each day as precious, a gift to
be used wisely and richly.

Author unknown



thankyou...

The following businesses have donated towards the production of this handbook. To contribute to the Meeting the Challenge Appeal go to the donations page of our website: www.cancersupportwa.org.au

Fairweather Drafting

Dale Plumbing & Drainage

Van Veen Holdings

LMG Scientific Services

Industrial Marketing Pty Ltd

Pacific Finance Australia

Unique Furniture Manufacturers

Trinity Building Group



Donate to the CSA Meeting the Challenge Appeal

CSA's Meeting the Challenge Handbook, Seminar, 5 Week Course and regional program are partly funded through private, community and business donations. If you would like to help West Australians with cancer by making a tax deductible donation to our Appeal, go to the donations page on the CSA website and select Meeting the Challenge Appeal at www.cancersupportwa.org.au

Thankyou and we wish you well!



Cancer Support Association

information, wellness & healing

Call CSA 9-5pm weekdays on (08) 9384 3544
for cancer support & information

Cancer is a word..not a sentence!

Since 1984, the Cancer Support Association has helped and supported many thousands of West Australians living with cancer to achieve wellness and healing. CSA continues to provide wellness courses, seminars, publications, a comprehensive website, library, counselling and self-help activities to assist and inspire people on their journey with cancer.

Website: www.cancersupportwa.org.au

Email: info@cancersupportassociation.org.au

Phone (08) 9384 3544, Fax 9384 6196

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