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Featured guests for October include:



BESTSELLING AUTHOR RICHARD BACH is here to talk with us about his new novel, "Hypnotizing Maria." It's his first new novel in ten years.
Thursday
OCTOBER 1



Healer, author, and guide to leaders and spiritual masters, **ANAMIKA** talks about her book, "Into the Heart of the Beloved" and her upcoming Seattle event.
Thursday,
OCTOBER 15



MARIEL HEMINGWAY is an actress, model, author, and a leading voice for holistic and balanced living introduces her book, "Mariel's Kitchen."
Thursday
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Conscious Talk presents "HAND IN HAND" a one day spiritual and healing workshop with Mariel Hemingway and Anamika.
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Breast Cancer Prevention and Awareness

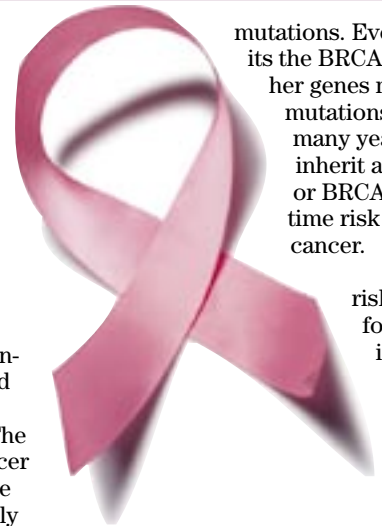
Breast cancer is both the most frequently diagnosed cancer and most feared disease in women. Over the past 25 years breast cancer rates worldwide have increased and mortality has decreased especially in the western industrialized countries. The decrease in death is thought to be related to early detection and improved treatments.

Current lifetime risk of breast cancer in the United States is estimated 12.7% for all women. The risk for breast cancer increases with age. The most widely recognized breast cancer risk factor is cancer in a first degree relative. True genetic risk is typically associated with BRCA1 and BRCA2 gene



All's Well
Health for Body, Mind, Spirit

by Moira Fitzpatrick, PhD, ND



mutations. Even if a woman inherits the BRCA1 or BRCA2 genes, her genes must undergo other mutations that occur over many years. Women who inherit a mutation in BRCA1 or BRCA2 have a 50-80% lifetime risk of developing breast cancer.

The common risk factor identified for breast cancer is increased exposure to endogenous estrogen and this can result from early menstruation, before the age of 12 and/or

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Wanting vs. Having

By Jack Elias

I was particularly struck by the disabling hypnotic power unleashed by the unwitting imprecise use of language in a family session recently. Each member sincerely expressed that they wanted peace and even gave a brief explanation of why they valued it. But they were in my office because they did not have peace and were constantly fighting.

Wanting vs. having. I hear it from almost every client, but hearing it from all these

people at once somehow made it a fresh new phenomenon. This is one way I like to look at the problem:

- Our subconscious mind is always listening, especially to what we say to ourselves over and over. The subconscious mind's intention is to take care of us, but, sadly, it will follow our insistent commands even if they lead to suffering.
- For the conscious mind to want something (an inner quality or state, not a physical object) like peace, the subconscious mind first has to deny the conscious mind

access to it. This typically has happened long ago in our childhood.

• But when the conscious mind notices the quality is absent and thinks, "I want peace," the subconscious mind notices the conscious mind's interest in wanting and, in order to accommodate the conscious mind's wanting to want, the subconscious mind continues to deny access to peace (in this example) so the conscious mind can keep wanting. (You might want to read this a few times.)

• When we stop wanting and start acting as if we have it, the subconscious mind notices our interest in having and stops denying access to the experience of the inner quality, in this example, peace. The subconscious mind aims to please.

It knows you have to feel the quality in order to really enjoy the actions that go with the quality, so it plugs you in.

This game of the mind would be funny if it didn't cause us so much pain. To get unstuck from the game we must act in accordance with having the quality because this instructs the subconscious mind to activate the quality; to give it to us.

Every time a potentially irritating situation came up for these family members, they chose to act in hostile ways triggered by irritation, all the while wanting peace with greater and greater frustration. To have peace, they have to stop wanting it, and act as if they have peace. A good way to accomplish this is to ask oneself, "What would I say or do right now if I was perfectly at peace?"

We have been subtly hypnotized to believe that we can't act contrary to our feeling state; we can't act, or even shouldn't, act kindly if we don't feel kindness. Makes sense to most of us, but it actually puts the cart before the horse.



Jack Elias says that when we stop wanting something and start acting as if we already have it, the subconscious mind stops denying us access.

The quickest and best way to access an inner quality or feeling state is to think and act in ways you would if you did have it because that lets your subconscious mind know you want it

Jack Elias, a clinical hypnoterapist in private practice since 1988, is founder and director of the American Institute for Transpersonal Hypnotherapy/NLP®, a licensed vocational school in Seattle, training and certifying transpersonal clinical hypnoterapists since 1988. Jack is the author of acclaimed book, "Finding True Magic: Transpersonal Hypnosis and Hypnotherapy/NLP." www.FindingTruMagic.com.

Breast Cancer Awareness

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going through menopause at an older age, greater than 55. Other risk factors include late age of first term pregnancy or no children. There is a small risk among women who use oral contraceptives and this risk decreases with both age and time from the use of OCPs. Data show an increased risk of breast cancer with hormone replacement using both estrogen and progesterone. However, the risk is directly related to age and the length of time the woman has taken hormones.

Lifestyle factors that affect the risk of breast cancer include adult weight gain, sedentary lifestyle and alcohol consumption. Increased weight especially after menopause increases estrogen levels in the body because at this stage of life, the majority of a woman's estrogen comes from fat tissue. In light of the link of alcohol consumption to breast cancer, it is recommended that women have no more than one drink per day. There is some evidence that women who consume diets high in saturated fats have a higher risk of breast cancer. Less than six hours of sleep per night is associated with a higher risk of breast cancer.

What can I do to prevent the development of breast cancer?

• **There are three important methods for a woman to detect breast changes.** These include annual mammograms beginning at age 40, clinical breast exams and self-breast exams. All three of these methods taken together are most successful in discovering breast changes. For women under 40, it is recommended that she do self-breast exams and have an annual clinical breast exam. Rather than doing a self-breast exam from the point of view of looking for cancer, I recommend that each woman get to know her breast and consciously care for the breast. When I am doing a clinical breast exam, I let the woman know what I am feeling and what is both normal and abnormal. A good time to begin doing self-breast exams is after you have had a normal exam. This lets you know that what you are feeling is normal and you can discover the various contours and feel of your breasts.

• **A healthy diet with an emphasis on vegetables and fruits and a limited consumption of red meat.** A high fiber diet has been shown to decrease estrogen levels, which may contribute to the reduction of the risk of hormone related cancers. I recommend an anti-inflammatory diet which includes a variety of vegetables (especially broccoli, cabbage, Brussels sprouts, kale, cauliflower; all contain indole-3-carbinol, which affects the metabolism of estrogen), fruit, whole grains, legumes, fish, free range chicken. Foods to limit include sweets, dairy, alcohol and coffee.

• **Sleep seven-eight hours per night.**

- **Engage in a regular exercise program that you enjoy.**
- **There is a growing body of evidence that vitamin D may be protective against breast cancer.** Evidence points to 25-OH vitamin D levels to be > 40ng/mL. Talk to your health care provider about testing vitamin D and supplementing sufficiently. (1)
- **Many nutritional experts point to the consumption of omega-3-fatty acids as a way to reduce cancer risk.** Fish that contain high amounts of omega-3 oils include salmon, halibut, tuna, herring and sardines.
- **Green tea is well known for its protection against cancer and its enhancement of the immune system.**

Finally, I would like to encourage all of us who have a tendency to take on too much, take care of others first, sacrifice the self and end up feeling drained to remember the importance of loving oneself and consequently learning self care. Instead of racing time to get more done, let us stop and enjoy the moment. As I listen to each woman's story, I remember a woman recently diagnosed with cancer. She spoke about a relationship long unresolved where she felt betrayed and the trauma continued to haunt her. She had pulled in fearful of being vulnerable and had become staunchly independent. As we talked about the betrayal, she could let go and move forward with her life. Mind, body, emotions and spirit are all related. The healing of our soul is as much a part of preventing and healing cancer as getting our mammograms and maintaining a healthy lifestyle.

If you have been diagnosed with breast cancer, I urge you to create a team of health care practitioners, both conventional and complementary who support you and can work collaboratively for your well being and healing.

1. Crew, Katherine et al, Association between Plasma 25-Hydroxyvitamin D and Breast Cancer Risk, Cancer Prevention Research, June 2009, 598-604.

Moira Fitzpatrick is a naturopathic physician and clinical psychologist, who practices in the Northgate area of Seattle. She provides complementary cancer care and mind-body healing, specializing in the unique health concerns of women. Dr. Fitzpatrick can be reached at (206) 525-5576, www.theemeraldcenter.com.



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