

FIVE PEARLS FOR THE NEWLY CANCER-DIAGNOSED

TIPS ON WHAT TO DO AFTER CANCER DIAGNOSIS

1. TAKE IT ONE STEP AT A TIME!

Navigating a cancer healing journey is a complicated process. Initially, there are a lot of unknowns.

For example, you may not know immediately the type of cancer you have, your full diagnosis including staging, and your treatment protocol. All this will unfold for you over several weeks or even months. Breathe! Be patient and take things one step at a time.

Fear and thoughts about what the future holds could be overwhelming. During this uncertain time, try to engage in activities that create feelings of ease and comfort. These could include walks outside, engaging with friends and family, watching movies, booking a spa treatment, listening to your favourite music or participating in a mindfulness or a yoga class.

2. EXPLORE TREATMENT OPTIONS

Doctors' treatment recommendations such as chemotherapy, radiation and/or surgery can be accepted, modified or declined. Ask your doctor for more time, if needed, to get a second opinion about your treatment options and/or speak to those who have gone through the journey themselves. Make sure all of your questions are answered and you are comfortable with your choices before you begin your treatment plan.

While seeking expert advice, please remember that you are the one who is in charge of your health and not your doctor.

3. DON'T DWELL ON STATISTICS

You are unique and so is your cancer! Don't "over-google" your diagnosis or dwell on statistics; in some cases, it is even better not to know the statistics altogether. If that is the case, give your doctor heads up before he or she shares "five-year survival rates" for a disease that is based on other people and *not you*!

Please remember: "where attention goes, energy flows". Seek out stories of survivors to encourage you during your process of healing. *Radical Remission: Surviving Cancer Against All Odds* written by Dr. Kelly A. Turner as well as *Cancer is a Word, Not a Sentence* by Dr. Robert Buckman are great reads and valuable guides for every person diagnosed with cancer.

4. ACCEPT HELP

If you chose to share your diagnosis with those you love and trust, it's very likely they will offer their help - take them up on it! Get vulnerable and let them drive you to your appointments, do a grocery run, prepare a meal (or many meals!), or join you for a walk. You don't have to do everything yourself!

5. TAKE AN ACTIVE ROLE IN YOUR HEALTH

Cancer is a complex illness and treatments such as chemotherapy, radiation and surgery are only some of *many* supports that can be relied on in your healing journey. *Start building your integrative healthcare team!* Naturopathy, nutrition, psychotherapy, physiotherapy, acupuncture, massage therapy, and cancer coaching are just some of the adjunct modalities that lend themselves well to cancer care.

In addition, taking an active role in your health means doing something **now** to support your physical, mental and emotional well-being. Super natural health is your birthright! You can start your journey of health transformation by accessing six doctors that are available to you right now: water, sunshine, rest, air, exercise and diet! For example, spending more time outside or eating a diet that excludes simple carbohydrates (e.g. white flour and refined sugar) could be an excellent start in reversing your condition.

Other valuable tools that will equip you in taking an active role in your health today are in Marian Pidwerbeski's book: *Cancer-Free Naturally: Six Proven Practices to Activate the Doctor Within for Super Natural Health*. You can order your copy [here](#).

This information is not intended to diagnose or treat a disease. For full disclaimer, please visit: <https://www.wellderness.ca/pages/health-disclaimer>



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