



Laugh

'Til It Heals

CANCER'S NEWEST WAY TO GET FIT!

BY CHRISTINE K. CLIFFORD, CSP

Knowing that Breast Cancer Wellness Magazine is aiding women now more than ever to Be Fit, Be a Thriver!™, I immediately thought about sharing with readers the healing power of laughter. Many may not realize, but laughing out loud takes work and a lot of physical exercise!

Your breathing level changes; blood flow changes; muscle tension is reduced. Stress goes down. Physicians such as Lee Berk, M.D., O. Carl Simonton, M.D., and Patch Adams have proven that laughter can provide physiological benefits, such as increasing natural killer cell activity, which is the body's natural fighter for viruses and tumors; increasing T-cell activity; and reducing cortisone levels which tend to suppress the immune system.

But not convinced that you can get your daily dose of exercise along the way? Read on and see how these cancer patients got a full work-out from the new book Laugh 'Til It Heals: Notes from the World's Funniest Cancer Mailbox!

Warning: Humor May Be Hazardous to Your Illness!

Dear Cancer Club,

When I went for my first chemo treatment, I had to fill out a health questionnaire about pre-existing problems, such as heart disease, kidney disease, lung disease and so on. After completing the form, the nurse said to the other staff nurses, "Look at this: nothing checked. She is the healthiest person with cancer we've had in a long time!"

Made me feel good. NOT!

I had to cross a parking lot during a wind storm, and I was concerned about my wig staying on. It did stay on, but I told my friend Chris how upset I would have been if it flew off in front of my co-workers.

Chris suggested I should run after it, yelling, "Fluffy! Get back here! Bad dog!" She made me laugh. So now my wig's name is Fluffy. I will tell my husband that tonight Fluffy is getting a bath.

Leslie Warren
Toronto, OH

Dear Cancer Club,

I am a double cancer survivor: first colon, then breast, now eight years behind me. I was visiting my daughter in Florida. While there, we were working in her yard: planting, digging up weeds, and so forth. I was wearing a camp shirt that buttoned down the front, and a "cool" bra with my prosthesis. I had worn it before without any problems. It doesn't have prosthesis pockets, but I do have pocket bras that I wear most of the time.

I was weeding around the stone walkway and came upon a weed that was connected to lots of off-shoots. I got a little too rambunctious, trying to pull the entire weed, when my prosthesis fell out on the sidewalk with a plop. I looked around and reached down, wiped my "boob" off very carefully and replaced it in the pocketless bra. I heard the snickers, but very nonchalantly went about my weeding chore.

My daughter just about lost it when she realized what I had just done! We had some good laughs about it later. We need good laughter and serious hugs during our recovery.

Norma Jones
Rising Sun, MD



THE NEW
Sentoo Wig Collection
IS HERE FROM EUROPE

A collection of **7 UNIQUE STYLES** specially designed for WOMEN with SENSITIVE needs.

The Sentoo Collection stands out by featuring these unique characteristics:

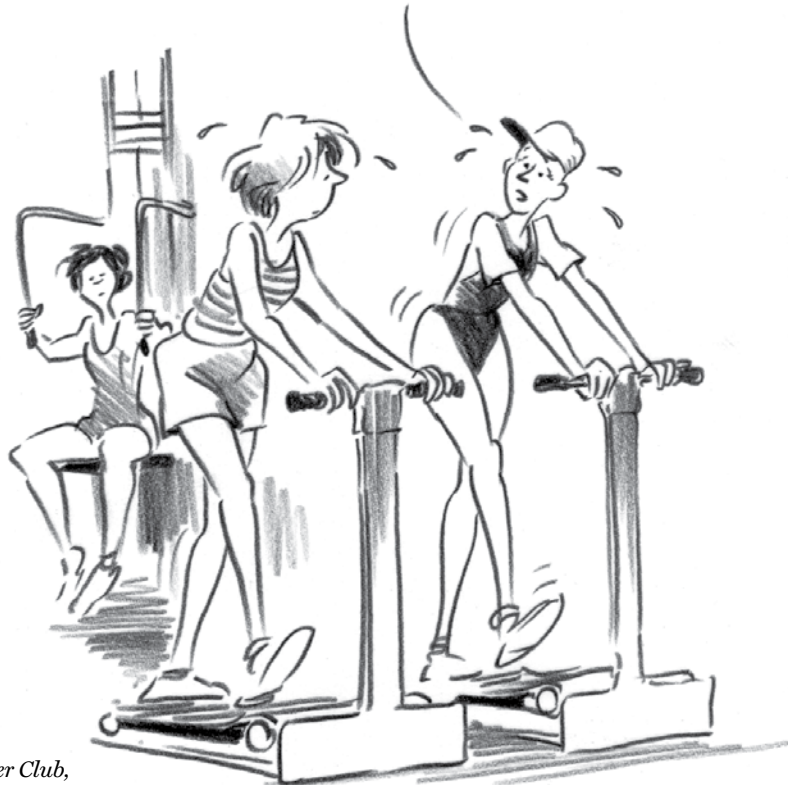
- LIGHT AS A FEATHER
- SOFT GENTLE FEEL
- NATURAL APPEARANCE
- INVISIBLE HAIR LINE
- NATURAL COLOR EFFECTS

TO SEE MORE STYLES AND TO FIND A STUDIO NEAR YOU VISIT www.sentoowigs.com

Distributed in the USA by International Hairgoods
Visit www.sentoowigs.com or Call us at 1.800.328.6182
At International Hairgoods, we continually strive to offer you, the professional, the highest quality and newest solutions in hair restoration.



"I USED TO WANT BUNS OF STEEL...
NOW I'D SETTLE FOR TWO BREASTS
AND SOME HAIR."



Dear Cancer Club,

About four months after my surgery, I attended a support group meeting where they displayed prostheses. One woman spoke up and said she simply used a shoulder pad in her bra and that helped a lot. I liked that idea.

The following Saturday night I was invited to a friend's house and thought this would be the perfect time to try the shoulder pad. We played board games, watched a movie, and then moved to the table to play cards. On his way over to the table, Jim leaned over to the floor and said, "Did someone lose a shoulder pad?" I was laughing so hard that I had to tell them where it came from. Now I use safety pins.

Gwen Myers
Columbus, OH

Have you laughed out loud yet? No? Try this: on the count of three, throw your head back and start laughing. Better yet, ask a friend to do this with you! Pretty soon, you'll have tears streaming down your face!

In *Laugh 'Til It Heals*, I interviewed nine of the world's leading authorities on the use of therapeutic humor. Here's what Patty Wooten, RN and author, speaker and cancer survivor had to say:

Managing cancer is serious business. The treatments are toxic, the stakes are high, and the situations with which a patient must cope are often treacherous. Why would anyone want to laugh under these circumstances? Because laughter and humor can help

Healthy & Hopeful Lifestyle Series E-books, CD, MP3's and DVD

Learn How To Breathe With Purpose



\$5.00 OFF
On Sales Over \$9.98
Use Code "5off"
Expires 2/15/12



FREE
Breath
E-book

\$10.00 OFF
On Sales Over \$30.00
Use Code "30off"
Expires 2/15/12

Learn How To Move And Breathe With Purpose



www.BreastCancerYoga.com

you get past the unpleasant, manage the unbearable, and cope with the unexpected.

Humor is a perpetual event. It is a way of looking at things. No two people see things the same way, so there is a wide range of what can be defined as humorous. Men's perceptions of what is funny tend to be different than women's.

With regard to illness, humor is the ability to perceive and find something funny in the face of adversity. Sometimes, humor provides us with a way to distance ourselves just enough from a troublesome experience to be able to tolerate it.

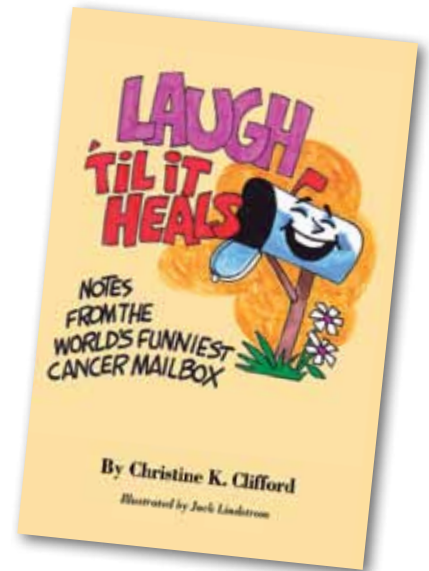
Laughter is a behavioral event. It is a physical response to humor that can engage the entire body and involve most of the major muscle groups. The extent to which your body changes is related, in part, to how comfortable you feel with losing control. When you first recognize that something is funny, your breathing pattern changes, then you develop a smirk which turns into a smile and is followed by a grin. Next, you begin to make noises, ranging from controlled snickers, escaped chortles and giggles to cackles, hoots, and guffaws. As the noise grows louder, you may begin to sway back and forth, slap your knees, stomp your feet or jab your elbow into someone nearby. As your laughter peaks, tears may begin to flow freely. When you are finished laughing, you



may feel weak and exhausted for a while. Laughter serves as a safety valve to release worries, relax, and let go.

So next time you're sitting in your chemo chair, lying on the radiation therapy table, or just getting ready to take a nap, don't forget to laugh!™ It's good for your health! ■

Christine Clifford, CSP, is CEO/President of The Cancer Club (www.cancerclub.com) and the author of eight books including Laugh 'Til It Heals: Notes from the World's Funniest Cancer Mailbox, Not Now...I'm Having a No Hair Day! and Cancer Has Its Privileges: Stories of Hope & Laughter. She is a seventeen year breast cancer survivor and Thriver, and speaks internationally on finding humor in the cancer journey. Don't forget to laugh!™ Email Christine at: Christine@cancerclub.com.



real purity
SKIN THERAPY

Continuing to blossom...

Wild botanicals blended with organic ingredients create our line of truly, pure products. Real Purity. From nature, for you.

Dr. Richard Easterling

Look for more wonderful things to come with the collaboration of our strategic alliance with Studio One Eleven, a division of Berlin Packaging.

STUDIO 111

For more information contact
Real Purity® P.O. Box 2858 Crossville, TN Tel: 800-253-1694 www.realpurity.com