

Recoup, Rejuvenate & Reclaim Your Life After Breast Cancer

BY BARBI WALKER



We all lead busy lives, oftentimes forgetting to care for our health. In our over-connected, over-scheduled and 'burning the candle at both ends' lives, our physical and spiritual well-being takes a back seat. But to keep up the pace, our health has to be...well, healthy.

The lull between summer and the holiday rush is the perfect time to rejuvenate and revive your spirit by taking advantage of our great respite suggestions. In keeping with Breast Cancer Awareness month, I suggest you take time to be aware of your own health and don't put it on the bottom of the to-do list.

In the United States there are more than 2.5 million breast cancer survivors, according to the American Cancer Society, and I know you have all earned a little "me-time," far from the appointments, doctors, and treatments that consume your daily lives - and even if you're blessed to be cancer-free, you've earned it too. Step away from the emails, texts, stoves, mops and errands and put yourself at the top of your to-do list this month.

re-ad-just

Set or adjust (something) again: 2. Adjust or adapt to a changed environment or situation: "she wondered if she could ever become readjusted to this sort of life," Webster's Dictionary

Meditation is one of many ways to readjust. The benefits of meditation are well-documented for improving individuals' health and mental states, as well as reducing stress levels.

Navigating life after breast cancer is challenging and sometimes frightening without a guide or map. Sarah McLean, breast cancer survivor and owner of the Meditation Training & Retreat Co., based in Sedona, AZ, offers self-discovery retreats and workshops in Sedona, and programs for meditation novices through her Everyday Meditation classes, in Phoenix. This dynamic and passionate teacher served as the education director for the Chopra Center for Wellness and began teaching meditation in the early '90s.

McLean helps breast cancer survivors answer a common question: "What am I supposed to be doing with my life?" through her mediation classes and retreats.

The Yoga of Writing: A Woman's Meditation & Writing Retreat, is McLean's recommendation for survivors. This intimate three-day retreat guides women as they write, talk and listen. She teaches them how to quiet the mind and stay in the present moment. "People don't really pay attention to their lives," McLean said. "That's why meditation is so important...is to be present."

For survivors struggling with their post-cancer identity, this is the perfect workshop. In a small, intimate group setting just for women, survivors are empowered to navigate and re-examine their lives, belief systems and roles. "The deep listening that happens during the retreat is very powerful," McLean said. "Women learn to listen and trust their own voice." The Yoga of Writing: A Women's Meditation & Writing Retreat is March 16 - 18, 2012 in Sedona, AZ.

fitness goals. Clients work in group settings to motivate and encourage each other, but Kelly and his staff of trainers work also individually with applicants to learn their personal goals and limitations. "I've had women in here from all ages that have had breast cancer. I even have a 90-year-old woman client," Kelly says. "And she's in the best shape of her life!"

Results Only isn't just about the body, it's also about the mind. Kelly's experience as an athlete and coach coupled with his obsessively creative workouts will help any woman not only reclaim her body, but also make positive changes that will last a lifetime.

re·ju·ve·nate

To make young or youthful again; give new vigor to; to restore to an original or new state, Webster's Dictionary.

The word alone makes one feel like relaxing, especially when it's coupled with a spa.

Maybe what you need is a massage, a mani/pedi, some herbal tea, an organic green salad and smoothie to nourish tired cells after breast cancer treatment and recovery. Right now, a great place for you is Canyon Ranch in Tucson, AZ.

Renowned for its integrative and restorative therapies, Canyon Ranch has a Health & Healing Center with access to board-certified physicians, exercise physiologists, nutritionists and other health specialists well-versed in attending to the special needs of breast cancer survivors.

Aside from the obvious relaxing spa and rejuvenation opportunities that the resort offers, social services and licensed therapists are also on staff and available to help survivors with questions or concerns.

Considering all the changes that take place when a woman battles breast cancer, it almost seems like a trip to Canyon Ranch should be a standard part of every set of "doctor's orders." Take care of yourself and utilize these resources as you transition to your new self, by pampering and rejuvenating your old self. "Just relax and get a massage," Sheryl Press, spokeswoman for the resort, said. "Because your body is not a medical experiment."

By giving yourself the gift of a trip to Canyon Ranch, Press said, you are giving yourself the gift to "just come back to you." And what better gift to give yourself for being such an amazing fighter and survivor — YOU.

Breast cancer or not, take it from this survivor - your life isn't just about cancer; taking care of you means taking care of your health - your soul, your heart, your passion, your imagination, your hopes, and your faith. Take time to recoup those things, reclaim the wholeness of you, and rejuvenate yourself. YOU will be glad you did. ■

RESOURCES

canyonranch.com/tucson
resultsonly.com
sedonameditation.com
sedona-spiritual-vacations.com
thecasa.org

Barbi Walker is a freelance writer and an award-winning journalist. Barbi lives in Phoenix with her husband and young son.

Comment on this article at
greenlivingaz.com

pure salon

your healthy alternative for hair and nails



voted 2011 BEST natural salon in the valley

- > organic hair products
- > no harsh chemicals
- > nontoxic hair color
- > clean air salon

safe|sanitary
manicures and pedicures
autoclave sanitation

we offer
formaldehyde free
brazilian blowouts

visit our website for daily specials!

coming soon
Downtown Phoenix
vernon & central ave.

Scottsdale
pima & pinnacle peak

480.339.6688

www.puresalonaz.com



Earth911 Celebrates 20th Birthday

Two decades ago, Earth911's environmental hotline launched in Arizona to help people responsibly recycle their used motor oil. Today, Earth911 hosts the nation's largest and most accurate recycling directory, with more than 1,000,000 ways to recycle more than 300 products. It's free to use the directory, which is accessible via platforms ranging from smart phones to the iPad to the Web. But still, Earth911's roots, its 1-800-CLEANUP® hotline and its dedication to Arizona, remain. With millions of recycling searches happening every year in the directory, Earth911 counts every one as a positive step in making a difference to help the environment and reduce waste. Wish Earth911 a happy birthday this month by visiting Earth911.com, downloading iRecycle for Android or iOS for free, or even giving the 1-800-CLEANUP hotline a call. Cheers!