

# Cancer Answers

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## New Beginnings

I am not much for resolutions because I know that although we often desire to change or improve things about us or our lives, the stark reality is that resolutions are HARD to keep. Generally, it isn't too many weeks into a new year before our resolutions are left behind in the dust. Perhaps a better way than resolutions is to spend the month of January evaluating or re-evaluating the areas we desire change or improvement in - and form an attainable, comprehensive plan of attack. That has been my approach for several years now - and although I have not always attained and maintained, I have had areas of both improvement and victory.

Many of you are using every ounce of mental, physical, spiritual and emotional strength to fight the battle of your life - Cancer. If that is where you find yourself, I encourage you to find one thing, each month, to focus on besides this literal life or death battle. You will find sharing the focus with one other important issue will give you extra strength to stay strong. Perhaps you will need to focus on the same thing for several months before moving on. That is OK. Remember it takes time to form new habits, relationships, healthy eating patterns and so on.

If you feel strong enough to focus on more than one challenge at a time, that is fine, but do not overwhelm yourself. Focusing on more is not always better. August, 2008's Cancer Answers newsletter was about "Giving Yourself Permission to Feel Bad". (You can email me to request a copy of that newsletter if you wish.)

Deciding the areas to focus on can be somewhat overwhelming itself. May I make some suggestions?

- Healthier eating
- Getting more...and better...sleep
- Spending more time in prayer and Bible study
- Core body strengthening
- Moving toward organic personal care products
- Researching alternative ways to improve and/or regain your health
- Incorporating natural/organic products into your cleaning regimen
- Developing stronger relationships
- Learn new things - both knowledge and skills

Let me go even one step farther. Cancer Answers will address each of these areas between February and October, offering simple, yet effective ways to change or improve.

For January though, my challenge to you is to pull out those articles, scraps of paper, newspaper clippings, etc that you have collected over the years and tucked away. Reading just the title, or first few lines, stack them according to subject matter and then put each stack in a marked envelope or folder. Choose one envelope or folder and spend an evening reading through the contents. Just reading them over can get you excited and energized to get focused. You can also keep a notepad, pencil and marker close by to jot

## New Beginnings, cont'd.

down new ideas or highlight great ideas, tips and strategies. You may find that you throw a lot away - or perhaps decide an entire subject is no longer important or pertinent. Life changes...and so do our ambitions, desires and passions. Set each envelope/folder, aside when you have finished and then make a list of the subjects starting with the most important, second most important; and so on. You may choose to place any of your subjects that coincide with the subjects I will address to match up together. (I will address the list in order.)

You might need to stop there until you have regained more health. Remember, you will still be focusing on one thing each month with Cancer Answers.

This should be FUN for everyone. I am excited to share 2011 with you this way!

## Baby it's Cold Outside

During these cold winter months here's a homemade recipe I think you will enjoy. All the ingredients should be fairly easy to find locally, or you can purchase them online.

- 2, 4 oz jars vitamin E cream  
try Jason's (25,000 IU) or Mill Creek (20,000 IU)
- 1, 8 oz jar shea butter  
try SunFood (8.8 oz)
- 1, 12 oz natural or organic baby lotion  
Jason's organic is great if you like -  
and can tolerate lavender

Mix all ingredients together and scoop into a large jar. Apply at night to hands, feet, elbows (and anywhere else you need extra moisturizing). If possible put cotton gloves and socks on your hands and feet to get as much benefit from the lotion as possible.

**Thank you for all your Christmas emails. They were very encouraging.**