



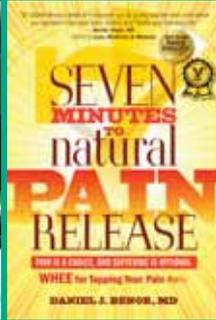
September Informer

Your newsletter

Keeping you up to speed with what's going on. I certainly would be happy to receive information on events coming up in your district and any short articles that you have.

**The acting secretary is Helen Bramley-Jackson
(03) 5447 9331
Administration officer
Is Karen Howard
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Professional Development



Workshops in Sydney, Melbourne and Brisbane
Phone 1300387063

Dan would also like to know of any healers that have close working relationship with General Practitioners as he is keen to facilitate the creation of an Australian branch for a Doctor Healer Network.

VICTORIA October 12th & 13th

Hepburn Springs Bathhouse Villa
136 Main Road, Hepburn Springs
3461, Victoria Australia

\$235 for Saturday; \$450 Early-Bird \$395 for both days.

Registration fee includes WHEE Workbook, lunch, morning and afternoon tea

Register Now by phoning
0439 488 885

SUNSHINE COAST 15th October

White Eagle Lodge Maleny

Time 11-1pm

Cost \$25.00

SUNSHINE COAST 16th October

Tafe Mountain Creek

7pm-9pm

Cost \$ 55

BRISBANE 17th October

Irish Club

7pm-9pm

Cost \$55

GOLD COAST 19-20th October

Bond University

1 Day: \$165

2 Days: \$375 - Early Bird \$325

LIMITED SPACE - BOOKINGS ESSENTIAL

PHONE 1300 387 063

One and Two Day Seminar on Natural Healing :

1st day WHEE Workshop for personal transformation – for everyone

2nd day for Healthcare Practitioners and other Caregivers
Daniel Benor, Wholistic Psychotherapist (Can), MD, Psychiatrist (US)

WHEE = Wholistic Hybrid derived from Eye Movement Desensitization and Reprocessing (EMDR) and Emotional Freedom Technique (EFT)

DISCOVER ways in which stress and distress are processed in mind, emotions and body, and wholistic ways to deal with these.

EXPLORE Ways to identify and release physical and psychological pains, anxieties, cravings – rapidly and thoroughly

LEARN Ways to teach others to treat their own problems

THIS WORKSHOP IS TRANSFORMATIONAL!

Join other WHEE (WHEE: Whole Health – Easily and Effectively®) users who report that WHEE helped them rapidly, often even dramatically, with emotional and physical pains; stress; anxieties; unresolved grief and other residues from the past; and self-limiting beliefs.

Practitioners report outstanding successes with clients, who learn WHEE easily and use it to great effect.

More on WHEE at www.paintap.com.

Daniel Benor is an expert in wholistic self-healing, addressing body, emotions, mind, relationships and spirit. Dr. Benor has taught this spectrum of methods internationally for 30 years to people involved in wholistic, intuitive, and personal spiritual approaches to caring, health and personal development.

Dr. Benor authored Seven Minutes to Natural Pain Release, Healing Research Volumes I-III and many articles on wholistic healing.

He is Editor of the open access, peer reviewed International Journal of Healing and Caring www.ijhc.org and moderator of a major website on wholistic healing and CAM research.



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www.lessonslearnednetwork.com
www.managesideeffectsofchemo.com



Yep, the line-up of mug shots above is my breast cancer adventure in photos.

It all began with a fateful phone call at 4pm on Christmas Eve 2009. A diagnosis of Breast Cancer and, by 5pm, I was numb and in denial with a margarita (or two) in my hands.

I have always been active, fit and healthy. At the time, I was living on the Sunshine Coast and working in a high-powered job as an HR consultant in Brisbane.

My diagnosis was a real surprise, even though I had often joked that I'd get my breast implants when I get my breast cancer" ... I guess you have to be careful what you wish for. I still haven't had breast reconstruction - don't really want to prove the prophecy true.

I'd had a few challenges in my past - jaundice as a baby, under functioning thyroid in my 20s, IVF & knee operations in my 30s - but never thought of them as life dramas... until my husband Bruce said to me after my diagnosis: "Don't 'they' think you've had enough issues in your life time?" Hmmmm, well breast cancer was just another one to add to the list, so why not tackle it with a glass half full attitude just like the others.

I started contacting other breasty graduates to get some tips but found most had quickly forgotten, whether by choice or default, I suspect it must be like child birth.

Often I would meet someone who had some fantastic advice about a phase of treatment that I had completed and I would be left wishing I had known about that tip earlier. This prompted me to document my experience so that when I finished I could pass on my tips to others that join this prestigious club.

As I progressed through treatment, I compared notes with my breasty buddies and realised three things:

- 1. That many of them did not have the time, energy or know how to research aspects of their treatment - life is very busy as a cancer patient!**
- 2. That our experiences with doctors, treatments and side effects varied substantially between us.**
- 3. Sharing just my experience only gives a small slice of the possibilities...**

So it dawned on me that I really needed to give every person out there who has travelled this cancer road with a glass half full attitude, the opportunity to share their experiences too.

Having worked in the corporate world for a few decades, every project is reviewed and usually a "lessons learned" document would follow the review, so the same errors are not repeated and opportunities for improvement are found.

So why not do the same after cancer treatment? Why should those who follow what we've been through repeat the same errors? Why shouldn't they benefit from mine and others experiences and lessons learned?

Hence the birth of the Breast Cancer Lessons Learned website, a storehouse of information including links to websites, recommended books and products, videos and stories from others who have undertaken the journey, all presented by treatment phase.

Shortly after Breast Cancer Lessons Learned was hatched, a friend who had waged her war against advanced ovarian cancer wanted to join the website to share her research.

The addition of Gyne Cancer Lessons Learned made way for 'The Lessons Learned Network'.

So, if you have the T-shirt, are a research junkie like us and interested in joining our team send us an email. We're open to adding more areas to LLN!



Because this site is not just about us - we also need all those wonderful people out there with amazing experiences on how to cope with this challenge on all levels - mentally, physically and spiritually - to share their big tips: what they did well and what they could have done better.

We know there are many people out there who have faced the cancer challenge with a positive attitude, they have found the good in every situation, accepted the ups and downs and done it with grace.

So if you know anyone that fits the bill, please ask them to jump online and contribute to the LLN website – the website has always been and always will be a work in progress.

Cancer, among its challenges, has been the catalyst for a number of great changes in my life. Having your head stuck in a corporate world of deadlines and accountabilities can be very misleading.

I certainly had a wake up call regarding who and what I choose to spend my energy on: what I need versus what I want, and the environment I choose to live in.

I no longer ignore the fact that what we “live in”, wear, absorb, consume and think effects us at a cellular level, which will almost always come back to bite you in the arse in the future.

It's funny how life just puts things right in front of you at the right time. Before I launched Lessons Learned Network, I had friends and “friends of friends” continually emailing me for my information. “You have to write a book,” they'd say.

One day a neighbour invited me to a conference where we heard a number of entrepreneurs and wellness presenters share their wares. I listened to a presenter explaining how easy it was to write and publish a book these days. Well, didn't that set a few cogs turning in my little brain.

By then I'd realised there was a ton of information out there on treating cancer naturally but very little on treating the side effects of conventional cancer treatment naturally.

And yet, when I started to look into the research and spoke with some naturopathic physicians who work in oncology, there was not only a great deal of information on how to treat side effects of cancer treatments with natural supplements but also a large number of clinics practicing integrative oncology.

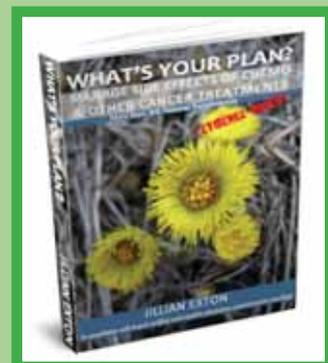
There really was a large body of clinical evidence that supported the use of natural supplement in preventing and treating side effects. This was a “I wish I'd known all this back then” moment.

The more I knew, the more obligated I felt to make this information available to everyone on the cancer adventure so they had a choice about how they manage their side effects during their cancer treatment.

If I can help others minimise their suffering and the collateral damage to healthy cells and organs while undergoing cancer treatment then I would be contributing something of value to society!

WHAT'S YOUR PLAN? Manage Side Effects of Cancer Treatments was the outcome of six months work, written in consultation with two very wise naturopathic physicians who work with cancer patients and in integrative oncology.

The book explains cancer in basic terms, provides an insight in the role of diet and mind body medicine in healing and lists more than 90 natural supplements with their relevant clinical studies that are all currently being used in integrative oncology. The book is available as an ebook and paperback on www.managesideeffectsofchemo.com



Having worked since I was age 11, I've always had a solid work ethic - I guess it's true your greatest strength is your greatest weakness. So I jumped at the opportunity for a gap year after my treatment. The book took up the first half of the year and I managed to fill the rest easily. It really came as no surprise when I eventually resigned from my corporate consulting job - there was no going back to the 60+hr week living away from home.

So I've had time to play with a few projects, I now present at cancer support organisations to share 'my lessons learned', where I

share what I did well and what I could have done better through each phase of my treatment.

I'm also running webinars online because I realised I have a global market and it would be criminal for me to keep this information to only those in my geographical area.

I cover a few tips and tricks on coping with cancer treatments from a mental, emotional and physical perspective but specifically share the process and websites that cancer patient and their care givers can use to research natural products to manage their side effects.

We look at how to identify the side effects of cancer treatments, research the natural supplements that have clinical studies cited, identify the foods and herbs that have drug interactions with cancer drugs and then where to buy supplements online.

Some great websites include

www.chemocare.com
www.drugsaz.about.com
www.ncbi.nlm.nih.gov/pubmed/
www.scholar.google.com.au
www.NaturalDatabase.com

The times of the webinars are listed under the events/webinar tab on the Lessons Learned Network website.

www.lessonslearnednetwork.com/LLN/webinars.html



It's interesting, there have been moments in time where I have hesitated being so involved in the cancer environment after all my treatment. It's the old adage, "Careful what you focus on". Particularly with my husband joining 'Team Cancer' while I was undergoing radiation. We were both just over talking, thinking and living cancer and wanting to move on.

It finally dawned me that while I'd been totally focused on sharing all this information within the cancer community, I'd been learning how to build and maintain websites, affiliate programs, mobile website, creating/editing videos and webinars; writing/publishing & marketing books, and had been exposed to a whole new world of information and technology.

Although I was fulfilling a purpose in providing information to make the journey easier for other cancer patients, I was also adding a list of new skills and knowledge to my repertoire which was providing me other opportunities outside of the cancer industry.

I have since joined forces with a friend, who has made the 'tree change' from corporate law, to start an online business developing mobile websites (www.mohotsi.com) for small to medium business. There is so much great technology out there pertaining to the use of mobile phones and a lot of small businesses either don't know how to leverage this market to increase sales & customer service or think that it's outside of their financial capability.

I've also been exposed to mobile/phone applications (apps) and their development and have a few great ideas which I'm investigating for the app market. Then there's the webinar market where I help run webinars online for people to educate their customers and market their products.

I still do some part time consulting but am very focused on balancing work, health and relationships. So life has moved on, I balance "cancer work" with "non cancer work" now and it seems to be a nice fit.

Now don't be misled... I am now two years post treatment and I've had the typical challenges along the way: hospitalisation during chemo, pericarditis post treatment, experienced tension in relationships and marriage, and then there's the ongoing stress and anxiety that comes with surviving cancer from both a patient and caregivers' perspective.

But I have to say, although I would not have chosen to have cancer, I have accepted it and allowed cancer to be a catalyst for change.

I have used the opportunities it presented to take stock of where I was at and where I wanted to be. I could have returned to my previous life of working crazy hours, and meeting crazy deadlines... but then I'd still be a brunette!!

By leveraging the opportunities presented from my cancer diagnosis, I feel I have given value to my cancer experience.

LOOK GOOD... FEEL GREAT EXPO

WHAT'S IT ALL ABOUT?

October Is Mental Health & Breast Cancer Awareness Month.

As Part Of Sapphire Support Services Commitment In Raising Community Awareness On Various Topics, We Will Be Organising A Health & Wellbeing Expo. The Focus Is On Wellbeing And Self-Care; Including Mental, Spiritual And Physical Health And The Services That Support This.

When?

The Expo Will Be Held At Oakland's Event Centre

On Sunday 6th October

From 10am - 4pm.

Contact Details: Michaela Pascolutti

Phone: 0413 136 006

Address: PO Box 364 Merimbula Nsw 2548

Email: michaela@sapphiresupportservices.com.au



September Birthdays

Happy birthday to the following members

Marilyn Marshall, Lorraine Montgomery, Lea Mow- Yoffee, Joy Nicholson, Nickolaos Panopoulos
John Denholm, Alannah Dore, Eve Francis, Keren Allen, Susan Clinton, Christine, De Les Heras
Katie Rawling, Jane Marie Trewella, Gwendoline Williamson, Deborah Howe, Cheryl Jenkins,
Andrea Jonas, Melinda Kienhuis, Linda Koen, Kerry Langridge, Ann Marcon

Humanities Healing Day



October 24th 2013

BYRON BAY ORGANISED BY
LILY TOMAS

email: lilyt1@hotmail.com



The committee would like your support
We would like to get our organisation noticed by a lot more
people, you can help us by displaying our logo on your website.
Please contact the office for a copy of our logo

NETWORKING

The committee feels it is important for all our members to support likeminded organisations conferences; it's a great way to learn new things, gain professional development hours and meet new people.

Conferences

AIMA Conference

18-20th October
Marriot Gold-Coast
www.aima.net.au

Website links



www.heartsinhealthcare.com

Australian Industry Training Association
www.aitd.com.au

Australian Hypnotherapy Association
www.ahahypnotherapy.org.au

Walter Last
www.heal-yourself.com.au

Strauss heart drops
www.straussheartdrops.com

National federation of healers
jenny@nfh.org.au

Magnetic Healers Unlimited
www.magnetichealers.org.nz
kathyauric@actrix.co.nz

Cancer support organisation
www.ucansurvive.org

White Eagle Healing Centre
www.whiteeaglelodge.org.au

Australia Counselling association
<http://www.theaca.net.au/>

Print - Signs - Designs
Enquire @
www.caledoniancolour.com

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Finally thought for the month *Progress is the attraction that moves humanity.*
Tim Fraser - President and Editor

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