

## Steps forward, more steps always needed.

By Ann Fonfa, Founder, Annie Appleseed Project



I started my cancer advocacy 'work' (as an unpaid volunteer) back in 1994 after a 1993 breast cancer diagnosis.

Like many of us I was a bit stupefied in the beginning and spent some time working on myself. Like so many folks nowadays, I used natural approaches. I have been a champion of lifestyle changes, dietary supplements, exercise, detox, and relaxation for all these years. Lately it seems there are many articles and ideas about the value of this plan, even the oncology professionals are giving it weight.

Things are certainly better yet I have just been invited to help coordinate a meeting of the Food and Nutrition Board of the Institute of Medicine and Oncology Nutrition (ON) Dietetic Practice Group of the Academy of Nutrition and Dietetics, a workshop to look at the **problem of nutrition access of cancer patients**.

It reminded me of a discussion I had a few years ago. MD Anderson Cancer Center had one of the earliest (and best) Integrative Medicine institutes. And since its inception about half of all their oncology doctors have recommended the services to their patients. This has stayed about the same for the last 15 years or so. They originally had a grant allowing them to offer acupuncture, visit to a nutritionist, yoga classes, etc. at no cost to the patients. Insurance should have begun covering this aspect, but has not, to the detriment of all of us.

That reminds me: I started a petition asking CMS (which runs Medicare and Medicaid) to COVER Acupuncture – maybe you would like to SIGN and SHARE this.




[http://www.avaaz.org/en/petition/CMS\\_Cover\\_acupuncture\\_for\\_those\\_on\\_Medicare/edit/](http://www.avaaz.org/en/petition/CMS_Cover_acupuncture_for_those_on_Medicare/edit/)

There is no reason for people undergoing conventional therapies to suffer so much. Many natural strategies exist that help to reduce the short and long-term toxicities. Explore information, ask many questions, make sure you do what is right for you. Studies have finally begun (and finished) that validate the ideas put forth so many years ago suggesting that the combination of healthy behaviors really make a difference. Start anytime to get yourself stronger and healthier.


I am so excited that I will have a poster at the upcoming ASCO (American Society for Clinical Oncology) Breast Cancer Symposium. It is truly a sign of the expanded awareness that a poster talking about healthy behavior has been accepted. (See below to view poster)

**Annie Appleseed Project**, a nonprofit, provides information and advocacy on Natural Cancer Strategies, Lifestyle Issues, Complementary & Alternative Cancer Therapies—reduce risk of occurrence, risk of recurrence, risk of treatment toxicities, and on alternative treatments

Take **3 Steps 4 Health**

 <p>Eat <b>1</b> more fruit and <b>1</b> more vegetable every day</p>	 <p>Take a <b>walk</b> around (the room, facility, or neighborhood)</p>	 <p>Take <b>7 deep breaths</b> before bedtime or treatment</p>
--	--	---

Are you entering a **clinical trial**? Why not get **HEALTHIER** by following these (first) 3 Steps 4 Health. There can be NO objection as it makes NO difference which arm of the trial you are in. **This is about YOU getting WELL! This is 'Prehabilitation'**



[www.annieappleseedproject.org](http://www.annieappleseedproject.org) (561) 749-0084 Find us on Facebook and Twitter (@annieappleseed)

cartoon art donated by Anita Lovitt

## CISN Statement

We do not endorse any practice / product or make any medical claims – the information above is a personal story that others may find informative.