

Brain Tumor Story with Optimal Health and Healing Tips Against Cancer

By Jeannine Walston



When I entered the cancer world in 1998 at age 24 years old diagnosed with a brain tumor, I knew nothing about cancer. Suddenly with threats about livelihood, my healing focus began to cure myself against the brain tumor.

Through research and recommendations, I chose awake brain surgery at the National Institutes of Health where my neurosurgeons removed the tumor and surrounding tissues. As I further entered into the cancer world, some people told me about possibilities of recurrence. I also felt that I had to do much more for my optimal health and healing.

For several years, recommendations and research brought me to helpful therapies as I was healing from surgery and trying to avoid any recurrences. Already addressing some aspects of whole person health and healing, I was still only scratching the surface. Only through many years did it transform into my creation of an integrative cancer care for the whole person plan.

Professionally my work also taught me volumes about health and healing. Instead of plans to go to law school, I made the decision to join the cancer community working for cancer non-profits and also as a consultant to the National Cancer Institute and Food and Drug Administration. After a few years in those roles, I reached a point personally and professionally that I could not only focus on the disease and instead needed to address the whole person. From there I got a job at the National Institutes of Health National Center for Complementary and Alternative Medicine's Clearinghouse getting to know some of their research and levels of complementary medicine.

Chaos can certainly inspire people into actions. When I was finally informed of my brain tumor recurrence in 2004, I further explored to address the brain tumor and depths of my healing. Since then, I've used thousands of integrative cancer care therapies in the United States and Europe. Eventually I specifically needed conventional cancer treatments with my second awake brain surgery in September of 2011 at the University of California San Francisco and my third awake brain surgery in November of 2013 at the University of California Los Angeles. In addition, for the first time in 2014 I had radiation, oral chemotherapy with Temodar, and immunotherapy in dendritic cell vaccines through a clinical trial. As my healing focus continues, I embrace my journey for many years to come.

So what are the most important gems through cancer? In my cancer path personally and professionally, I've developed clarity about the critical importance of integrative cancer care for the whole person addressing the entire physical body, mind-body wellness, spiritual connections, social support, and a clean environment. Since integrative cancer care tailors to each individual, the use of personalized health and healing delivers the best results. Integrative cancer care improves quality of life, cancer survival, and cancer prevention. Here are some special key tips to help you support yourself into optimal health and healing.

1. Ask for support

Each cancer patient often needs support from family, friends, and more. Create a strategy to identify what's best for you, and even develop an online support schedule. As patients go through the experience with cancer, it's important to know that nobody is alone. Ways to prevent and dissolve that experience with cancer makes a difference in their healing.

2. Get help from a cancer coach

Navigation with cancer involves a lack of clarity about where to go and what to do. Life is better with help to find improved quality of life and cancer survival. Choosing to work with a cancer coach supports patients and caregivers before, during, and/or after cancer treatments and other aspects of integrative cancer care for the whole person.

3. Do research, including conventional cancer treatments

To assess if you need conventional cancer treatments, find the best information from the most reliable experts and other resources. Collect multiple opinions. Ask quality questions. Get support to optimally navigate through cancer.

4. Create an integrative cancer care plan

Along with any necessary conventional cancer treatments, integrative cancer care for the whole person addresses the entire physical body, mind, spirit, social, and environmental health. Integrative cancer care improves quality of life, cancer survival, and cancer prevention. Make it a priority - with help - to create an integrative cancer care plan.

5. Cultivate and continue self-care and self-advocacy

Daily self-care involves reducing stress, healthy foods, sleep, positive thinking, exercise, and other wellness strategies. Self-advocacy requires actions to navigate through your cancer journey. Do not remain in resistance. Engage movement forward.

6. Understand curing vs. healing.

Along with curing cancer, people with cancer profoundly benefit from focusing on healing. Think and feel about it over time, and you will find new ways to live life more fully. Healing often involves resourcing and restoring wholeness.

7. Love yourself immensely

Create positive shifts. Release any fear. Further develop trust. Learn to fully embody self-love.

8. Maintain a commitment to your whole person

Each individual exists through integrated components of self. All of those parts create your whole. In further connecting with deeper, expanded whole person levels of yourself, you will more fully support your optimal health and healing.

About the Author Jeannine Walston

Jeannine Walston (www.jeanninewalston.com) shares information and inspiration to support optimal health and healing in cancer patients with integrative cancer care for the whole person through her educational website. Her services include work as a Cancer Coach, Writer, Consultant, and Speaker. Along with other roles, she is passionate about educating and

empowering cancer patients and cancer caregivers to improve quality of life, cancer survival, and cancer prevention. Jeannine is a cancer survivor since 1998 with extensive experience in cancer education and advocacy, health care policy, and conventional into integrative cancer care. Her work includes the National Cancer Institute, Food and Drug Administration, National Institutes of Health National Center for Complementary and Alternative Medicine's Clearinghouse, the U.S. Congress, cancer non-profit organizations, and health care practices, and direct support to cancer patients and caregivers.

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.