18 real ways to thrive!

After chemo, Evan’s dancing again!

“I chose optimism!”

Hollye never dreamed her cancer journey would lead to best-seller fame

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GUIDE TO
Chemotherapy

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Evan won’t let cancer keep him from
pursuing his love for dancing.

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Guide to Chemo goes interactive!
Watch videos to learn more and get
insider tips! Just look for the Aetable
icon, shown left. Here’s how it works:
1. Download Aetable. Search for the FREE
Aetable app in the app store on your
smartphone or tablet.
2. Launch Aetable. Click the icon to start the app
on your device.
3. Scan. Frame the page with the icon using your
smartphone or tablet, and watch videos, slide
shows and more!

Healthmonitor

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Healthmonitor launches Aetable app!
Aetable is a powerful digital
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How a question you would like answered
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Cover photo by Elizabeth Niedern

Evan won’t let cancer keep him from
pursuing his love for dancing.
At age 50, Tari Prinster was looking for a way to address menopausal symptoms, so she signed up for a yoga class. “I didn’t want to look or feel like an old woman,” she admits. Little did she know that just five years later, she’d have her own yoga studio—and be turning to the practice to help her get through treatment for Stage IIb breast cancer. Just two weeks after her lumpectomy incision healed, she resumed her daily yoga sessions. And she kept at it through eight months of chemo…and then radiation. “Yoga helped me keep my immune system strong. It also gave me emotional support and spiritual comfort.”

It didn’t take long for Tari to realize…other people need this, too! So she created Yoga4Cancer (y4c.com), where she offers classes geared to cancer patients and survivors. Here, Tari shares two of her favorite poses.

Beat stress & fatigue

Restorative fish: This pose activates the parasympathetic nervous system—the calming nerve response that counteracts the “fight or flight” reaction and promotes a relaxed body and mind.

1. Grab two blocks. Place one at the top of the mat, and the other about 12 inches down. Set two folded blankets at the side of the mat.
2. Sit in the middle of the mat with the blocks behind you. Bend your knees, placing feet flat on the floor. Using your arms, lower your upper body onto the blocks: Rest the bottom tips of your shoulder blades on the lower block (do not rest your waist, back of neck or upper shoulders on this block). Support your head with the higher block.
3. Extend your legs. Place your arms on the blankets and close your eyes, resting for at least 5 minutes.

Lower back hurts? Bend your knees and place a bolster or rolled-up blanket under them.

Head uncomfortable? Put a blanket or towel over the block.

Tari’s moves for feeling your best

When you’re going through chemo, yoga does more than just help ease the side effects, says Tari: “The strongest benefit of yoga is empowerment: the ability to do something self-affirming,” she notes. “It’s part of a self-prescribed action plan for a healthy future.” Here, two poses from her new book, Yoga Prescription: Using Yoga to Reclaim Your Life During and After Cancer (due in Nov. 2014). Alert: Clear any new exercise with your healthcare team first.

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Yoga Prescription: Using Yoga to Reclaim Your Life During and After Cancer (due in Nov. 2014)
Boost flexibility & bone mass

Downward dog with chair: Along with stretching your whole body, this move provides resistance, which can build bone strength and help counteract bone loss due to chemo and other treatments.

To start: Stand facing the chair, feet hip-width apart. Place hands shoulder-width apart on the chair. Walk your feet away from the chair and bend forward at the hips. Keep your head straight so your ears are between your upper arms.

Step 1. INHALE: Bend knees and elbows slightly. Lift your chest and look toward the back of the chair.

Step 2. EXHALE: Straighten your arms and legs and return your head and neck to the start position. Press your palms into the chair and root your feet into the floor. Feel your lower belly engage, lifting toward your spine.

Repeat 5 times, bending and straightening legs and arms with your breath.

»Tight hips or legs? Keep your knees slightly bent throughout the sequence. 🤔

WEB EXTRA! 🌱 Get 20 tips to boost your mind, body and spirit! Visit Guide2Chemo.com/MentalHealth

IN TREATMENT?
THESE YOGA TIPS ARE FOR YOU!

1. Bring your own gear. “You’re more susceptible to infection during chemo,” says Tari. So bring your own mats, blocks and blankets.

2. Tell the teacher if you have a chemo port. “If the teacher is making adjustments, [his or her touch] could be painful,” says Tari. “Your teacher needs to be aware.”

3. Work with a yoga teacher who is trained to work with cancer patients. He or she will understand your needs and challenges.