



MY WELLNESS & SELF-CARE PLANNER

WANDA ST. HILAIRE
WWW.IMSORRYITSCANCER.COM

A COMPANION TO
WHAT TO DO AFTER
“I’M SORRY,
IT’S CANCER.”

AN EXCEPTIONAL GUIDEBOOK FOR NAVIGATING
YOUR WAY TO HEALTH AND HAPPINESS

WANDA ST. HILAIRE



Calgary, Alberta
www.imsorryitscancer.com

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This wellness planner is dedicated to you. You deserve amazing health and happiness. Congratulations on taking charge of your cancer journey. I hope this planner will be of benefit as you maneuver your way back to supersonic health.

Instructions: Print, punch, and place in a binder, preferably one with a clear pocket front face to view the cover page.

Books to incite impassioned odysseys through life

*“These mountains that you are carrying,
you were only supposed to climb.”*

—Najwa Zebian



Research

*“It’s supposed to be a professional secret, but I’ll tell you anyway.
We doctors do nothing. We only help and encourage the doctor within.”*

—Albert Schweitzer



Research

*“Bran thought about it. ‘Can a man still be brave if he’s afraid?’
‘That is the only time a man can be brave,’ his father told him.”*

—George R.R. Martin, *A Game of Thrones*



Research

*“You do not need any more strength. You need only
to realize how strong you already are.”*

—Vironika Tugaleva



Questions for the Surgeon

- Why are you recommending this procedure?
- What are my options?
- Please explain exactly what is done in this type of surgery, before, during and after.
- Has this type of surgery changed in the past twenty years or are you using advanced techniques?
- Is this your area of expertise?
- Will I have nerve damage?
- Will I have restricted mobility?
- What is the recovery time?
- What type of anesthesia will be administered?
- How long will I stay in the hospital?
- Are other organs are affected?
- What exactly are all the potential risks and complications?
- What exactly are all the potential long-term side effects or conditions?
- What is required for follow-up care?

For breast cancer:

- If lymph node removal is recommended: How many nodes do you take and what is done to reduce the risk of lymphedema?
- Removing lymph nodes suppresses immune function. How will I improve my immunity after this surgery?
- For breast: how much tissue is being removed?
- What type of changes will I notice in my breast(s)?
- Will I need reconstruction?
- Will you take care with the aesthetics?
- Will you be leaving a titanium marker inside my breast? (These are used to identify the precise location of your tumor site.)
- Will a radiologist be inserting a wire localization in my breast pre-surgery?



Notes

“Surgeons can cut out everything except cause.”

—Herbert M. Shelton



Questions for the Radiation Oncologist

- Does radiation kill the cancer stem cells (the seeds, so to speak)?
- What are all of the adverse side effects and collateral damage to the healthy cells, bones, and organs of the body with this type of radiation?
- What is the irreversible damage (including nerve damage) that could occur to my body?
- Could there be hardening or scarring of tissue?
- Does this affect hair growth in the area (if applicable)?
- How will this affect the quality of my life?
- Does radiation affect my digestive system?
- How will this treatment affect my immune system?
- What is the percentage rate that I actually need radiation for my type of cancer?
- How are we planning on rebuilding my immune system due to the impairment of it through radiation?
- How do you determine the radiation protocol that is right for me?
- How long has this particular protocol been in use?
- Do you have anything more advanced and cutting edge you can offer?
- Radiation causes cancer, so why do we use radiation to kill cancer and what are the chances of getting subsequent cancers from radiation therapy?
- I would like your honest answer to this question doctor. Would you take this protocol if you were diagnosed and would you recommend it to your family?



Notes

“Love is our true destiny. We do not find the meaning of life by ourselves alone—we find it with another.”

—Thomas Merton



Questions for the Chemotherapy Oncologist

- Does the chemotherapy kill the cancer stem cells (the seeds, so to speak)?
- What are all of the adverse side effects and collateral damage to the healthy cells, bone marrow, and organs of the body?
- What is the irreversible damage that could occur to my body?
- How will this affect the quality of my life?
- How does chemotherapy affect my digestive system?
- How will this treatment affect my immune system?
- How are we planning on rebuilding my immune system due to the destruction of it through chemotherapy?
- What is 'chemo brain' and how long do the effects last?
- Will I lose all of my hair?
- How do you determine the type of chemotherapy that is right for me?
- What other drugs will be needed to offset the side effects of the chemotherapy and exactly how much will they cost?
- (For intravenous chemo) Why do chemo nurses wear gloves and protective clothing and why is it considered a hazardous drug for nurses?
- What are the chances that this will cure me completely of cancer?
- What is the known mortality rate from using this treatment rather than from the actual cancer?
- How toxic is this drug, is it a known carcinogen, and can it cause secondary cancers?
- Is the goal with chemo a cured, healthy life or an extension of life?
- I would like your honest answer to this question doctor. Would you take this protocol if you were diagnosed and would you recommend it to your family?



Notes

“We have a higher guidance system that is with us all of the time. It’s up to us to knock on the door.”

—Courtney Amundson



Questions for Complementary Practitioners

“Once you start communicating with your body, things become very easy. The body need not be forced, it can be persuaded. One need not fight with the body—that’s ugly, violent, aggressive, and any sort of conflict is going to create more tension. So you need not be in any conflict—let comfort be the rule.”

—Osho



Notes

“We should never wait for science to give us permission to do the uncommon.”

—Dr. Joe Dispenza






































Notes

*“What drains your spirit drains your body. What
fuels your spirit fuels your body.”*

—Caroline Myss, *Anatomy of the Spirit*

Appointment Calendar

MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
						

*“There are those who say that seeing is believing.
I am telling you that believing is seeing.”*

—Neale Donald Walsch

Appointment Calendar

MONTH: _____




































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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“I’ve never heard anyone say, ‘I wish I hadn’t forgiven.’”

—Katerina Stoykova Klemer

Appointment Calendar

MONTH: _____




































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
						

“Prayer is not merely an occasional impulse to which we respond when we are in trouble: prayer is a life attitude.”

—Walter A. Mueller

Appointment Calendar

MONTH: _____




































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
						

“We are all wonderful, beautiful wrecks. That’s what connects us—that we’re all broken, all beautifully imperfect.”

—Emilio Estevez

Appointment Calendar

MONTH: _____




































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
						

*“You will face your greatest opposition when you
are closest to your biggest miracle.”*

—Shannon L. Alder

Appointment Calendar

MONTH: _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						
						

“Having a great attitude and fierce faith in the face of cancer, at any stage, is not naiveté or denial. It is an excellent form of self-preservation and self-love.”

—Wanda St. Hilaire



My Self-Care Plan

The following is a list of suggestions for your wellness plan. Some ideas will resonate strongly, others not so much. One size does not fit all; let your inner guide decide what is best as a customized plan for you and start with what is easiest for you to implement.

Remember to include the physical, emotional, psychological, spiritual, nutritional, environmental, relationships, and a review of your work life for a holistic, whole-life approach to healing.

Ideas:

- Evaluating recommended traditional protocols
- Researching complementary alternative treatments
- Undertaking detoxification with a qualified practitioner
- Engaging in a high-quality nutrition plan
- Sourcing and taking immune boosting supplements/botanicals
- Outsourcing chores/work
- Walking (hand-in-hand with a loved one—even better)
- Swimming
- Fishing
- Dancing
- Playing pool
- Accessing infrared saunas
- Participating in meditation
- Reaping the benefits of visualization
- Learning about and practicing EFT Tapping
- Connecting with psychological and spiritual therapy or coaching
- Celebrating life by delectable picnicking with friends, anywhere
- Taking nature time-outs
- Singing
- Golfing
- Attending classical music and concerts
- Swinging in a hammock
- Joining drumming circles
- Writing in a gratitude journal
- Resting, napping, and sleeping sufficiently
- Reading (magazines and blogs are great if your attention span is short)
- Playing games
- Abstaining from checking your portfolio
- Coloring in themed, detailed coloring books
- Watching comedic movies

- Having a makeover (check for free programs available for cancer patients)
- Getting a hot shave
- Enjoying a man-pedicure/foot massage
- Driving through the countryside on back roads
- Drinking lots of water to cleanse and hydrate—important*
- Hanging out at libraries and interesting bookstores
- Taking a child to an animated kid's movie
- Visiting museums
- Using aromatherapy
- Attending yoga
- Exploring Tai Chi
- Learning about Qi Gong
- Doing breathing exercises
- Utilizing the power of prayer and ritual
- Enjoying a light massage
- Experiencing reflexology
- Indulging in Epsom salt and essential oil baths
- Painting as art therapy (www.paintnite.com has relaxing art evenings in many cities and many cancer support centers have free painting classes)
- Meandering in botanical gardens and parks
- Borrowing a dog to take for a walk
- Taking weekend trips to the mountains, ocean, or a tranquil place
- Saying NO (No is a complete sentence.)

Please rest. Let go of any guilt that drives you to go-go-go. It is nobody's business how much you sleep, read, or rest. Relaxation and downtime is an incredibly important part of your recovery. It's healing.

(Excerpted from *What To Do After, "I'm sorry, it's cancer."*)
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Common Sense Nutrition Guidelines

- Almost everything in the produce section is plant-based and heals. Fill your cart here. Choose organic if you can afford it.
- Boxed foods with a long list of bizarre sounding ingredients are a poor choice for healing.
- Avoid all artificial sweeteners and MSG. Better choices are real maple syrup, honey, agave, or stevia.
- Himalayan sea salt has beneficial minerals and tastes great.
- Get good fats: coconut oil and coconut milk, avocado, fatty fish, chia seeds, olives, extra virgin olive oil, nuts, and natural nut butters.
- Avoid overloading your body with sugar and heavy white carbohydrates. Research shows that cancer loves processed white sugar so do not fill up on candy bars and sweet desserts to keep your weight from plummeting.
- Satisfy chocolate cravings with raw organic cacao by adding it to smoothies, yogurt, or banana pancakes. Available in powder, butter, beans, and nibs, raw cacao is a superfood that is high in magnesium, chromium, antioxidants and various essential minerals. It is also an excellent mood and energy booster.
- Anything processed with imitation flavoring, chemical taste enhancers, and added coloring is not a healthy choice.
- Anything deep-fried is a very poor choice.
- Avoid trans fats and edible oil products such as margarine, fake cheese, coffee whiteners, commercial baked goods, and snack food. This is not real food.
- Any soda pop—especially diet pop—is a harmful choice for hydration.
- Clean, organic protein is important in healing tissue destroyed by radiation and chemotherapy.
- Limit caffeine and stop ingesting chemically laden energy drinks. Have herbal teas when possible.
- Avoid GMOs (genetically modified/engineered food).

- Fresh juice is highly nutritional and vitamin packed (best investment in your wellness plan: a good juicer).
- Green smoothies give you heaps of vitamins, fiber, and green content in one glass of goodness. There are countless recipes on Pinterest. I have included some of mine in *What To Do After "I'm sorry, it's cancer."*
- Drink lots and lots of clean water to detoxify and hydrate the cells.
- Adding sprouts gives you a huge nutritional boost: broccoli sprouts, alfalfa sprouts, radish sprouts, etc.
- If you can, add naturally fermented foods. They are an excellent source of probiotics and nutrients. Examples are homemade sauerkraut, dill carrots, kefir, fermented pickles, kimchi, kombucha, miso, tempeh, and fermented wheat germ extract.
- The four top cancer-fighting spices are turmeric, cayenne, garlic, and oregano.
- Superfoods with super high ORAC rating (measure of antioxidants): Sumac, Ceylon cinnamon, raw cacao, Indian gooseberries, pecans, turmeric, baobab fruit, red and black sorghum, chia seeds, and purple corn.
- Avoid microwave cooking. It destroys nutrients, especially in vegetables.

(Excerpted from *What To Do After "I'm sorry, it's cancer."*)



My Wellness & Self-Care Plan

“Stillness is the altar of spirit.”

—P Yogananda



My Wellness & Self-Care Plan

“Our first teacher is our own heart.”

—Cheyenne quote



Things I Love to Do

“Dare to love yourself as if you were a rainbow with gold at both ends.”

—Aberjhani



What I Value Most in Life

“Too many of us are not living our dreams because we are living our fears.”

—Les Brown



My Affirmations

I am open to receiving miracles.
My body radiates life force, energy, and vitality.
I have the right to live and thrive.
I choose health and happiness.
I love and accept myself.

*“You’ve been criticizing yourself for years and it hasn’t worked.
Try approving of yourself and see what happens.”*

—Louise L. Hay



My Beautiful Bucket List

“Life begins at the end of your comfort zone.”

—Neale Donald Walsch



My New Mission Statement

*“In the depth of winter I finally learned that
there was in me an invincible summer.”*

—Albert Camus



My Master Gratitude List

“When it rains it pours. Maybe the art of life is to convert tough times to great experiences: we can choose to hate the rain or dance in it.”

—Joan Marques



The “I Rock” List of Cool Things About Me

(My talents, traits, accomplishments, abilities)

*“How hurtful it can be to deny one’s true self and
live a life of lies just to appease others.”*

—June Ahern



My List of Miracles, Magic & Signs

“The most incredible thing about miracles is that they happen.”

—G.K. Chesterton



My List of Miracles, Magic & Signs

"I took a walk in the woods and came out taller than the trees."

—Henry David Thoreau



My “Thinking Outside the Bun” Morale Boosters

“The most wasted of all days is one without laughter.”

—Nicolas Chamfort



My Post-Cancer Healing Plan

“To fear is one thing. To let fear grab you by the tail and swing you around is another.”

—Katherine Paterson



My Post-Cancer Healing Plan

Somebody once told me the definition of hell— “On your last day on earth, the person you became will meet the person you could have become.”

—Anonymous



Books I May Wish to Read

Spirituality and Self-Healing

- You Can Heal Your Life, Louise L. Hay
- You are the Placebo: Making Your Mind Matter, Dr. Joe Dispenza
- Breaking the Habit of Being Yourself, Dr. Joe Dispenza
- The Biology of Belief, Bruce Lipton
- The Divine Matrix, Gregg Braden
- The Spontaneous Healing of Belief, Gregg Braden
- HeartMath Solution, Doc Childre and Howard Martin
- The Brain the Changes Itself, Norman Doidge, M.D.
- Creative Visualization, Shakti Gawain
- How to Make the Impossible Possible, Dr. Robert Anthony
- A Return to Love, Marianne Williamson
- The Magical Path, Marc Allen
- Why Kindness is Good for You, Dr. David Hamilton
- The Seat of the Soul, Gary Zukav
- Power of Now, Eckhart Tolle
- The Tapping Solution, Nick Ortner
- The Magic of Thinking Big, David Schwartz
- The Dynamic Laws of Healing, Katherine Ponder
- Conversations with God, Neale Donald Walsch
- The Game of Life, Florence Scovel Shinn
- Metaphysical Anatomy, Evette Rose
- The Emotion Code, Dr. Bradley Nelson
- The Twelve Conditions of a Miracle, Todd Michael
- Power vs. Force, Dr. David R. Hawkins
- Tao Te Ching, Lao Tzu
- Who Would You Be Without Your Story?, Byron Katie

Cancer and Wellness

- What To Do After "I'm sorry, it's cancer." Wanda St. Hilaire
- Dying to be Me, Anita Moorjani
- Radical Remission: Surviving Cancer Against All Odds, Dr. Kelly Turner
<https://www.youtube.com/watch?v=PXOoeUuKDjU>
- Anticancer: A New Way of Life, David Servan-Shreiber
- A Woman's Guide to Healing Breast Cancer, Nan Lu
- The Anatomy of Illness, Norman Cousins
- Quantum Healing: Exploring the Frontiers of Mind Body Medicine, Deepak Chopra
- N of 1, One Man's Harvard-documented remission of incurable cancer using only natural methods, Glenn Sabin
- Superfoods: The Food and Medicine of the Future, David Wolfe
- Kicking Cancer, Rebecca Woodland (recipes and nutrition)

Various Inspirational

- The Art of Doing Nothing, Véronique Vienne
- The Art of Growing Up: Simple Ways to Be Yourself at Last, Véronique Vienne
- The Alchemist, Paulo Coelho
- The Artist's Way (Creativity and Journaling), Julia Cameron
- Hidden Messages in Water, Masaru Emoto
- The Healing Power of Water, Masaru Emoto
- E² (E-Squared) and E³ (E-Cubed), Pam Grout
- The Blue Zones, Dan Buettner

(To cut out and place around your home or car.)



(To cut out and place around your home or car.)



*The cool thing
about planet
Earth
is that
impossible
things happen
every day.*

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TRUST YOUR GUT

www.imsorryitscancer.com




IF EVERYTHING IN THE UNIVERSE
IS LOVE AND IS LOVED—DOWN
TO A TINY, IRIDESCENT
HUMMINGBIRD—

then why not you?

- WANDA ST. HILAIRE

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"BE REALISTIC:
PLAN FOR A MIRACLE."

- OSHO RAJNEESH

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About the Author

Wanda St. Hilaire is a two-time breast cancer survivor with a predilection for research and a passion for delving into the psychology of wellness.

After a second diagnosis in 2010, she made radical lifestyle changes that contributed to her healing and supported her philosophy that our lives are meant to be lived doing what we love in places that make our hearts sing.

Through writing, St. Hilaire shares what she's learned through the high peaks of adventure and love and from the dark valleys of illness and heartbreak. Her mission is to help people overcome the self and tap into their wise inner guidance system. Her wish is to inspire others to live true to their unique and beautiful nature.

Other books by Wanda St. Hilaire

The Cuban Chronicles: A True Tale of Rascals, Rogues, and Romance
Of Love ... Life ... and Journeys
A New Life – A New Baby Boy
A New Life – A New Baby Girl
Graduate – A Little Roadmap to Your Dreams
My Love...
To You My Friend
For Your Marriage I Wish...
Newly Single Woman – A Celebration of Freedom
Newly Single Man A Celebration of Freedom
Illness – A Small Book of Comfort
The Mourning After – A Small Book of Healing

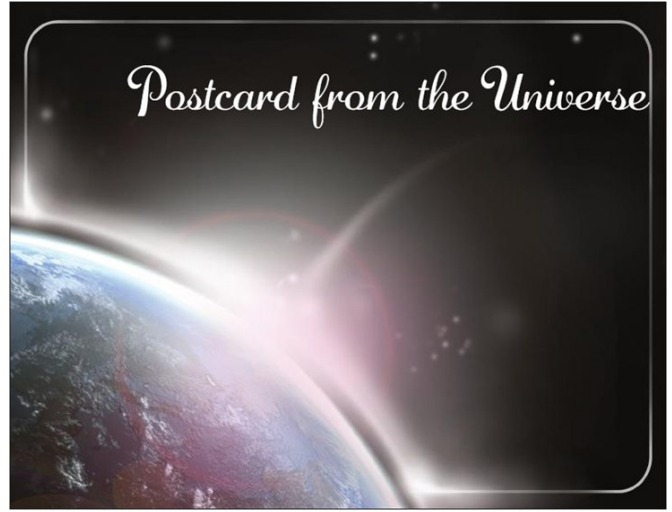
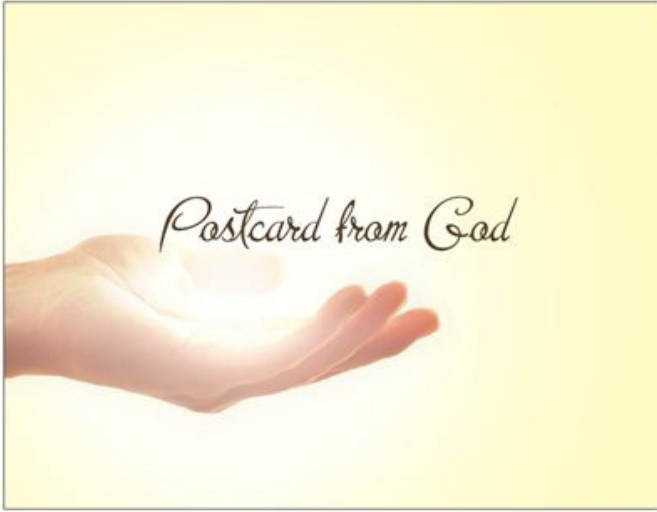
www.imsorryitscancer.com

Other books: www.writewaycafe.com

Blog: www.lifebyheart.wandasthilaire.com

Never forget ... impossible things happen every day.

Postcard Service



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Your message will be handwritten. I can include a poem, write your personal message, send a quote, or create a simple message for you.

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