



Renewed Hope

A Holistic Breast Cancer
Resource Guide

welcome

Dear Friend,

Receiving a breast cancer diagnosis is life-changing. The uncertainty, overwhelming feelings, and fear are daunting, as is the challenge of gathering and organizing information. I created this free guide to share valuable resources and knowledge, that I learned in 2013 after my own breast cancer diagnosis, aiming to make your journey a bit easier.

This guide is crafted with empathy and love, combining essential cancer care resources with holistic insights to support your mind, body, and spirit as you navigate treatment options with your healthcare team (please see the disclaimer on the following page).

As you move through your journey, remember to prioritize self-care during this time. I pray for your strength, comfort, and hope. You have what it takes, and you are loved.

Warm regards,

Martha Blumel, CNHP



*“She does not fear bad news;
she confidently trusts in
the Lord to care for her.”*

– Psalm 112:7



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Disclaimer – This document is provided for informational purposes only and should not be considered a substitute for professional medical advice, diagnosis, or treatment. Always consult with your physician or other qualified healthcare providers regarding any questions about a medical condition or wellness practices. Before beginning a new wellness practice, ensure it aligns with your values, faith, existing treatment plans, and individual health needs.

The author has no affiliations with the resources mentioned herein and does not guarantee the accuracy or completeness of the information provided.

Every effort has been made to provide accurate and working links at the time this resource was prepared. As websites occasionally change their URLs, some links may no longer function. This is beyond our control.





where to start

Starting your breast cancer journey calls for dependable support and information. The organizations listed below are among the most trusted sources, offering comprehensive cancer care resources and patient support to guide you every step of the way.

*Click the
underlined
links*



[American Cancer Society – After a Breast Cancer Diagnosis](#)

[American Cancer Society](#)

[BreastCancer.org](#)

[CancerCare.org – Services](#)

[CancerCare.org – Breast Cancer Resources](#)

[Susan G. Komen – Tools & Resources](#)



The importance of a second opinion

A second opinion can confirm your diagnosis or reveal new treatment options, empowering you with more information for making informed decisions. It's a proactive step toward ensuring the best care tailored to you.

 [American Cancer Society – Seeking a Second Opinion](#)

[Cleveland Clinic – Getting a Second Opinion](#)

Genetic testing

 [American Cancer Society – Genetic Counseling and Testing \(BRCA1/BRCA2\)](#)

[Susan G. Komen – Genetic Testing to Learn About Breast Cancer Risk](#)

[Susan G. Komen – Tumor Profiling Tests](#)

[BreastCancer.org – MammaPrint \(for ER+ Her2-\)](#)

[Susan G. Komen – MammaPrint \(for ER+ Her2-\)](#)

[MammaPrint – Breast Cancer Recurrence Score](#)

[Oncotype DX – Breast Cancer Recurrence Score](#)



integrative & alternative cancer care

Functional and Integrative Cancer Care combines conventional cancer treatments with complementary therapies to address the whole person, rather than just the disease. It emphasizes –

- **Personalized Treatment** – Tailoring therapies to the individual’s unique genetic, environmental, and lifestyle factors.
- **Holistic Approach** – Integrating nutrition, exercise, stress management, and emotional support alongside conventional medical treatments.
- **Collaborative Care** – Involving a multidisciplinary team of healthcare providers to offer comprehensive care.

What is Integrative, Complementary & Alternative Cancer Care?



[CancerAdvocacy.org](https://www.canceradvocacy.org) – Integrative Oncology

[Cancer.gov](https://www.cancer.gov) – Complementary & Alternative Medicine

[Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/integrative-oncology) – Integrative Oncology, Lifestyle Medicine for People with Cancer

[Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/integrative-oncology) – Alternative Cancer Treatments – 11 Options to Consider

Integrative & Alternative Wellness Centers



[Block Center for Integrative Cancer Treatment](https://www.blockcenter.org)

[Cancer Choices](https://www.cancerchoices.org)

[Center for Restorative Breast Surgery](https://www.restorativebreastsurgery.com)

[Foundation for Alternative and Integrative Medicine](https://www.foundationforintegrativeandcomplementarymedicine.org)

[Gerson Institute](https://www.gersoninstitute.org)

[Hippocrates Wellness](https://www.hippocrateswellness.com)

[Hope4Cancer Clinic \(Mexico\)](https://www.hope4cancer.com)

[Mayo Clinic Integrative Oncology](https://www.mayoclinic.org/healthy-lifestyle/integrative-oncology)

[National Cancer Institute](https://www.nationalcancerinstitute.gov) – Complementary & Alternative Medicine

[OncANP](https://www.oncanp.org) – Find a Naturopathic Oncologist

[Sari Center for Integrative Cancer Care](https://www.saricenter.org)

[Templeton Wellness](https://www.templetonwellness.com) – Holistic Cancer Resources





websites

Complementary & Natural Cancer Wellness Websites



[Annie Appleseed Project](#)

[Annie Appleseed Project – Resources](#)

[Anti-Cancer Mom](#)

[Cancer Compass an Alternate Route](#)

[Chris Beat Cancer – 20 Questions to Ask Your Oncologist](#)

[Chris Beat Cancer – Square One Healing Cancer Coaching Program](#)

[Radical Remission](#)

Social Media Pages & Support Groups



[Beyond the Pink Moon – Breast Cancer Support Group \(Facebook\)](#)

[Block Center for Integrative Cancer Treatment \(Facebook\)](#)

[Chris Beat Cancer \(Facebook\)](#)

[Dr. V. – Breast Cancer Conquerer \(Instagram\)](#)

[Healing Cancer Naturally \(Facebook\)](#)

[HealingStrong Groups – Holistic Healing Support Search](#)

[Hippocrates Wellness \(Facebook\)](#)



caregivers & children

support resources



Caregiver Support

- 🌟 [American Cancer Society](#) – Caregiver Resource Guide
- [American Cancer Society](#) – Caregiver Support Video Series
- [American Cancer Society](#) – Caregiver Support Links
- [Cancer Care](#) – Caregiver Support – Group for Spouses and Partners
- [Cancer Care](#) – Caring for a Loved One With Cancer Support Group
- [National Cancer Institute](#) – Caring for the Caregiver

Resources to Support Children

- 🌟 [CancerCare for Kids](#) – Free, professional support services for parents, children and adolescents affected by cancer, as well as information about helping children understand cancer and additional resources.
- [Dana-Farber](#) – How to Help Children Cope with Your Cancer Diagnosis.
- [Cancer Care](#) – Helping Children Understand Cancer – Talking to Your Kids About Your Diagnosis.
- [Cancer Care Map](#) – Support for Children When a Parent Has Cancer.
- [National Breast Cancer Foundation](#) – How to Tell Your Children You Have Cancer.
- [Cancer.Org](#) – Helping Children When a Family Member or Someone They Know Has Cancer.
- [Cancer Care](#) – How Schools Can Support Families Affected by Cancer.



How to Talk to Your Children About Your Breast Cancer Diagnosis

Telling your children about a breast cancer diagnosis is essential as it helps them understand the situation, reduces uncertainty, and fosters an environment of trust and support within the family. Clear and honest communication tailored to their age and maturity can alleviate fears and encourage open dialogue, helping to manage their emotional reactions and allowing them to be part of the supportive network. An informed child can better cope with changes and provide emotional strength to the family unit. In addition to the resources on the previous page, it is important to consult a mental health professional for personalized advice.

- **Be Honest and Age-Appropriate** – Provide truthful information adjusted to your child’s comprehension level. Use simple and clear language.
- **Encourage Open Communication** – Allow children to express their feelings and ask questions. Reassure them that their feelings are valid.
- **Consistent Updates** – Keep children informed about changes and treatments to help them feel included and less anxious about the unknown.
- **Emotional Support** – Offer constant emotional support. Spend quality time with them and provide comfort through hugs, reassurance, and listening.
- **Routine Maintenance** – Try to keep their daily routine as normal as possible to provide stability and security.
- **Utilize Resources** – Seek out books, educational materials, and professional counseling to help explain cancer and its treatment in child-friendly ways.
- **Involvement** – Allow them to participate in small, manageable ways, such as helping out with simple tasks, to give them a sense of contribution and control.
- **School Support** – Inform teachers and school counselors about the situation so they can provide additional support.
- **Positive Outlook** – Encourage hope and optimism, emphasizing the healthcare team’s efforts and the potential for treatment success.
- **Support Groups** – Find support groups for children dealing with similar situations to help them feel less isolated.





Healing, faith & mindset books

50 Days of Hope – Daily Inspiration for Your Journey through Cancer, *by Lynn Eib*

Anticancer – A New Way of Life, *by David Servan-Schreiber MD PhD*

Beat Cancer Daily – 365 Days of Inspiration, Encouragement, and Action Steps to Survive and Thrive, *by Chris Wark*

Breast Cancer Healing Scriptures – Guided Journal, *by Beryl Anthony Brackett*

Chris Beat Cancer – A Comprehensive Plan for Healing Naturally, *by Chris Wark*

Knockout – Interviews with Doctors Who Are Curing Cancer—And How to Prevent Getting It in the First Place, *by Suzanne Somers*

Life Over Cancer – The Block Center Program for Integrative Cancer Treatment, *by Keith Block, M.D.*

Love, Medicine and Miracles – Lessons Learned about Self-Healing from a Surgeon's Experience with Exceptional Patients, *by Bernie S. Siegel, M.D.*

Radical Hope – 10 Key Healing Factors from Exceptional Survivors of Cancer & Other Diseases, *by Kelly A. Turner, Ph.D.*

Radical Remission – Surviving Cancer Against All Odds, *by Kelly A. Turner, Ph.D.*



Notes

devotions

& meditation apps

Daily Devotional Apps



Abide – Provides guided Christian meditations and daily devotionals that can provide spiritual support and encouragement during challenging health journeys.

Our Daily Bread – This app includes daily devotionals that can provide comfort and spiritual support during difficult times.

Pray As You Go – This app offers prayer and devotional content that can help individuals find moments of peace and reflection, tailored to various life challenges.

Strength for the Journey by Anne Graham Lotz – Features devotionals aimed at those experiencing life challenges, including serious illnesses like cancer.

Meditation Apps

Calm – Offers guided meditation sessions and techniques for stress reduction.



CancerCare Meditation – Offers guided meditations and inspirational content to help cancer patients find peace and encouragement.

Headspace – A comprehensive app for mindfulness and meditation.

Insight Timer – Free app featuring thousands of guided meditations and robust community support.



scripture & podcasts

Scripture



Bible Gateway – Bible Gateway is an online resource that provides free access to multiple translations of the Bible, along with search tools, commentaries, and study aids.

Daily Strength in Prayer – Daily Strength in Prayer provides faith-based encouragement, including healing scriptures and prayers for those facing breast cancer.

Hallow App – a Catholic prayer and meditation app offering guided prayers, Scripture, music, and reflections to help users grow closer to God in daily life.

Podcasts



Breast Cancer Conqueror with Dr. V – Each episode provides information about various healing modalities and facets of creating vibrant health. Hosted by Dr. Veronique Desaulniers, better known as Dr. V.

Breast Cancer Conversations – Breast Cancer Conversations provides education, and inspiration, and offers hope.

60 Best Breast Cancer Podcasts – The best Breast Cancer podcasts from thousands of podcasts on the web and ranked by relevancy, authority, social media followers & freshness.

Test Those Breasts Podcast – Dedicated to raising awareness and providing vital information about breast health, featuring expert interviews, personal stories, and actionable advice for listeners.



*“Fear not, for I am
with you, be not dismayed,
for I am your God, I will
strengthen you, I will help you,
I will uphold you with
my righteous right hand.”*

– Isaiah 41:10

Notes





wellness tips

Actionable steps to strengthen
and cleanse your mind and body.

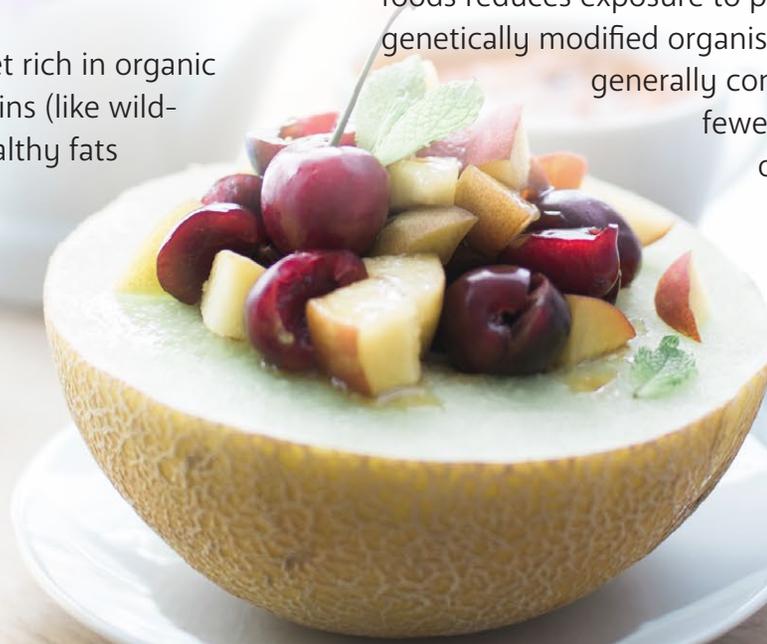
health & nutrition

Harnessing The Body's Natural Healing Ability

The human body possesses a natural ability to heal itself, especially when supported with the right conditions. Promoting a healthy environment and maintaining balance, or homeostasis, greatly enhances the body's defenses during treatments. Key elements in this support include optimal nutrition, detoxification, and positive lifestyle choices.

- **Consult Your Physician** – Always consult your physician before starting any new wellness program to ensure it complements your treatment plan and addresses your health needs.
- **Whole-Foods-Based Diet** – Focus on a diet rich in organic vegetables, berries, nuts, seeds, lean proteins (like wild-caught fish or free-range poultry), and healthy fats (such as avocados, olive oil, and nuts).
- **Cook with Healthy Oils** – Choose healthy oils like extra virgin olive oil, coconut oil, and avocado oil for their heart-friendly fats and anti-inflammatory benefits. Avoid seed and refined oils such as canola and soybean oils, as they contain high omega-6 levels and unhealthy trans fats, which may lead to inflammation. Nurture your well-being by incorporating these beneficial oils into your diet.

- **Eliminate Processed Foods and Sugar** – Avoid processed foods, sugars, and potential allergens (e.g., dairy, gluten) as they can contribute to inflammation and reduce the efficacy of your immune system.
- **Minerals, Vitamins and Herbs** – Research quality supplements like vitamin D3, selenium, omega-3s, and probiotics for immune support. Herbs like turmeric and green tea extract offer anti-inflammatory and antioxidant benefits. Avoid synthetic supplements and consult a natural health provider for personalized advice.
- **Prioritize Organic and Non-GMO** – Choosing organic foods reduces exposure to pesticides, herbicides, and genetically modified organisms (GMOs). Organic produce generally contains higher nutrients and fewer pesticides. Additionally, organic meats and dairy are sourced from animals raised without antibiotics or hormones, promoting better overall health.





- **Avoid Glyphosate** – Glyphosate, commonly found in herbicides like Roundup, has been linked to various health issues, including cancer. Choosing organic can help you avoid this and other potentially harmful substances.
- **Clean 15 and Dirty Dozen** – Learn the Environmental Working Group’s (EWG’s) Clean 15 and Dirty Dozen lists. The Clean 15 have the least pesticide residues, while the Dirty Dozen have the most. Choosing organic for the Dirty Dozen reduces harmful chemical intake.

Resources

🌟 [EWG’s Shopper’s Guide to Pesticides in Produce](#) – The full list of 46 fruits and vegetables ranked from cleanest to dirtiest.

[EWG’s Tap Water Database](#) – EWG’s tap water database allows users to check the safety and quality of their local tap water based on comprehensive testing data.

[Seed Oil Scout](#) – Find restaurants using healthy natural fats like beef tallow and avocado oil, and organic produce.





Read the food labels

Learn to read and understand food labels to identify organic products and avoid GMOs. Look for certifications such as USDA Organic or Non-GMO Project Verified.

Organic Food

- **Farming Practices** – Grown without synthetic pesticides, herbicides, fertilizers, or genetically modified organisms. Emphasizes natural farming practices such as crop rotation and the use of natural fertilizers.
- **Certification** – Must meet strict guidelines set by certification bodies (e.g., USDA Organic), which include standards for soil quality, animal husbandry, pest and weed control, and use of additives.
- **Animal Products** – Animals must be raised in natural living conditions with organic feed and without the use of antibiotics or growth hormones.
- **Environmental Impact** – Generally promotes ecological balance and biodiversity, aiming to reduce pollution and conserve water and soil health.
- **Labeling** – Look for labels such as “Certified Organic” or the USDA Organic seal.



Non-GMO Food

- **Genetic Modification** – Non-GMO foods are those that do not contain ingredients derived from genetically modified organisms. These organisms have had their DNA altered in ways that do not occur naturally through mating or natural interaction.
- **Farming Practices** – Non-GMO certification primarily focuses on the genetic aspect of the crops and not necessarily on farming practices, so these foods can still be grown with synthetic chemicals unless they are also certified organic.
 - **Certification** – Must meet standards set by certification bodies like the Non-GMO Project, which tests for the presence of genetically modified organisms.
 - **Animal Products** – Non-GMO animal products mean that the animals were fed a non-GMO diet, but they may still be raised with antibiotics or growth hormones unless otherwise specified.
 - **Environmental Impact** – Does not specifically address soil health, pest and weed control, or other environmental concerns unless combined with organic practices.
 - **Labeling** – Look for labels such as “Non-GMO Project Verified.”



Produce PLU Barcodes





Clean water

Clean water is essential for those with breast cancer as it supports immune function, aids detoxification, and ensures optimal cell health. Pure water is essential for the healing process, as contaminants can impede both recovery and the effectiveness of treatment.

Find Out What's in Your Water

- ✦ [EWG's Tap Water Database](#) – EWG's tap water database allows users to check the safety and quality of their local tap water based on comprehensive testing data.

Drinking Water & Shower Filters

- ✦ [Best Water Filters of 2025](#) – The Tech Edvocate
- [Best Shower Filters](#) – The Tech Edvocate
- [EWG's Guide to Safe Drinking Water](#) – EWG
- [Ins and Outs of Water Filters](#) – EWG
- [Step-by-Step Guide to Selecting a Home Water Filter Guide](#) – EWG
- [Top Under-Sink Water Filters](#) – This Old House



Ditch the toxins

Remove Toxins from Your Home

- **Remove toxic foods** – As mentioned on the previous page, it's important to eliminate foods that may contain harmful additives, preservatives, and pesticides. Prioritize organic produce and clean eating to reduce your body's toxic burden.
- **Remove toxic products from home** – Removing toxic cleaning and personal care products from your daily life is vital for your health journey. These harmful chemicals can accumulate and exacerbate health issues, potentially interfering with your treatment and recovery. By choosing natural and non-toxic alternatives, you not only reduce exposure to dangerous substances but also create a safer environment that supports your overall well-being and aids in your healing process.
- **Water filters** – Use high-quality water filters to remove contaminants such as chlorine, heavy metals, and other chemicals from your drinking water. Staying hydrated with clean water is essential for maintaining health and aiding detoxification.

It's also important to use a shower water filter, since your skin absorbs all the contaminants in your water.

- **Air Filters** – Improve indoor air quality by using air purifiers and ensuring proper ventilation. Reducing exposure to indoor pollutants, such as air fresheners can significantly impact your overall well-being.

Resources

- ✦ [EWG's Guide to Endocrine Disruptors](#) – Provides essential information on harmful chemicals that can interfere with hormone systems and offers tips on how to avoid them.

[EWG's Guide to Personal Care Products](#) – EWG's Skin Deep database helps consumers find safer personal care products by providing detailed information on the ingredients and their potential health risks.

[EWG's Tap Water Database](#) – EWG's tap water database allows users to check the safety and quality of their local tap water based on comprehensive testing data.

Must-Have Apps

- ✦ [Bobby Approved](#) – Evaluates food products and ingredients based on Bobby Parrish's nutritional guidelines, helping you make healthier and more informed food choices.

[EWG's Healthy Living](#) – Rates personal care products and food items based on their safety and health impact, providing guidance on cleaner options.

[Yuka](#) – Scan food and cosmetic products to provide detailed health assessments, helping you make informed choices about what you consume.



advocacy & communication

Be Your Own Advocate

- **Educate yourself** – Take the time to really understand your diagnosis and explore all your treatment options, potential side effects, and how nutrition and healthy lifestyle habits can support you through this journey. Being well-informed will empower you to make the best decisions for your care.
- **Record conversations or take notes** – Ask your oncologist and other doctors for permission to record the consultation and follow-up appointments. This will help ensure that all information discussed is easily accessible and will lessen the risk of forgetting vital information. If this is not possible, have someone with you to take thorough notes at each appointment.
- **Ask questions** – Don't be afraid to ask your healthcare team questions, no matter how insignificant they may seem. Make a list before appointments to ensure all your concerns are addressed.
- **Trust your intuition** – You know your body better than anyone else. If something feels off or if you're unsure about a recommended treatment, speak up. Seek second opinions if needed.

Effective Communication

- **Prepare for appointments** – Write down your symptoms, any side effects you're experiencing, and questions you have. This will help you remember to discuss important points during your medical appointments.
- **Clarify medical terms** – Don't hesitate to ask your healthcare provider to explain medical terms or procedures in plain language. It's important you understand your treatment plan and options.
- **Bring support** – As mentioned in the previous section, consider bringing a trusted friend or family member to appointments to help assure your concerns and questions are addressed. This can also be an important form of emotional support.

Maintain Detailed Records

- **Keep a health journal** – Document your symptoms, treatments, and any changes in your health. This can help you track your progress and communicate more effectively with your healthcare team.
- **Organize medical records** – Maintain a file with all your medical records, test results, and treatment plans. Having this information easily accessible can help ensure coordinated care among your healthcare providers. A 3-ring binder is a great way to achieve this.



patient rights

& finances

Legal Rights

- **Know your rights** – Familiarize yourself with your rights as a patient, including the right to seek second opinions, to have your questions answered, and to be fully informed about all treatment options, including integrative and natural therapies.

Financial Assistance

- **Investigate various financial aid programs** – There are many financial aid programs available for cancer patients including government programs, non-profit organizations, and hospital financial aid services. These programs can help cover the costs of treatment, medication, transportation, and other related expenses.

Legal & Financial Resources



[American Life Fund – Financial Assistance Programs](#)

[Breast Cancer Assistance Fund \(Coming Soon\)](#)

[CancerCare.org – Free Telephone Resource Navigation](#)

[Cancer Financial Assistance Coalition](#)

[Cancer.org – Financial & Insurance](#)

[Cancer.org – Informed Consent](#)

[Cancer.org – Programs and Resources to Help With](#)

[Cancer-related Expenses](#)

[Cancer.org – Programs and Resources to Help With](#)

[Cancer-related Expenses \(PDF\)](#)

[Cancer Care - Legal Assistance Resources](#)

[Christian Healthcare Ministries](#)

[Medi-Share – Christian Care Medical Sharing](#)

[PAN Foundation – Applying for Grants](#)

[The Pink Fund](#)

[Samaritan Ministries](#)



closing thoughts

and encouragement

As you navigate your journey, remember that you are not alone. Embrace the small victories and find strength in your faith, the support of your community, loved ones, and the invaluable resources you have discovered in this guide. Every step you take brings you closer to renewed hope and healing. Trust in the power of your resilience, and allow this guide to serve as a companion and a beacon of encouragement. You are courageous, and your journey matters. Through the ups and downs, keep faith in the brighter days ahead and the healing that is within your reach.

With love and hope,

Martha Blumel, CNHP

“May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.” – Romans 15:13





She does not fear bad news;
she confidently trusts the Lord to care for her.

- *Psalm 112:7*

"For I know the plans I have for you," declares the
Lord, "plans to prosper you and not to harm you,
plans to give you hope and a future.

- *Jeremiah 29:11*

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