

16th EVIDENCE BASED

2024

*Complementary & Alternative
Cancer Therapies Conference*

Many Paths to Wellness



CELEBRATING *the* LIFE *and* WORK of ANN FONFA



**The
Annie Appleseed
Project**

CONFERENCE PROGRAM

**EMBASSY SUITES HOTEL,
1601 Belvedere Rd., West Palm Beach, FL 33406**



s.a. Wilsons Coffee recommended by more health professionals than any other single brand of coffee for the last 20 years

- **100% Certified Organic**
- **Higher levels of Caffeine**
- **Higher levels of Palmitic Acid**
- **Easier to retain**

A short list of people who recommend our coffee:

- ✓ Annie Appleseed Project
- ✓ Gerson Research Organization
- ✓ Dr. Ralph Moss
- ✓ Issels Medical Center
- ✓ Hospital Oasis
- ✓ CHIPSA Hospital
- ✓ Hildenbrand Alternatives
- ✓ Dr. William Donald Kelley

s.a. Wilsons Gold Roast Coffee is the first and only coffee that has been specifically blended and processed with higher levels of Caffeine and Palmitic acid in mind. It is also the only coffee that has been lab tested to be sure it has these higher levels. A blend of 100% certified organic coffee beans have been selected for higher levels of Caffeine and Palmitic Acid, which makes it more effective than regular coffees

for more information or to place the order please contact us at:

S.A. Wilson's Gold Roast, 1666 Baseline Rd. W., Courtice, Ontario, L1E 2S7 Canada
Phone 289-634-3311 Toll free 1-866-266-4066 Email lori@sawilsons.com
www.sawilsons.com



16th EVIDENCE BASED



2024 *Complementary & Alternative Cancer Therapies Conference*

Many Paths *to* Wellness

 **EMBASSY SUITES HOTEL,**
1601 Belvedere Road, West Palm Beach, FL 33406

CONFERENCE PROGRAM



- Message From the Founder, The Annie Appleseed Project..... 2
- In Celebration of the Life and Valued Work of Ann Fonfa 3
- Agenda 5
- Dedication 6
- Exhibitors 8
- In-Kind Donors 10
- Speakers Bios 13
- Speaker Abstracts 26
- Epigenetics / Pro Choice..... 34
- Natural Rhythms for Healthy Elimination 34
- Boost Your Immune System: Drug-free ways 35
- Blue Dragon Immortal QIGoing to Benefit Breast Health Exercise #5..... 36
- Unforgettable SurThrivor®: Remembering Ann Fonfa..... 38
- Ann Fonfa photographed by Kathleen Galligan, 2015..... 39
- Anti-Inflammatory Substances 40
- The Annie Appleseed Project History 42
- Natural Methods to Reduce Adverse Effects (HARMS)..... 43
- Donate to the Annie Appleseed Project 47



Message from the Founder

Ann Fonfa, *The Annie Appleseed Project*



Opening Words

Dear Friends, health seekers.

This is our 16th educational conference and I started calling all of us the "Pieces to the Puzzle" because as you will see, **EVERYONE** has something unique to bring.

In May I attended the Summit for the National Breast Cancer Coalition. This umbrella group works on Federal legislation and I became involved 32 years ago and serve on the Board for years.

My work has been gathering information and sharing it on many forums. Over the 32 years of my cancer journey (first diagnosis, January 1993). In 2023, along with several advocate friends, and some of our board members, I attended American Society for Clinical Oncology - yes a very mainstream meeting, June 2023.

In early September, I attended the Cochrane Colloquium (Cochrane.org) in London, world-wide organization recognized as the highest level of evidence. I was one of 20 'Consumers, personally involved since 2007 and always suggesting looking over lower level 'evidence without Randomised Clinical Trials (RCT. I was able to make a strong statement at the event about HOW to speak to people in clinical trials.

In late September, I was invited to speak at the World Congress on Integrative Oncology. The first 2 speakers mentioned that their patients transferred to Integrative treatment well AFTER conventional therapies. I suggested that was NOT Complementary medicine and both docs, one from USA, one from Zurich said the oncologists decide!

I was quoted at the SIO of 2013

Unforgettable Quote

"What is the evidence for saying "No"?"

Ann Fonfa, BPS

Chinese herbal medicine made ALL the difference: breast cancer, fibroids, constipation, reflux, more

I also used Homeopathy, Acupuncture, Essential oils, Gerson therapy, Coley's toxins, Mistletoe, more.



We will miss you Annie..

Ann Fonfa, the founder of the Annie Appleseed Project, was a unique "force of nature." This cherished human-treasure, selflessly, provided valuable evidence-based information to everyone she could, about how to beat cancer. Ann was fearless, even in the face of naysayers and cynics. Her irrepressible passion and dedication to help people, was unrivalled. Ann's conferences disseminated valuable therapeutic information from renowned healthcare practitioners and numerous cancer-thrivers. A major healing benefit that pervaded Ann's spirit, was the concept of HOPE. And this HOPE was rooted in the fact that thousands of people who learned from Ann and her conferences, have beaten the odds. Ann's integrity and moral compass were always beyond reproach, combined with kindness, and compassion. Hopefully, we can all learn from this "remarkable and wonderful human being," whose accomplishments should inspire us all, to be better. Ann was loved by many, and she will not be forgotten.

***Rick Shapiro, Board Member
Annie Appleseed Project***



The most effective immune support in the world

Based on peer-reviewed research.

Optimize
Enhance overall immune function up to 2x

Maximize
Maximize sustained general physical wellness

Mitigate
Mitigate effects of chronic stress

Create
Naturally boost energy & mental clarity



#1 rated supplement company on Trustpilot with over 3,600 verified reviews

Recommended by these experts:

Chris Wark (*Chris Beat Cancer*), Dr. Eric Zielinski,
Ty and Charlene Bollinger, Nathan Crane, Dr. Jonathan Stegall

I want you to desire the best gifts.
So I will show you a much better way.

1 Corinthians 12:31 (CEV)

BETTERWAYHEALTH

www.betterwayhealth.com

(800) 746-7640



MANY PATHS to Wellness

ROUNDTABLES

THURSDAY, FEBRUARY 22, 2024

9:45 am Julia Chiappetta - *Opening remarks*
John Malanca & Rick Shapiro - *Introductions*

10:00 am Roundtables begin:

- 1) Zubin Marolia MD (*Mistletoe*)
- 2) Henning Saupe MD PhD (*Hyperthermia*)
- 3) Jane McLelland Grad Dip Phys (*Ferroptosis - regulated cell death*)
- 4) Amy Fabrikant (*Western herbs*)
- 5) Dipnarine Maharaj MD (*Immune Regenerative Medicine*)
- 6) Lise M. Battaglia (*Homeopathy*)
- 7) Andre Williams MD (*Gonzalez Protocol*)
- 8) Veronique Desaulniers, DC (*7 Essential Steps*)
- 9) Monisha Bhanote MD FCAP ABOIM (*Cell Care: Self-Care at the Cellular Level*)
- 10) Liz Curran & Karla Mans Giroux - *Radical Remission Project (Overcome Odds with Healing Factors)*
- 11) Ryan & Teddy Sternagle (*How To Make the Healing Happen*)
- 12) Sarah Lascano (*Digital Energy Medicine*)
- 13) Carolyn Gross (*Redefine Your Life*)
- 14) John Malanca (*Medical Cannabis*)
- 15) Al Sanchez (*Do's/Don'ts Modern Oncology*)
- 16) Lauren Cohen DC (*Revolutionizing Cancer Care Through Personalization*)

12:10 pm **Organic Lunch Buffet**
VISIT EXHIBITORS: Ballroom Foyer & Banyan

2:00 pm Catharine Janssen RN - *"Immunology and Stress"*

2:50 pm Gina Ruffa - *Plant-based Pharmacist "Best Tips for Cancer Prevention & How to Optimize your treatment Outcome"*

3:40 pm Monisha Bhanote MD FCAP ABOIM - *"The Gut-Cancer Connection: Microbiome Insights and Innovations"*

4:40 pm **Break/VISIT EXHIBITORS: Ballroom Foyer & Banyan**

5:30 pm **Opening Reception** - Poolside Sponsored by Kim and Kent Dillow. Food, Drinks & Music by Alli Lubin

FRIDAY, FEBRUARY 23, 2024

7:00 am Shona Levy, *Yoga Poolside, Weather Backup BOARDROOM*

8:30 am Julia Chiappetta - *Opening remarks*

9:00 am Henning Saupe MD PhD *"A Gentle Way to Heal Cancer"*

10:30 am **Break/VISIT EXHIBITORS: Ballroom Foyer & Banyan**

11:30 am Laura Pole and Lindsay McDonnell: *"Choices in Healing"*

12:25 pm **Organic Lunch Buffet**
VISIT EXHIBITORS: Ballroom Foyer & Banyan

2:00 pm Jane McLelland Grad Dip Phys *"How to Starve Cancer"*

2:50 pm **Break/VISIT EXHIBITORS: Ballroom Foyer & Banyan**

3:20 pm Veronique Desaulniers DC *"Create the most optimal healing plan"*

4:15 pm **Patient Panel** - Julia Chiappetta (Moderator), Sally Lipsky, PhD, Bettina Tammaro, Ryan & Teddy Sternagle

5:45 pm **Patient Panel Ends**

7:00 pm **Celebrating Annie with STORIES Music & Snacks**

8:00 pm Led by Rick Shapiro, AAP Board Member, Alli Lubin & Julia Chiappetta

SATURDAY, FEBRUARY 24, 2024

7:00 am Valencia Robinson - *Yoga Poolside, Weather Backup BOARDROOM*

8:15 am Rick Shapiro & John Malanca - *Opening remarks*

8:25 am Zubin Marolia MD *"When were you last well?"*

9:15 am **KEYNOTE:** Nalini Chilkov LAc OMD *"RESOLVING CANCER RELATED FATIGUE"*

10:45 am **Break/VISIT EXHIBITORS: Ballroom Foyer & Banyan**

11:35 am Andre Williams MD *"Success Cases with The Gonzalez Protocol"*

12:20 am Julia Chiappetta & Annie Appleseed Board - *Closing Comments*

12:30 pm **Organic Lunch Buffet**
VISIT EXHIBITORS: Ballroom Foyer & Banyan

1:45 pm Conference Adjourns

CONSULTATIONS:

(Suggested donation to the Annie Appleseed Project \$75)

CONFIRM YOUR CONSULT NOW!

LOCATIONS & HOW TO BOOK

Dr George Wong	Chinese Herbalist	Forum 1	917.710.7888
Zubin Marolia MD	Mistletoe	Forum 2	Zubin@enlifin.in
Jane McLelland	Off Label Drugs	Plaza 2	Tracey@howtostarvecancer.com
Lise Battaglia	Homeopathy	Plaza 1	Recovery.naturally@outlook.com
Radial Remission	Cancer Coaching	Bronz	Liz@radicalremission.com
Amy Fabrikant	Reiki (\$60 donation)	Embassy	201.747.1234

PRIZE DRAWINGS - Purchase prize tickets during conference

The Annie Appleseed Project



All ORGANIC vegetarian and vegan food and beverages will be served. Don't miss our Terrific signature salad bar. All dishes are labeled for ingredients with gluten-free options. Hotel restaurant will offer Annie Appleseed menus.

Dedication

We want to share that over 500,000 people in the US die of cancer each and every year.

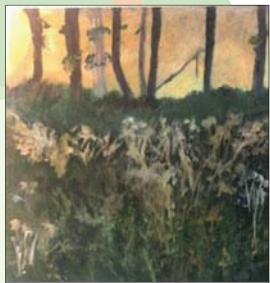
Honoring Those Who Have Fallen to Cancer



Marijo Beckman

Marijo attended many of our conferences after her diagnosis of lung cancer. She was a nurse prior to retirement- taking care of babies. She had 5 children, 4 daughters and a son. She

was known in her local community as a strong activist, caring deeply for all humans. Crediting Dr. Wong's herbs with extending her life, she died in November 2023. A wake was held at an Irish pub with music, food and many, many friends. She was a dear personal friend of Ann Fonfa.



Myrna Socol Eisenberg

Born March 11, 1944, she died March 22, 2023 and in May we received a letter from her attorney. She left our all-volunteer nonprofit a 1% share of her estate. How

amazingly kind. This happened after she came to a two-day meeting we co-hosted in Greenwich, CT. We will definitely use those fund to help others attend. She was married to Lewis Eisenberg and they lived on the Upper East Side of Manhattan as well as in Milford, CT (where she died).

She was a painter and had a website www.myrnasart.com - still life, birds, landscapes, seascapes, boats, and more.

She wrote this little tidbit to the New York Times Metropolitan Diary, which we found online:

"Getting out late from my facial treatment, I hurried to hail a taxi and planned to apply my makeup en

route. When I realized that I had forgotten to bring along a mirror, I asked the driver if he had one. He said he didn't but that I could come up front and use the rearview mirror. When I hesitated, he offered to turn the rearview mirror so that I could use it when he stopped for red lights. We agreed, and at the next light he stopped and turned the mirror for me to use. I leaned forward and applied my makeup. When the light turned green, he readjusted the mirror and so we continued the process until we arrived at my destination. I thanked him, and when he looked at me to collect the fare, he said, "It did make a difference!"
MYRNA SOCOL



Elaine McCoy

Attended several of our conferences. She was born on 12.29.1961 She died in September 2023. Lived in Wellington, FL. "RIP Elaine McCoy. You were a great

friend to everyone. Such a beautiful morning in Palm Beach celebrating your life."

"The world lost a beautiful light this week. Elaine McCoy, you were so brave, so beautiful, such an inspiration. You traveled the world, you did things that lit your soul on fire, you loved deeply. Your light was infectious. You shattered every prognosis the doctors gave you as you over and over told cancer...not today.

I am blessed to have had you in my life as a student and friend. I am sorry you had to suffer and were taken too soon, but I trust you are dancing with the angels"

Dedication

We want to share that over 500,000 people in the US die of cancer each and every year.

Honoring Those Who Have Fallen to Cancer



Linda Nagler

Although Linda only managed to attend one of our conferences, she was a strong supporter. She recommended our site and our conference to many other folks. She explored

various cancer therapies and always let me know what she was looking into. When we ate our organic lunches, she shared the concepts, asked me if I heard of so and so. She knew a LOT!

Her obit showed she was born in 1954, she died March 31, 2023. She lived on Long Island, moved to Florida with her husband, but they spent a lot of time in Vermont. She learned to ski and was very good at it. Her work was as an Executive Recruiter, in the financial industry. And she and her husband were fond of cruises. She managed all this as well as being an amazing researcher into Holistic cancer therapies.



**The
Annie Appleseed
Project**

1 IN 8

HELP US CHANGE THE NUMBER

FLORIDA
BREAST
CANCER
FOUNDATION
Saving Lives



*Purchase This Plate,
Save a Life!*



www.FloridaBreastCancer.org

Exhibitors

Please be sure to make time to visit our exhibitors at the conference. Visit them during the breaks and take advantage of gaining some great information, opportunities and resources.

EXHIBITOR	WEBSITE
ActivePure	ActivePure Technology Air Cleaners - Official Site (https://www.activepure.com)
American BioSciences	Welcome to American BioSciences, Inc. (https://www.americanbiosciences.com)
Argentyn 23®	www.Argentyn23.com (https://argentyn23.com)
Beat Cancer Conqueror	Home - Beat Cancer : Beat Cancer (https://beatcancer.org)
Believe Big	Believe Big - Cancer: Face It. Fight It. Overcome It (https://www.believebig.org)
Better Way Health	Better Way Health - #1 Beta Glucan Source in USA (https://www.betterwayhealth.com/)
BioCare Hospital and Wellness	https://www.biocarehospital.com
Breast Cancer Conqueror	Welcome To Breast Cancer Conqueror - (https://breastcancerconqueror.com)
Connect and Thrive	Connect & Thrive (connect-and-thrive.com)
Florida Breast Cancer Foundation	Florida Breast Cancer Foundation (https://www.floridabreastcancer.org)
Go Natural Dentistry	https://www.gonaturaldentistry.com/
Healing Strong	Home - HealingStrong (https://healingstrong.org)
Hippocrates Wellness	Hippocrates Wellness (https://hippocrateswellness.org)
Holistic Cancer Medicine	Henning Saupe Foundation for Alternative and Integrative Medicine (faim.org)
How to Starve Cancer	How to Starve Cancer - Jane McLelland (https://www.howtostarvecancer.com)
Immunity Therapy Center	https://www.immunitytherapycenter.com (https://www.immunitytherapycenter.com)
Inner Space Acupuncture	Dickie Walls, AP Acupuncture Specialist in Delray Beach, FL 33444 (wellness.com)
LifeWave	www.LifeWave.com/PeggyStevenson
Maharaj Institute	http://www.maharajinstitute.org
My Style Matters	Home - My Style Matters It's A Lifestyle (https://mystylematters.org)
Nicholas Gonzalez Foundation	https://thegonzalezprotocol.com/
Perfect Balance - Salicinium	Order Now - Perfect Balance Perfect Balance (forperfectbalance.com)
Polar Cold Caps	https://polarcoldcaps.com/
Poly-MVA	https://polymva.com/
Radical Remission Project	Home Radical Remission (https://www.radicalremission.com)
Recovery Naturally	Home Recovery Naturally (https://www.recoverynaturally.com)
Redmond REAL Salt	https://redmond.life/
Reflexology by Linda Chase	
Relax Saunas	Relax Sauna - Infrared Saunas - Relax Far Infrared Saunas (relaxsaunas.com)
RGCC-USA	Home RGCC Group (rgcc-group.com)
Sovereign Copper®	www.SovereignCopper.com
Sovereign Silver®	www.SovereignSilver.com
Speak Well Being Group	Female Motivational Speakers Speak Well Being Group (https://speakwellbeing.com)
Superieur Electrolytes	https://superieurelectrolytes.com/
The Healing Oasis	https://TheHealingOasis.ca
The Stern Method	The Stern Method (https://thesternmethod.com)
ThermoField	https://thermofield.com/
WELLKULÅ	Welcome (wellkula.com)



Go Organic for Best Health



The
Annie Appleseed
Project

"**Organic farming** is widely considered to be a far more sustainable alternative when it comes to food production. The lack of pesticides and wider variety of plants enhances biodiversity and results in better soil quality and reduced pollution from fertilizer or pesticide run-off." **SOURCE: Columbia Climate School**

"In the first study extracts from organically grown strawberries exhibited stronger antiproliferative activity against one colon and one breast cancer cell line, compared to the conventionally produced strawberries [50]. In the second study [51] the extracts of organic naturally fermented beetroot juices induced lower levels of early apoptosis and higher levels of late apoptosis and necrosis in a gastric cancer cell line, compared to the conventional extracts. Both studies thus demonstrated notable differences in the biological activity of organic vs. conventionally produced crop extracts in vitro, which should inspire further research." **SOURCE: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5658984/>**



"Significant positive outcomes were seen in longitudinal studies where increased organic intake was associated with reduced incidence of infertility, birth defects, allergic sensitisation, otitis media, pre-eclampsia, metabolic syndrome, high BMI, and non-Hodgkin lymphoma." **SOURCE: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7019963/>**

AnnieAppleseedProject.org
(561) 749-0084

@annieappleseed



Alphabetical Order

InKind Donors

The Annie Appleseed Project sincerely "thanks" our in-kind donors for supporting our mission and contributing to our Annual CAM For Cancer Conference!

IN-KIND DONORS	WEBSITE
Counter Culture Food & Beverage LLC	http://drinkliveculture.com/
Farmers Table	https://dinefarmerstable.com/ Boca Raton
Gratitude Garden Farms	https://www.gratitudegardenfarm.com/ Sprouts, Mushrooms, Greens
Natuurlik Caribbean Food	https://natuurlik.net (active on Instagram), Boynton Beach
SAWilsons Coffee	http://www.sawilsons.com
Nordic Naturals	https://www.nordic.com/
Überlube	https://uberlube.com/ - Luxury Lubricant
Whole World Botanical	WholeWorldBotanicals.com
Shop C60	shopc60.com
Lizola Granola Cereal	LizaGranola.com
Mushroom Wisdom	https://mushroomwisdom.com/
Helping to Heal - booklets	www.helping2heal.org
Redmond Real Salt	https://redmond.life/pages/realsalt
Better Way Health	https://www.betterwayhealth.com/
Frontier Coop	
Stecey's Organic Tortillas	staceysorganic.com
Aura Cacia	
Dr. Bronner Soaps	https://www.drbronner.com/



d | design
center

"Rebranding the Annie Appleseed Project"
Use Code: AnnieAppleseed for discounts

web / print / mobile apps / social media / blogs / videos & more

www.davisdesigncenter.com
info@davisdesigncenter.com

Call Shawn Davis Today
619.638.7365



One Patient Advocate's journey using Natural approaches, Ann Fonfa

Focusing on my health, but sharing information, networking

The Truth about InfraRed

Sauna Protocols - Optimization

- Sequencing
- Time of Day
- Number of Days Per Week
- Time per Session
- Temperature per Session

© 2019 Therasage, All Rights Reserved



Protective factors

Nature connectedness (IWV)

- Nature connectedness is related to positive affect, vitality and life satisfaction, subjective happiness^[16]
- Harmonious feeling with nature related to better psychological health during COVID-19^[17]
 - Mastery-over-nature WV related to negative affect
- Multiple indigenous groups reported nature connectedness as critical to mental health^[18]

Virtual Cancer Wellness Community

B E C O M E A T H R I V E R



The Health Navigator *Thriver* membership offers individuals the chance to connect with like-minded people who are also navigating their own health journeys, providing a sense of belonging and understanding. In addition to community support, the Thriver Membership includes access to a variety of events, resources, and tools designed to aid in the healing process.



Scan here to learn more or visit us at www.healthnavs.com.





GREEN SHIELD



RIFE MACHINE

Low-frequency Electromagnetic Waves in less than 2 pounds... Anywhere with you.

RIFE MACHINE with Frequency Infused conductive cream 60ml \$ 380.00 *

LIFE PEN

Harmony, balance and healing in the palm of your hand

LIFE PEN with bio-frequency oil \$ 130.00 *



BIO ACTIVE SOLES

Walk the path of energetic and vibrational rebalancing, one step at a time.

BIO ACTIVE SOLES \$ 50.00 *

* offer valid from 2/22/2024 to 3/31/2024
Free shipping on orders over \$100

for orders contact Green-Shield Customer Service: distributorsusa@green-shield.eu
WhatsApp USA +1 303 807 9044

Speaker Bio's



Lise Battaglia

Lise is the founder of Recovery Naturally, LLC and is a full time Classical Homeopath, Educator and Researcher. Specializing in Detoxification from environmental, pharmaceutical and drug toxicity, she has completed the groundbreaking Human Chemistry Detox Therapy training with Ton Jansen, MD in Holland. Certified as an Addictions Professional (CAP) her practice has expanded to include safe and effective, Anti Depressant, Anti-Anxiety, Anti Epilepsy Medication withdrawal, Antibiotic Resistance Recovery and Reversing Microbiome disfunction.

In private practice in New York City, and globally via video telehealth, Lise has collaborating with physicians and individuals since 1990. She is certified by the Council on Homeopathic Certification (CCH) and Registered Society of Homeopaths North America, and earned advanced standing as a Homeopathic Master Clinician (HMC) with Louis Klein. She's an invited speaker at international conferences devoted to integrative holistic care and homeopathy; Including two presentations for the Annie Appleseed Conferences in 2016 and 2019.

A dedicated member of the Homeopathic and Natural Medicine communities, Lise serves on the Board of The Florida Homeopathic Society; was crisis counselor for 12 years with Saint Luke's-Roosevelt Hospital in NYC, for Survivors of Domestic Violence and Rape and was a Special Diets mentor to professional chefs for 8 years with the American Personal Chef Association.

Currently she is completing a volume on integrative health care - "Putting it all together. A consumer's

guide." In April, 2024 she will be presenting her 2 hour paper on Anxiety and Inflammation-Homeopathic Links and Solutions for the National Center for Homeopathy's 50th Anniversary at the Joint Association of Homeopaths Conference. (JAHC) Lise and her practice are featured in the upcoming documentary: "Introducing Homeopathy" due to premier April 2024.

In addition to constitutional and acute care for her clients, her Individualized Integrative Health Care Strategy Sessions and Emotional Support Without Prescription Drugs monthly training sessions are popular offerings on her website: www.RecoveryNaturally.com



Monisha Bhanote MD FCAP ABOIM

Dr. Bhanote, the visionary founder of WELLKULÅ, is a quintuple board-certified physician and best-selling author, widely recognized for her expertise in Integrative Lifestyle Medicine, Functional Culinary Medicine, and Cytopathology. Her work, deeply rooted in health and wellness, has made her a sought-after expert, enriching lives through her speaking engagements and insightful written contributions.

In her dedicated pursuit of wellbeing, Dr. Bhanote harmoniously integrates ancient wisdom with modern mind-body science. Her dedication to plant-powered nutrition is central to her groundbreaking research on gut, brain, and cellular health, underscoring the critical roles of the microbiome and inflammation management in the journey towards longevity. Combining mindful practices with scientific precision, Dr. Bhanote's approach paves the way for sustained health and mental clarity, advocating a lifestyle that enriches both body and mind, leading to comprehensive cellular wellbeing.

Speaker Bio's



Julia Chiappetta

Julia Chiappetta is the owner of Julia Chiappetta Consulting (JCC Group, LLC), offering, Marketing and Meeting Planning Solutions to Create, Connect & Coordinate, utilizing a unique blend of business development and marketing tools, influenced by years of global client projects.

Julia is a visionary, writer and problem solver, whose life took a turn twenty years ago when she heard the words "you have cancer." Facing her diagnosis head on, she began researching alternative therapies, which she wholly implemented. Six years later she published Breast Cancer-the notebook, (Gemini Media 2005), to encourage others to seek optimum health.

Julia sits on boards for: The Annie Appleseed Project, Greenwich Christian Preschool, Best Answer for Cancer, The Board of Health, Town of Greenwich, Connecticut. Notable engagements include two invitations to The White House by First Lady Laura Bush's team to discuss global education for women, with focus on diet and lifestyle choices. She has appeared on: Fox News, NBC, CBS, several radio broadcasts and has been interviewed by: Vogue, Shape, Self, Natural Health, Breast Cancer Magazine & Nature and Health Australia, to name a few. She also released a video series on You Tube called, Julia the Conqueror. At present she writes a Health & Wellness Column and continues to encourage others facing similar challenges. Her mission is to continue to blend Health & Wellness into all aspects of her business life. JuliaChiappetta.com



Nalini Chilkov LAc OMD

Nalini is the creator of the OUTSMART CANCER® and the Founder of IntegrativeCancerAnswers.com, the creator of the OUTSMART CANCER® System the author of the best selling book 32 Ways to OutSmart Cancer | How to Create a Body in Which Cancer Cannot Thrive.

Dr. Chilkov is a leading edge authority on Integrative Cancer Care, Immune Enhancement, Optimal Nutrition and Wellness Medicine.

Dr. Nalini's OutSmart Cancer Programs are recognized as the most comprehensive, science based, safe, natural programs for supporting cancer patients, cancer survivors and those who do not want to get cancer to Get Well, Stay Well and Live Well beyond cancer.

For over thirty years, Dr. Nalini has helped thousands of people, many with serious and chronic illnesses achieve and maintain extraordinary health and longevity and is sought out by Award Winning Hollywood celebrities and insiders.

She is listed as a go to clinician in Susanne Sommer's book Doctors Who Are Curing Cancer and How to Prevent Getting It in the First Place. She has appeared as a health expert on NBC TV and has been recognized by WebMD and sharecare.com as one of the Top Ten Online Influencers in Breast Cancer.



Lauren Cohen DC RGCC International North America

Managing Director - Business Development & Operations

After 25 years spearheading a unique healing practice specializing in Chiropractic, Functional

Speaker Bio's

Medicine, and Emotional Healing, Dr. Lauren Cohen, DC shifted her knowledge and gifts into Cancer Patient Advocacy following the stage 4 cancer diagnosis of both her mother and sister. Recognizing the complexity of navigating the cancer world, Dr. Lauren became the "Doctor in the family" for those that didn't have one, helping them translate the "doctor" speak and understand the myriad of treatment options so they could make better choices and select the healing path that was best suited for them. Her unique combination of physician, caregiver, and patient advocate made her the perfect fit to lead RGCC International's new US based branch office RGCC International - North America, bringing a culture of personalization and partnership to a world of cancer care that is often cold and disconnected. She is on a mission to change the cancer care paradigm, replacing fear and uncertainty with hope and possibility.



Liz Curran - Radical Remission

Liz Curran is a Holistic Cancer Health Coach, Certified Radical Remission™ Workshop Facilitator, and Speaker. Her program offers a roadmap to lifestyle change as a powerful tool for people with cancer, autoimmune disease, and those seeking emotional wellness.



Veronique Desaulniers DC

Better known as Dr. V. is a 2x breast cancer conqueror. As a Doctor of Chiropractic and 40+ years as a wellness researcher, her mission is to save lives one breast at a time. Although her focus is an integrative approach to breast cancer, her two signature programs: 7 Essentials System® and How to Survive and Thrive: Conquering Breast Cancer with Conventional Treatments and Natural Medicine, can also be used by anyone who wants to prevent diseases and live a vibrantly healthy life!



Amy Fabrikant

Amy Fabrikant, MA, NBC-HWC, began her professional journey in traditional western education and received her BA from Vassar College, her MA from Columbia University.

For over 30 years, Amy has been trained and certified in many diverse practices for an integrative approach to wellness, including: Chinese Acupressure, Reiki, Western Herbalism, Holistic Nutrition, Emotional Freedom Technique(EFT), Mindfulness Based Stress Reduction(MBSR), Wisdom Healing Qigong, Vinyasa Yoga and Archetypal Wheel, and Tarot Card Reading.

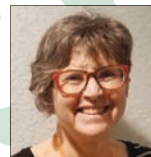
Amy found her way into holistic health practices through her personal journey to successfully heal her body, then struggling from chronic inflammation caused by depleting lifestyle habits and environmental toxins.

Amy has come to rely on two beliefs in her practice:

1. First, 100% Wellness is a natural born right and possible for all people.
2. Second, As Amy's mentor, Cynthia Li MD writes,

"Healing is an individual journey and cannot be done alone."

Find out more about working with Amy on her website, <https://www.amyfabrikant.com>



Ann Fonfa

Founder and President,
Annie Appleseed Project

Founder and President of the Annie Appleseed Project. Ann was diagnosed with breast cancer in January 1993 while suffering from extreme multiple chemical sensitivity(MCS). She refused chemotherapy,

Speaker Bio's

radiation and hormonal treatments, choosing surgery and natural strategies. Ann quickly saw a need for education in the area of CAM. She organized a study group (with a friend who immediately left for grad school), on Whole Health. The summaries of these monthly meetings became the basis for the website which went up in June 1999. Ann got deeply involved in advocating for a person's right to choose their own treatments and be well-informed. The nonprofit is an all-volunteer effort to this day. Ann travels to mainstream and holistic cancer and health meetings to ask questions. Lots of questions. She has a blog on the website, does grant reviews and serves on many committees and several boards. Very happily married to the man they call Mr. Appleseed (Steve Wolman) who claims to be the "good man behind a great woman" (his words).



Karla Mans Giroux

Karla Mans Giroux - Co-Director of the Radical Remission Project, Co-Founder of Health Navigators, A Virtual Cancer Wellness Community, and a holistic cancer health coach, educator, and speaker - is a radical remission survivor living with stable metastatic breast cancer (MBC). Karla was originally diagnosed with breast cancer in 2003 and underwent a mastectomy, chemo, and radiation. Eleven years later, in late 2014, she received a metastatic breast cancer diagnosis. This diagnosis did not align with her goal of living to be 100+, so she decided to do all that she could, to manage this challenge. Karla embarked on a holistic healing journey to help herself regain optimal health and longevity. With her integrative approach to healing, she is blessed to report "no evidence of disease" since 2016! Her

passion has led her to share what she has learned so that everyone with a diagnosis can have a better chance of overcoming the odds. Karla received her health coaching certification from the Wisdom of the Whole Coaching Academy as well as the Radical Remission Project and is nationally board certified by the National Board of Health & Wellness Coaches (NBHWC). She Co-Founded the Health Navigators, a Virtual Cancer Wellness Community in 2020. As Co-Director of the Radical Remission Project, and as a Certified Radical Remission Workshop Instructor & Health Coach, it is Karla's mission to share the powerful benefits of the Radical Remission healing factors with the world.



Carolyn Gross, Speaker, Author, Health Advocate

Carolyn Gross is a Chaos Researcher and calls Cancer the Great Teacher!, She has been seen on NBC, ABC, Lifetime TV, NPR and numerous podcast. She wrote Rise Above the Chaos before the pandemic and healed stage 3 breast cancer without any surgery, 20 years ago.

Her speaking career transitioned into patient education where she worked in medical realms assisting stage 4 cancer patients using Integrative Medical Immunotherapy. Her expertise addresses Psychoneuroimmunology, Neuroscience and protocols to boost the Immune System... Galore!

Her books titled: Rise Above the Chaos: How to Keep Positive in an Unsettled World, Treatable & Beatable: Healing Cancer without Surgery, Breaking the Cancer Code and Staying Calm in the Midst of Chaos all detail her 25 years experience as an expert in the field of mind-body healing to Ninja-fy peoples lives.

Speaker Bio's

She conducts Rise Above the Chaos Retreats for the Golden Door, Rancho La Puerta, Deer Lake Lodge, Hilton Waikoloa and more. Now living in Palm Springs she produces Rise & Redefine Retreats for both Health Professionals and Patients.

Visit www.creativelifesolutions.com or contact: info@creativelifesolutions.com



Catharine Janssen RN

Plant-based Pharmacist

Catharine Janssen is a retired critical care Registered Nurse, breast cancer survivor, an active Rotarian, a Distinguished Toastmaster and now a Certified Cancer Coach. Catharine is also the owner of BRACA Shirts (Cancer shirts designed for women to manage post-surgical drains).

Catharine has started a learning series with PowerPoint presentations. Catharine is excited to share and further develop the knowledge of my clients. I believe that "Knowledge is Power" that will lead to sound decision making, clients making informed decisions and guide them through establishing and adopting healthy lifestyle changes. I started cancer coaching and exploring great products to help women with cancer. I am hoping to help women confidently explore alternative approaches to their cancer care as complementary to their medical regimes. My website will be designed to further my cancer clients education, as well as provide to clients a reliable resource for cancer information under the Education section and Cancer Care Roundup. Wishing all a successful



Sarah Lascano

Better known as Dr. Sarah Lascano is the founder of RayZen Energy, a master Energy Medicine

practitioner and creator of the RayZen Lightwork Technique. She is an internationally recognized Best-Selling author and speaker. Sarah has worked with hundreds of patients around the world in thousands of sessions. It is her passion to help her clients recover their health when nothing else is working. She is a recognized mind-body and energy healing expert and merges her engineering training and scientific knowledge with practical spiritual wisdom. Sarah is known for her down-to-earth, heart-centered style and the clinically significant results her patients achieve.



Shona Levy

Nutrition and Wellness Consultant

Having spent over 20 years in the Pharmaceutical industry, Shona Levy decided to pursue a new line of work to serve the community. She wanted to teach people how to take better care of themselves by way of a good diet, exercise, and a holistic approach to wellness. In 2022 she became a Certified Holistic Nutrition and Wellness Consultant. She is the founder of 360! For Life, a coaching service that focuses on wellness from a holistic perspective, nourishing the elements in you: Wind, Water, Fire & Earth. Knowledge of how these elements work to sustain our wellness is something that is not being taken into account in this age, however it is important to know how to properly nurture our elements, and she works to incorporate that into the 360! For Life program. You may learn more at www.Facebook.com/3604Life.

She is a vegan lifestyle trainer and has been promoting the whole food, plant based lifestyle since 2012 on Vegan Plate Please on Facebook www.Facebook.com/VeganPlatePlease. In 2019, Shona launched a series of interviews with cancer experts titled "Cancer, Be Gone!". This series

Speaker Bio's

highlights a number of thought leaders in the medical community, cancer survivors and vegan chefs to share their experiences with alternative and integrative therapy. The series developed in 2019 and went into 2020. It provides a spotlight for many reputable experts and survivors who have witnessed success with alternative and complementary treatments and is a must see! Shona sits on the board of The Annie Appleseed Project, advocating for cancer patients and caregivers who seek more information about cancer treatment and the options they have to reach for a better quality of life naturally.



Sally Lipsky PhD

Plant-Based Nutrition Educator and Author

Sally Lipsky PhD is a plant-based educator, author, and speaker with a Certificate in Plant-Based Nutrition from the T. Colin Campbell Center for Nutrition Studies and eCornell. She leads the non-profit Plant-Based Pittsburgh, an affiliate of PlantPure Communities. Her recent book is *Beyond Cancer: The Powerful Effect of Plant-Based Eating*.

In 2008, while still in treatment for late-stage cancer, I began educating myself about the power of food to heal and protect from disease.

In her quest to learn more and more about whole, plant-based eating, she completed a Certificate in Plant-based Nutrition (T. Colin Campbell Center for Nutritional Studies), Food for Life Program Training (Physicians Committee for Responsible Medicine), Farms to Forks Weekend Immersion (Forks Over Knives & Engine 2 Diet), and Culinary Rx Plant-based Wellness Course (Rouxbe Online Cooking School & The Plantrician Project).

Currently, she put her knowledge and zeal into educating others about how to use food in their journeys toward long-term health.



Alli Lubin

Singer/songwriter, Alli Lubin, has been a performing folk musician and music teacher in the southern

Vermont area for over 50 years. In 1970, she graduated from Barnard College and moved to Vermont just days after she saw it for the first time. The green mountains were calling her home, and for the past half century, she has been singing and playing her personal blend of folk, bluegrass, country, and reggae music all around the local area. Her gig resume reads like a history of the restaurant business in southern Vermont! She produced two albums: a vinyl LP record, "Original Songs by Alli Lubin," and a CD entitled "Children of the Mountains." Many infamous local musicians are featured on both albums!

Along with performing, Alli was a music teacher at The Grammar School in Putney, Vermont for 27 years, serving as Head of the Music Department and Tech Administrator. She produced a Broadway musical every spring, along with presenting many concerts for the parents and surrounding community. As her fledglings have flown over the years, she has sprouted many talented and well-trained musicians, singers, actors, theater technicians, and music lovers, who she now enjoys connecting with on social media.

In retirement, Alli is performing at community events and private parties, teaching privately in her home studio, practicing old and new favorite songs, and collaborating with local musicians. Sharing music,

Speaker Bio's

keeping the old songs alive, and writing new ones, have always been Alli's primary musical missions and those remain what motivates her today. She wrote, "I've been clearing my intellectual and emotional slate to allow me the freedom and inspire me with the motivation to express myself creatively through writing new songs that will give deeper meaning to this new chapter of my life."



Dipnarine Maharaj MD

Dr. Dipnarine Maharaj is the Founder and Medical Director of the South Florida Bone Marrow Stem Cell Transplant Institute, DBA the Maharaj Institute of Immune Regenerative Medicine and its affiliates, the Stem Cell Cryobank, and the Advanced Stem Cell Education Program (ASTEP). After obtaining his medical degree from the University of Glasgow Medical School, Scotland, Dr. Maharaj completed his internship and residency in Internal Medicine and Hematology followed by specialist fellowship training in Hematology, Oncology and Bone Marrow Stem Cell Transplantation at the University's Glasgow Royal Infirmary, Scotland.

Dr Maharaj was recruited to the University of Miami to develop the Bone Marrow Transplant Program and subsequently developed the totally outpatient transplant which he currently directs, and it is located in Boynton Beach, Florida.

In addition to his role as a Doctor of Medicine and research, Dr. Maharaj is also an accomplished author, teacher and sought-after lecturer and is known and respected internationally with a personal desire to make a truly positive impact on people's lives, which is why he has dedicated his career to the concentrated study of the immune system. He is a renowned clinician who has been handling highly

complex clinical cases and his research and clinical work have led to evidence of true advancements in the treatment of life-threatening diseases that have historically been difficult to manage.



John Malanca

Through a family hardship in 2011, John and his wife Corinne founded United Patients Group (UPG), a trusted resource and leader in medical cannabis information and education for physicians, pharmacists, governments and organizations. Although Corinne has passed, UPG still serves as a Virtual Hand for patients and their loved ones struggling with chronic and terminal illnesses by helping them navigate through this ever-changing industry.

John is proud to host his Podcast - Be Informed, Be Well, where he covers a wide variety of health topics with his relevant list of guest experts. He is also co-creator and host of the global docuseries, *The Sacred Plant*, *Healing Secrets Explained*, John has authored 4 Educational books on Cannabis and Masterclasses focused on *Pain*, *Cancer*, *Brain & How to Make Cannabis Work*, within The Sacred Plant organization.

John is a staunch supporter of the Annie Appleseed organization and is honored to return. Currently, he enjoys a healthy lifestyle of mind, body and spirit and believes in a compassionate approach to Health and Healing, while dedicating his career to help alleviate pain and suffering.

John Malanca, United Patients Group
John@UnitedPatientsGroup.com
www.UnitedPatientsGroup.com

Speaker Bio's



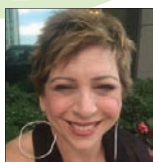
Zubin Marolia, MD

Dr. Zubin Marolia is the founder of ENLIFEN and a certified practitioner of Mistletoe Therapy, and a homeopath. Dr. Marolia's vision is to expand his horizons in the field of integrative and holistic medicine.

He has collaborated with several renowned institutions, including Klinik Arlesheim in Switzerland, Helixor Heilmittel and Filderklinik in Germany, Memorial Sloan Kettering Cancer Centre in New York, and the Medical University of Vienna. Dr. Marolia is passionate about sharing his healing experiences and has delivered lectures at prestigious institutions like Johns Hopkins University School of Medicine in the United States, the XIII International Anthroposophical conference in Recife, Brazil, and conducted a Symposium on Mistletoe Therapy in Seoul.

Dr. Marolia has done four consecutive presentations at the Integrated Medicine Meeting held biennially in Helixor, Germany. Dr. Marolia has participated in The Truth About Cancer [LIVE] a global documentary about alternative approaches to treating cancer which has reached more than 50,000 people worldwide.

Dr. Marolia's secret to ensuring maximum patient welfare and achieving success is his emotional connection with his patients and investment in their lives.



Lindsay McDonnell

Lindsay McDonnell is a speaker, sought-after cancer coach, and celebrated author. She is also an eight-year thriver with metastatic breast cancer

and chronic myeloid leukemia. Lindsay's coaching and writings guide people with cancer in regaining their power using their curiosity to put fear to the side and maximize their chances of surviving when faced with a cancer diagnosis. Lindsay is Project LEAD certified; a certified coaching navigator for Smith Center for Healing and the Arts; a You Can Thrive coach; and a CancerChoices volunteer site guide and consultant.

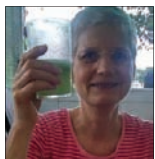


Jane McLelland Grad Dip Phys

After being given a terminal diagnosis with only a few weeks to live, Jane dug up research, some decades old, in her quest to survive. Rather than aiming to cure cancer, which in many cases is unachievable, Jane's approach was to stop it growing. Remarkably her approach not only stopped it growing, it disappeared altogether. There are now clinics following her protocol, achieving remarkable successes. This book is a game-changing new dawn in the treatment of cancer. An international publishing sensation with translation rights sold to 12 countries. This page-turning inspirational read is updated with a new 'Metro Map', Jane's unique and revolutionary route map to starving cancer. An index will also be included. Written in two sections, in Part 1 Jane intertwines her remarkable life story of 'terminal cancer' to full recovery, describing how she discovered a unique cocktail of off label drugs (drugs usually prescribed for other conditions) and supplements that effectively starve the cancer stem cell, the cell left behind by conventional treatment. Treatment for the stem cell is hailed as the Holy Grail, so this book plugs the missing piece into why we do not have a cure for cancer. Lead cancer researchers at top oncology centres are now using this book as a guide. Jane has a huge following of tens of thousands on Facebook and other social media.

Speaker Bio's

Many testimonials from recovered patients and oncologists who use her methods.



Laura Pole

Laura Pole is senior clinical consultant for the non-profit evidence-based integrative cancer care website CancerChoices. Laura is an oncology clinical nurse specialist, culinary translator and professional musician who has been providing integrative oncology clinical care, navigation, consultation and education services for over 40 years. She is the co-creator and co-coordinator of the Integrative Oncology Navigation Training at Smith Center for Healing and the Arts in Washington, DC. She is the director of Nourishment Education programs for the Smith Center. Laura also manages the "Media Watch Cancer News That You Can Use" listserv for Smith Center/Commonweal.

Laura received her BSN from the University of Tennessee and her MSN from the University of North Carolina. She has received additional training/certification from the Bressler Institute Training in Interactive Guided Imagery, Natural Gourmet Cookery School Health Supportive Chef Training, Therapeutic Touch Practitioner Training, The Center for Mind-Body Medicine Cancer Guides and Food as Medicine Trainings, Respecting Choices Last Steps Advance Care Planning Instructor and Faculty trainings, End of Life Nursing Education Curriculum (ELNEC) Instructor Training and her White and Blue Belt Nia (Body-Mind Fitness) Teacher Trainings.



Valencia Robinson

Valencia Robinson, 26-year veteran teacher of English and history, breast cancer survivor, and mom of 4. I teach gentle yoga classes that focus on safety,

proper body alignment, mindfulness and learning to trust yourself- even if you are new to yoga. I started my journey to yoga over 13 years ago, after my cancer diagnosis. Since then I've taught yoga to my students, family and other cancer survivors. My approach to teaching integrates Kripalu Yoga - teaching compassion, with the mindfulness of meditation, and the awareness of nutrition, blended with personal training, and lifestyle coaching. I will help you feel healthy, happy, and connected while making it all purposeful, grounded and fun!

I offer yoga, meditation classes, beach yoga, YogaWalks, and cancer retreats. I have been featured doing yoga on Good Morning America and featured in People Magazine as a National Teacher of the Year.

I am actively involved in my local community. I'm passionate about helping cancer patients get to and from their appointments and helping them navigate through their journey. I'm a patient advocate working with several National organizations in areas of legislation, research and therapeutics. I was awarded the 2019 Grassroots Advocacy Award by the National Breast Cancer Coalition.

I'm so looking forward to connecting with you and sharing the gifts of yoga and mindfulness!



Gina Ruffa

Plant-based Pharmacist

"Gina Ruffa began researching alternative treatments intensely and incorporated as much as she could both during and after her son's treatments. Gina developed a passion to help other people through lifestyle changes, supplementation, diet and cancer coaching. She individualizes each person's plan and treatment to make it as simple and convenient

Speaker Bio's

as possible for the patient. Gina is a wellness warrior and health educator who is eager to help others through the journey she herself went through as a result of her son's illness and prognosis. Anthony had a less than 1% chance of long term survival and is currently 32yo alive and well.

Gina emphasizes a plant based diet with supplementation that both minimizes toxicity of standard chemo and radiation as well as maximizes efficacy of the standard protocols. Gina was interviewed on The Truth about Cancer with her story and has shared her story on the Masterplan radio segment. She plans to write a book sharing her unique story, called The Hope Prescription. She is happy to help personalize the patient's journey through cancer by way of consultation. www.theplantbasedpharmacist.com



Al Sanchez

Al Sanchez, committed to joining his family, friends and colleagues in the quest to find better solutions, options, access to information, treatments, and maybe one day, a cure for those stricken with cancer and other degenerative disease. www.polymva.store



Henning Saupe MD PHD

Dr. Henning Saupe completed his medical studies at the University of Ulm, Germany. After completing his doctorate in the field of psychotherapy, he worked in Stockholm for ten years with a focus on naturopathy, anthroposophical medicine, and holistic cancer therapy. In January 2005, he founded the Arkadiakliniken in Stockholm, the first hyperthermia clinic in Sweden specializing in oncological hyperthermia. He founded the Arcadia practice in Kassel in 2006 and in Bad

Emstal / Germany in 2014 where he currently serves as medical director.

Since 2005, Dr. Saupe has regularly lectured in the UK and in Scandinavia, including Stockholm, Oslo, Gothenburg, Malmö and London as well as in the United States. In September 2007, he was awarded the Professor Olof Lindal's Prize for Complementary Medicine at the House of parliament in Stockholm for his pioneering contributions of medical hyperthermia to complementary medicine in Sweden. Dr. Saupe is also a member of the ICHS (International Clinical Hyperthermia Society) and the DGO (German Society for Oncology). He is the author of the book „Holistic Cancer Medicine“ that was published by ChelseaGreen in November 2022.



Rick Shapiro AAP Board Member

Rick Shapiro, a former practicing attorney, is a leading consultant, researcher and educator in the field of safe, evidence-based, integrative and alternative cancer treatments. He has engaged in deep research about efficacious therapies that are extending and saving lives, and enhancing quality of life, beyond statistical norms generally found in the conventional cancer world.

He collaborates with internationally renowned doctors and researchers who are at the forefront of efficacious therapies. He has consulted with, and coached, cancer patients from all over the world, including China, New Zealand, Okinawa, Europe, throughout the United States and in his hometown, Scottsdale, Arizona. The culmination of his work, developed after cancer took his father's life over 20 years ago, is found in his book Hope Never Dies.

Speaker Bio's



Ryan and Teddy Sternagel

Ryan and Teddy Sternagel, who found of The Stern Method, to platform, inform and inspire families preventing or reversing cancer to succeed on all fronts.

May of 2014 their son Ryder was diagnosed with stage four neuroblastoma, a childhood cancer of the nervous system eleven days before his first birthday. Through an integrative approach leaving nothing on the table, ridding their lives of all possible causes, which included building a non-toxic house in the middle of the woods, today Ryder is thriving.

Along with The Stern Method website and social media presence, Ryan & Teddy host The Anti-Cancer Revolution podcast and online conference series, and are the creators of Going Integrative Plus, a community providing cancer patients, parents and caregivers the opportunity to receive guidance directly from the top holistic cancer doctors in the world on a weekly basis.



Bettina Tammaro

Bettina Tammaro has a firsthand experience going through a cancer journey twice. First in 2001 Bettina she did conventional treatment, then in 2012 she decided to go 100% natural to conquer the imbalance in her body. She believes that whether you choose conventional, integrative or a 100% natural approach, it is a personal choice that only you can make.

Bettina makes her own tinctures, oils, powders, capsules, teas, seaweed, and sea salt. She collects tree stumps to make rustic furniture for her home. Some may know her as the wild child who joined TV Programs like Survivor in 2013 and 2017, Gameshow Japan in 2009 and Wipeout Argentina in 2008. As a single mother Bettina has travelled the

world with her 3 children, (now adults), volunteering in Africa with lions, Thailand with elephants and Key West where they volunteered at a dolphin research center. She has stayed at an Ice Hotel, in Lapland, Sweden at -28 degrees, to volunteer with dogs sledding teams and a Bedouin Village in the Sinai dessert where she walked to the top of Moses Mountain. She has a bachelor's degree in Primary Education for Special Needs Children and Physical Education. Bettina currently resides in Denmark, where she was born and continues to help others overcome challenges as a Life Coach.



Andre Williams MD

Extensively, and well trained as an oncologist, Dr. Andre Williams was awarded by the American Society of Clinical Oncology, for his work in a developing country. He then did further international training in proven nutrition and wellness strategies. He believes the body was built to heal itself, and employs his wealth of experience to guide patients towards complete wellness.

Dr. Andre is internationally certified in both the Gerson® Therapy and the Gonzalez® Protocol. The Gerson® Therapy is a decades-old approach to treating cancer and other chronic illnesses, using aggressive nutrition. The Gonzalez Protocol® was pioneered by Dr. Nicholas Gonzalez MD, and similarly employs powerful, proven nutritional therapies, with high doses of pancreatic enzymes and safe detoxification routines.

Dr. Andre also trained with Dr. Robbins and Dr. Rowen in hyperbaric ozone therapy and ozone dialysis, and is certified in Basic and Advanced Prolozone™ therapy techniques by the American Academy of Ozonotherapy.

the

Healing Oasis

HEALING FOR THOSE WITH CANCER

WE PROVIDE:

- *Private Chef*
- *40 Acres with a Private Lake*
- *Cancer Healing Therapies*
- *Stay for 1 - 3 Months (All-Inclusive)*

LOCATED IN BRITISH COLOMBIA

1876 Creighton Valley Road
Lumby, BC V0E2G1

TheHealingOasis.ca





Christine G. Anastos • CEO & Co-Founder

Connect & Thrive, Inc. (CAT) is a social impact company for cancer previvors, patients, and caregivers. CAT is dedicated to assisting women on their personal healing journeys by providing access to reputable practitioners and curated products focused on helping them to protect against the occurrence of cancer, navigate a cancer diagnosis, and help mitigate the risk of recurrence of cancer. CAT's Mission is to help women **CONNECT** with a community focused on integrative therapies and healthy living who can help them **THRIVE** as they navigate their healing journeys!



*"In the face of uncertainty, there is nothing wrong with hope."
~O. Carl Simonton*



christine@connect-and-thrive.com
www.connect-and-thrive.com

*In health,
Christine*

Speaker Abstracts

The Gut-Cancer Connection: Microbiome Insights and Innovations.”



Monisha Bhanote MD FCAP ABOIM

This presentation delves into the emerging role of the gut microbiome in cancer development. It highlights recent research on how gut microbial populations impact human health, particularly in immune system development and nutrient uptake. Dysbiosis, or shifts in gut microbiome composition, is increasingly linked with various cancers. We'll explore how different gut bacteria can influence cancer risk and play roles in tumor initiation and progression, including through mechanisms like chronic inflammation and toxin production. The session provides a concise overview of the current understanding of the gut microbiome's involvement in cancer and its potential for predicting and enhancing clinical outcomes.

Resolving Cancer Related Fatigue



Nalini Chilkov LAc OMD

The Most Common and Persistent Complaint of Long Term Cancer Survivors

Fatigue is one of the most prevalent and distressing long term side effects of cancer and cancer treatments that significantly affects patients' quality of life. A majority of cancer patients will experience fatigue even before diagnosis and during and after their treatments. Approximately 30% of patients will endure persistent fatigue for up to 10-20 years even after successful treatment. We will explore the root causes and provide solutions for managing and resolving cancer and cancer treatment related fatigue. We will address the most common disruptions linked to fatigue: Inflammation,

Mitochondrial Dysfunction, Bone Marrow Suppression, Nutritional Depletions, Kidney and Liver Toxicity utilizing therapeutic foods, Nutraceuticals, Botanicals, Phytochemicals, Acupuncture and Lifestyle interventions.

Revolutionizing Cancer Care Through Personalization



Lauren Cohen, DC.

Conventional cancer treatment overlooks the uniqueness of each person's cancer, treating all cases as one homogeneous pool. But every cancer patient deserves more than a one-size-fits-all approach. The future of cancer care requires innovation in the testing protocols that provide actionable information personalized to each patient's cancer biology. Understanding the expression of cancer cells within the patient's unique genetic makeup and physiology is the key to providing guidance about what is driving the progression of the patient's cancer, allowing for the creation of personalized treatment protocols tailored to each patient as an individual, ultimately leading the way to better outcomes.

Radical Remission



Liz Curran and Karla Mans Giroux

We will speak on topics we have found are crucial before being capable of establishing lifestyle change - self compassion, setting boundaries, mindset and purpose. We have found in our clients, without these 4 pillars being stable, lifestyle change is much more difficult to implement. We'd love to share this information with your community.

Speaker Abstracts

How to Survive and Thrive: Conquering Breast Cancer with Conventional Treatments and Natural Medicine.



Veronique Desaulniers DC

Today's talk is all about weaving together the best of both worlds—natural health and conventional medicine—to create the most optimal healing plan. For the last decade, Dr. V has researched and worked with the top integrative doctors across the world to give you the most innovative breast cancer healing protocols—that work! Come with questions and confidentially walk away (actually, you may be dancing!) with a plan of action filled with proven healing tools. You have OPTIONS. More options than you may even know about. Expect ah-ha moments, comfort, and inspiration.

“Learning and hands-on exploring Western herbal remedies”



Amy Fabrikant

Amy Fabrikant, MA, NBC-HWC, will address some of our questions around Western Herbalism and how it relates to our health and well-being. Please join this interactive and hands-on herbal experience in community with others, as Amy helps demystify western herbalism, plant and human energetics.

Many folks in these times have heard of and practice some parts of Traditional Chinese Medicine and Ayurvedic Medicine, while western herbalism, even homeopathy have been less marketed in popular U.S. culture.

The earliest recording of Western Herbalism dates back to the first century BCE, with a Greek physician and botanist, Dioscorides work. Through recorded

trade route documents, we can understand how Western Herbalism grew out of the ancient healing wisdom beginning in China and India, and how all herbalism practices are connected.

Leave with an important understanding of some foundational herbs and the six energetic tissue states alive in us and the healing plants: hot, cold, tight, relaxed, dry and damp, as well as complimentary herbal products.

Amy has been a practicing herbalist for over 20 years, and works in NYC helping people build life affirming habits of mind, body and spirit. For more info, take a peak at Amy's website, <https://www.amyfabrikant.com/>

Health Ninja's Rise Above the Chaos



Carolyn Gross, Speaker, Author, Health Advocate

This program gives the latest compelling research on neuroscience and feeling safe in an unsettled medical situation. Redefine your cancer experiences with strategies to recalibrate and build a healthy new you. Learn self-care reminders to upgrade your Stress Response System and Immune System. Now more than ever, it is important for people to make mindful decisions about health and wellness!

Learning Outcomes

- How to Claim Your Power, three Ninja Strategies when facing a health setback crisis
- Learn the tricks to fill your reservoirs of strength: DFT.
- Activity to get a reset mindset
- The Power of Consistency using Nutritional approaches to maintain Emotional Health.

Speaker Abstracts

Immunology and the Impact of Stress on Our Health (Body, Mind & Spirit)



Catharine Janssen RN

Stress suppresses the immune system. The impact of stress effects on our immune system can be managed by changing our lifestyle habits.

Foundational knowledge of our immune system and neurotransmitters associated within the sympathetic and the parasympathetic nervous system helps us develop strategies to cope and manage stress. Understanding how neurotransmitters and our “Happy Hormones” help in managing stress can help clients with the embarkation of their cancer care.

Understanding how our mindset, our diet, exercise, sleep, managing stress and relaxation techniques will help manage the adverse impacts of stress and may help prevent cancer and cancer recurrence. Managing and adapting our lifestyle changes is a choice that will move us forward one step at a time.

This presentation is designed to help Holistic Cancer Coaches and lay persons understand the basic physiology of the stress response and to helps us understand and manage our neurotransmitters. These are the questions the presentation will answer:

1. What is Stress?
2. How is stress managed via our autonomic nervous system?
3. What are the happy hormones?
4. How can we manage stress?
5. How can we boost the immune response?

www.bracashirts.ca

Digital Energy Medicine: An Integrative and Innovative Addition to Improve Patient Outcomes



Sarah Lascano, RayZen Energy, LLC, USA

Research continues to prove the influence of the mind-body connection on our health, yet doctors and patients have few resources to address this aspect of the body. In health conditions as complex as cancer and other chronic illnesses, multisystem breakdowns cause the development of disease, a process that is unique to each individual.

Removing the patient’s energetic and mind-body blockages with energy medicine allows the body to heal the underlying root cause of dysfunction. This strengthens and restores the body’s innate ability to heal. Medical therapies and other interventions are then better tolerated and more effective. However, cost, time and quality variability has been a barrier to wider use of this life-changing healing.

Energy medicine delivered through digital means is changing patients’ lives and empowering their health. Accessible regardless of physical location and at much lower cost than the traditional patient-caregiver model, digital energy medicine provides accessible and integrative mind-body healing for patients. This healing has no side effects, does not influence doctor prescribed therapies, and does not require travel to an additional practitioner. Little training is needed on the part of the doctor to be able to effectively prescribe this therapy in their practice. Patients use this self-help therapy to play an active role in their health journey, to find relief from symptoms, and to boost the results of other treatments.

Speaker Abstracts

Energy healing is recognized in the medical literature to boost patient life expectancy and decrease side effects. Energy medicine, directed at the natural mechanisms of the body that break down to allow tumor growth, heals the underlying root cause of dysfunction in the immune system with clinically significant results.

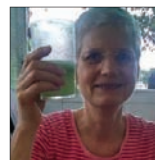
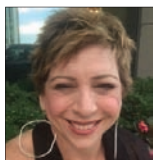
Immune Regenerative Medicine for Cancer



Dipnarine Maharaj MD

Cancer is caused by a breakdown of the immune system and abnormal immune surveillance which allows the accumulation of senescent cells and cancer cells. The prognosis for patients with advanced blood and solid tumor cancers is poor, especially in cases of patients who have circulating cancer stem cells. Dr. Maharaj will describe a novel, personalized N of 1 treatment approach for malignancies using low dose immunotherapy combined with reduced dose targeted therapy, when available, and guided by liquid biopsies of plasma derived circulating free tumor DNA with mutational profiling.

Choices in Healing: Finding balanced, trustworthy information on integrative cancer care



Lindsay McDonnell & Laura Pole

"Each of the 4 times I have received a cancer-related diagnosis, I felt like I had been drop-kicked into a foreign country: I didn't know the language, I didn't understand the culture, I didn't have a map and I desperately wanted to find my way home."

- Jessie Gruman, President and Founder, Center for Advancing Health

Without a map, compass or guide, the sheer number of choices thrown in your path can feel overwhelming, especially if you don't know the language, the culture and the landscape of cancer care, including integrative cancer care. What should be a guided journey of exploration and wise decision-making, can sometimes feel more like a lonely trek down an unknown path taking you far from home.

In this presentation, we will take you on a tour of the world of integrative cancer care where you can begin to explore your choices in healing. We will help you answer these questions:

- What are my choices in healing in integrative cancer care?
- How can I assess whether or not a complementary therapy or self care practice is worth pursuing?
- Where can I receive trustworthy guidance?

We will use the highly rated non-profit evidence-based CancerChoices website as a tool for exploring and wisely integrating choices in conventional, complementary and self-care. We will explore topics such as the kinds of evidence and information that help with making wise decisions, the types of health professionals trained in integrative approaches as well as guides such as advocates, navigators and coaches.

Integrative oncology navigators, Laura Pole and Lindsay McDonnell, will present using a blend of didactic and Q & A. They will also facilitate audience participation by guiding participants to use their own smartphones/tablets/laptops to search for evidence-based information on complementary therapies and self-care healing practices

Speaker Abstracts

Ferroptosis - regulated cell death



Jane McLelland Grad Dip Phys

Ferroptosis is an emerging and distinct form of regulated cell death characterized by the iron-dependent accumulation of lipid peroxides. This enigmatic process plays a pivotal role in various physiological and pathological contexts, ranging from cancer therapy to neurodegeneration. In this presentation, we delve into the intricate world of ferroptosis, with a focus on three key elements that underlie its mechanisms and implications.

1. **Lipid Peroxidation:** At the core of ferroptosis lies the buildup of lipid peroxides in cellular membranes, which ultimately leads to membrane damage and cell death. We will explore the sources and regulation of lipid peroxidation, including the role of enzymes like lipoxygenases and the importance of polyunsaturated fatty acids in this process.
2. **Iron Metabolism:** Iron, a double-edged sword in biology, is indispensable for cellular function and can also be a potent driver of ferroptosis. We will discuss the intricate interplay of iron metabolism and ferroptosis, highlighting the role of iron transporters, storage proteins, and regulators in modulating cell fate.
3. **Antioxidant Systems:** Cells employ a variety of antioxidant defence mechanisms to counteract lipid peroxidation and prevent ferroptosis. We will delve into the key players in this context, such as glutathione, GPX4, and the Nrf2 pathway, and discuss their pivotal roles in maintaining cellular homeostasis.

This presentation aims to provide a comprehensive overview of ferroptosis, shedding light on these three fundamental elements, and their interconnectedness. Understanding the intricacies of lipid peroxidation, iron metabolism, and antioxidant systems is crucial for developing therapeutic strategies to manipulate ferroptosis for the treatment of cancer.

Abstract Subject Title Here When were you last well? Understanding the Journey



Zubin Marolia, MD

When sick, we tend to get so caught up in the present state of illness that we forget what was actually responsible in bringing us to that point. Tracing back our steps, we happen to get reacquainted with why we fell ill in the first place. And this realization is instrumental in the process of healing.

Not only is sharing one's story a cathartic exercise, but when the cause for falling ill is identified, the patient who otherwise felt helpless, slowly starts regaining control over their situation. They become more self-aware and are able to build resistance to tackle their setback.

The journey from illness to wellness is often spoken about. However, a major part of that involves understanding the corollary, i.e., how one goes from wellness to illness.

"When were you last well?" is the question that makes a person realize what made him sick and what he should do in order to remain healthy.

Every physician should make it a point to ask this so as to cure their patient entirely in mind-body-spirit. Just the absence of illness doesn't indicate wellness, which is why, special effort should be made to focus on promoting overall wellbeing.

Speaker Abstracts

Best Tips for Cancer Prevention and How to Optimize your treatment Outcome



Gina Ruffa

Gina a registered pharmacist for over 37 years. She is nationally known for her holistic pharmaceutical skills and assists clients in choosing which herbs, supplements and foods would be most appropriate.

After listening to Gina, you will have confidence in...

- Determining what supplements you need
- Separating the "claims" from the truth
- Knowing the customized supplements for your body's needs
- Making proper decisions at the store or online

<https://www.theplantbasedpharmacist.com/>

The Do's and Don'ts in Modern Oncology



Al Sanchez

Over fifty years ago, many scientific and medical therapeutic approaches focused on proteins and cellular metabolism. With the advent of genetics, a concentrated shift toward genomics, the study of our genes as having the ANSWER to disease was a powerful gift in hopes that we may minimize disease and suffering. It has led to many insights and advancements; however something is still missing. Disease and the loss of many loved ones has not been as impacted as we had thought or hoped.

During this time of mapping the human genome, the area of metabolism (metabolomics) was put on the back burner for some time, now

in the 21st Century it has been revisited as a useful and necessary target for proper cellular function. In other words, without the proper amount of ENERGY, DNA is nothing more than just information and a set of instructions. For it to be expressed in a healthy way, the energy or energetics of the cell must be up the challenge.

The use, understanding and influences of cellular or metabolic energy is synonymous with health, strength, longevity and vitality. As we age, there is a decrease in metabolism that correlates to the breakdown of cells and their function; furthermore, most disease states involve metabolic dysfunction at some level (i.e. ischemia/stroke, degeneration, cancer).

It is in this area that we have grown and it is what is making the difference in almost every protocol and approach. The major power plant of the cell is the mitochondria. It utilizes a unique and a very high energy process to produce ATP, our functional ENERGY source.

This presentation will discuss how we can improve, alter and influence metabolic regulation to improve health, protect from disease and address specific conditions by providing proper. Supportive and alternative energy source for our cells.

"Hyperthermia (heat-therapy) and Insulin Potentiated Low Dose Chemo - the Gentle Way to Treat Cancer.



Henning Saupe MD PHD,

How to Target Cancer in a Holistic Approach"

All oncologists and their patients know that standard oncology treatments come with the highest rates of side effects that medical

Speaker Abstracts

doctors expose their patients to and dare them to accept it. And its not only these obvious side effects that toxic treatments cause, it's worse. Standard oncology treatments with chemotherapy and radiation do not only not kill cancer stem cells but worsen the tumor micro environment.

In his workshop/lecture Dr. Henning Saupe shares his experiences from over 30 years as a clinician with less or non-toxic treatments for patients with cancer.

Low dose chemotherapy under blood sugar modification with insulin and radio-wave based regional radiation using heat instead of ionising gamma rays is a promising way to achieve tumor control with next to zero side effects.

How To Make the Healing Happen



Ryan and Teddy Sternagel

The Stern Method

While the amount of information and options available today to those looking to take a holistic approach to cancer is a beautiful thing... it can also be highly overwhelming, both in research and implementation!

Not to mention costly, as most of it is not covered by insurance.

Ryan & Teddy Sternagel became extremely methodical in healing their son from stage four cancer and today love helping people:

- Navigate both the holistic and conventional medical systems
- Build and maintain the ideal care team
- Afford the holistic approach

- Optimize daily and weekly healing routines
- Deal with information overwhelm
- Consistently make the best healing decisions

The Do's and Don'ts in Modern Oncology



Andre Williams MD

Dr. Williams will be speaking about the principles of The Gonzalez Protocol (individualized diet, individualized supplements/pancreatic enzymes and individualized detox) and offer hope through case studies of current cancer patients on our protocol. Dr. Williams works for the foundation as the official reviewer of all the medical files for the cancer patients on the protocol so he can speak to the program's effectiveness not just in his practice but with all of our doctors.



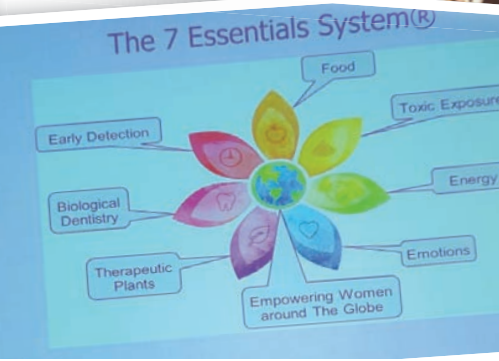
**The
Annie Appleseed
Project**





Infrared Health Applications

1. Total Body Detox
 - Environmental Toxins
 - Heavy Metals
 - EMF
2. Organ Detox
 - Organic Castor Oil Pack
 - Bentonite Clay - Mud Packing
3. Relieves Chronic Pain
4. Improves Circulation
5. Helps Relax & De-stress - Shift to ParaSympathetic mode
6. Weight Loss
7. Hyperthermia - Raising Core Temperature
8. Physical Therapy - Improves Range of Motion
9. Sports Injury and Workout Recovery - Optimal Health
10. Wound Care - Scar and Wrinkle Rejuvenation
11. Cellulite Reduction
12. Collagen Production - Anti Aging
13. Nutritional Uptake - Re-Climatize the Tissue
14. Re-structure - Body H2O - Better Cellular Function
15. Adjust the PH - Drive the Body -> Alkaline



RADICAL REMISSION COACHING FOR PARENTS

Are you a Parent with a health concern struggling to do it all?



IT'S OK! TO NOT BE OKAY

LET'S FIND YOUR PATH TO HEALING

CaliCountryYoga.com/Coaching



Article

Epigenetics / Pro Choice

Personalized Lifestyle Medicine Institute

Epigenetics is about choice. We can't change our genetics code, but we can make different choices every minute of every day. So how do we bring together the world of genetics and epigenetics?

If we understand who we are and how we respond to the world around us (genetics), we can make the best possible choices to optimize our gene expression (epigenetics), a truly personalized health journey.

Jeffrey Bland, Ph.D., FACN, FACB

President

Personalized Lifestyle Medicine Institute

Rather this is the age for multifocal intervention that is tailored to the needs of the individual, and is proven safe and effective over years of observation and study. This is personalized lifestyle medicine. This is its time to shine. Public health approaches to this challenge can only go so far to the variation among people in their needs for achieving resilience of their heir neuroendocrine immune function. Personalized lifestyle medicine checks all the boxes- its is safe, proven to be effective over decades of study.

Natural Rhythms for Healthy Elimination

Dr. Sally LaMont

Our digestive tract is designed to digest food during the day and to rest at night. So, eat in a window of 8-12 hours each day and allow for an uninterrupted overnight fast of 12-16 hours. Try eating between 8 AM - 6PM or 11 AM - 7 PM if

you're not hungry in the morning. Either pattern gives your body a 12-16-hour break at night for the intestines to initiate the "migrating motor complex", the rhythmic neuromuscular wave that sweeps the intestines every 90 minutes when the gut is empty, keeping everything moving down and out.

As soon as you rise, drink 8-16 oz. of warm (or room temp) water with 1T. lemon juice. The fluid and warmth initiate the "gastro-colic reflex", which stimulates peristalsis to move digested food down the tube.



Linda L. Isaacs, M.D.
www.drlindai.com

**Individualized
Nutritional
Programs**



Co-author and colleague of Nicholas Gonzalez, M.D.

Diet: Organic and Homemade

**Supplements: Enzymes, Glandulars,
Vitamins and Minerals**

Detoxification

Article

Boost Your Immune System: Drug-free ways

Dr. Daniel Nuzum

So many people want a silver bullet to boost their immunity without having to change their lifestyle habits. But there is no quick fix when it comes to your health. Investing time into nurturing your body is the most important thing you can do to optimize your health. This means doing gut repair work, eating highly nutritious meals, detoxing, and taking supplements for essential vitamins and minerals that most diets don't give us enough of.

Creating a robust immune system takes work and dedication. But it's something that is 100% achievable for everyone. It may not be easy but when you experience all the benefits that come with exceptional health, like increased energy levels, mental clarity and more, it'll all be well worth the extra effort.

Another key factor in optimizing your health is avoiding conventional medicines as much as possible. So many of these medicines come with side effects that have a huge impact on your health, and many of them destroy your gut microbiome.

Optimizing your health can help you to fight off illnesses naturally, adding to increased immunity.

And while there are times that medicine is necessary, natural or homeopathic remedies have proven to be extremely effective in overcoming illnesses. So as you can see, there are many factors involved when it comes to priming your immune system to beat diseases naturally. But it's entirely possible when you put your mind to it.

SOURCE: Primed and Ready Drug-Free Ways to Boost Your Immune System and Beat Viruses, Naturally and Effectively PDF download



Community Support Groups

healingstrong.org/group-directory

Online & In-Person

#1 Network of Holistic Cancer Support Groups in the World

HealingStrong™ Groups are always FREE

HealingStrong™ connects, supports, and educates individuals in community groups who are facing cancer and other diseases.

3 PILLARS

- Rebuild the Body
- Renew the Soul
- Refresh the Spirit in God's Word

HealingStrong is a registered 501(c)3 non-profit corporation and our mission is to connect, support, and educate individuals facing cancer and other diseases through strategies that help to rebuild the body, renew the soul and refresh the spirit.





Blue Dragon Immortal Qigong to Benefit Breast Health Exercise #5

Dr. Love - Push the Man, Protect the Baby

Visualize holding your Qi Ball. As you move it in a complete circle to the left, up and over your head, your inside left arm (pericardium) and outside right arm (triple heater) are activated with Qi. Both channels encircle the heart. As you push back with the left arm extended, this movement activates the pericardium.

STARTING STANCE

Move left foot to side. Swing both hands, right over left, open palms facing each other, from right to left at chest height. Continue this movement, bringing both hands up along left side up over head, so that left hand is now on top. Continue swing down along right side with right hand remaining on bottom and swing both hands, closer together now, back along chest from right to left.

As hands come across chest, step back with left foot and twist with swing to the left, bring left hand, palm facing backward, fingers pointed to

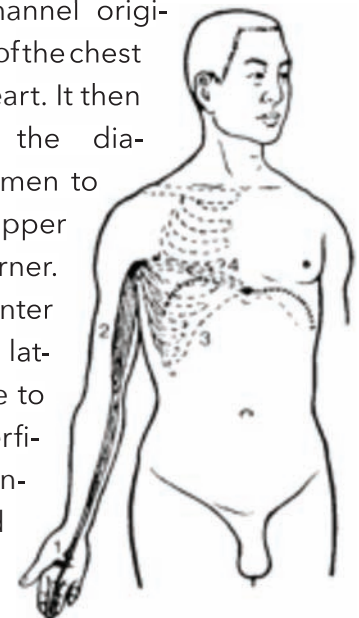
side, straight back to the side. The right hand, palm up, fingers pointed to the side, remains along chest. Stretch both elbows backward. Head should follow hands during the entire movement, tilting back as the hand pass overhead and following the left hand as it moves to the back. Pull back with the right elbow and push back with the left hand in short jerking motions. Do this four times.

2. Reverse movement by bringing hand from left to right, left on top, fingers pointing forward, to begin swing. The movement should be fast, and light, and airy.

3. Execute each movement four times, total 8x.

Pericardium Muscle Channel

The **Pericardium** channel originates from the center of the chest and surrounds the heart. It then descends through the diaphragm to the abdomen to communicate with upper middle and lower burner. A branch from the center of the chest emerges laterally from the nipple to turn along the superficial channel to the center of the armpit and down the medial aspect of the arm to end at the medial side of the middle finger.



Article

Benefit Breast Health Exercise #5 - cont'd

There are five exercises that are excellent for Breast Health

in the Blue Dragon Immortal Qigong set of fourteen. #5 is the best one although it would actually be better to practice all five as a sequence on a daily basis. Exercise 2 benefits lung and large intestines meridians. Exercise 3 benefits stomach and spleen meridians. Exercise 4 benefits heart and small intestines meridians. Exercise 6 benefits Liver and Gall Bladder meridians. When performed as a sequence it takes less than twenty minutes to perform on a consistent daily basis.

Blue Dragon Immortal Qigong also offers two Qi Dances for breast health, a Qi Dance called

Body Brain drumming that stimulates each of the endocrine glands and Buddha Palm Chi Cups that specifically stimulate breast lymphatic tissue. Along with Lymph Swing described above, you can create an alternative routine. These two dances are accessible online at TaiYogausa.com

George Dr Qi Love is a licensed primary care physician since 1986. He is a doctor of Oriental Medicine, master and lineage holder of Blue Dragon Immortal Qigong. He is author of several books and Health Talk radio show host for more than 20 years. He is empowered to teach Medicine Buddha meditation and Tibetan Buddhist Qigong called Tsa Lung.

1 IN 8

HELP US CHANGE THE NUMBER

FLORIDA
BREAST
CANCER
FOUNDATION
Saving Lives



www.FloridaBreastCancer.org



Unforgettable SurThrivor®: Remembering Ann Fonfa

Molly McDonald and Ann at SABCS 2023.

When the news arrived by email last Monday, January 29th, from Fran Visco, President of the National Breast Cancer Coalition that Ann E. (Ellen) Fonfa founder of The Annie Appleseed Project, died a week short of her 76th birthday, those of us who knew her, loved her and respected her were stunned.

I first met Ann in 2009 when I was introduced to her by her Annie Appleseed conference producer, Julia Chiappetta, author of *Breast Cancer The Notebook*. Julia, who treated her own breast cancer with complementary and alternative therapies was Ann's Apostle, and when I say Apostle I mean secular follower as Ann and Julia were polar opposites when it came to faith and politics, but identical in their advocacy for the power of complementary and alternative therapies for cancer treatment.

The 2009 conference was also where I first met Maryann Makekau, author of *When Your Mom Has Cancer*, part of her Little Pink Book series. It is also where I was introduced to the colorful artistic presentations of "not to die for" vegan food.

When I called Maryann to talk about Ann, because that is how we grieve when people we love and respect die, we talk it out. She remarked, "When I think of Ann, food is what first comes to mind. All those vibrant colors of veggies and fruits on the buffet table." Ann's forks-over-knives diet to help heal our bodies was paramount for her. Wherever she traveled, wherever she spoke, Ann would seek out the best vegan restaurants and invite us advocates to dine at her table.

"We need to have a parallel thirst for life as Ann did. We all need to go about life like it was our best meal," said Maryann. Since 1993 when Ann was diagnosed with breast cancer, she sought and fought for true Integrative Oncology options, while scrutinizing all conventional therapies.

Ann's concern was not only would conventional treatment paradigms be effective, but moreover what additional harms were they causing? Long before COVID-19, Ann masked up, protecting her immune system from unwanted visitors. And she spoke up.

Ann spoke up at conferences and meetings, questioning and challenging those with multiple letters after their last names. She diplomatically demanded they think differently.

Ann advocated for others, raising scholarships for patients to attend her conference who were struggling with medical bills, understanding that financial barriers were challenging for patients with medical debt to become knowledgeable about other treatment modalities.

Early on, Ann saw the benefit of Pink Fund's mission. She knew all too well how financial hardships could impact survivorship. She nominated me twice to sit as a director on the board of The National Breast Cancer Coalition where I am in the second year of a three-year term.

Submitted by Molly MacDonald
Founder, The Pink Fund.

Article

Ann Fonfa photographed by Kathleen Galligan, 2015.



“Ann Fonfa was an incredible woman and longtime cancer survivor who made a major contribution to the field of oncology with her tireless voice to improve cancer care through

more holistic options, particularly through a better understanding of nutrition. She also strongly supported LGBTQ and reproductive choice causes. She was unforgettable in many ways,” said Pat.

When I was diagnosed with breast cancer in the spring of 2005, people would casually remark, “Oh, so you are a Survivor.” And I would protest, “No, no, no I have not finished treatment.” I learned that the term Survivor applies from the moment of diagnosis when you inhale that first breath of disbelief until the moment of death when you exhale your final earthly breath.

The term Survivor troubled me. What about all the people who took their cancer experience and made a difference? What happens to all they have accomplished when they die? What do we call them then?

That is when I coined the term SurThrivor® a term without an expiration date. A term that will forever define the work they did while here, and the legacy they left behind.

Ann Fonfa is that to me and more.

Here are the words those whose lives were touched by Ann used to describe her:

- › Force of nature
- › Amazon Warrior
- › Advocate
- › Activist
- › Educator
- › Remarkable
- › Inspiration
- › Brilliant Thinker
- › Outspoken
- › Force for Good
- › Ethical
- › Compassionate
- › Honest
- › Intelligent
- › Courageous
- › Incredible
- › Gem
- › Bright
- › Insightful
- › Amazing
- › Hero
- › Ambassador
- › Brave
- › Irreplaceable
- › Relentless
- › Dedicated
- › Trailblazer
- › Unstoppable
- › Fighter
- › Champion for peace
- › Indomitable
- › Selfless
- › Source of knowledge
- › Beacon of hope
- › Bad Ass

In the words of Kelly Corrigan, breast cancer survivor, author, and podcaster, “Ann, thanks for being here.



**The
Annie Applesed
Project**

Ann Fonfa

Anti-Inflammatory Substances.

Frankincense

A systematic review of frankincense published in the British Medical Journal assessed the evidence gathered in multiple randomized clinical trials. They found that it had many anti-inflammatory ingredients, inhibited pro-inflammatory processes, and was effective in treating a range of conditions caused or maintained by inflammatory processes. A study in the journal Nature Chemical Biology found that frankincense prevented the release of leukotrienes, a compound which causes inflammation, most notably through the boswellic acid it contains.



Licorice

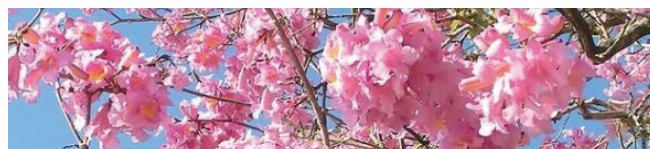
Licorice extracts have been used in herbalism and traditional medicine for thousands of years, especially in Chinese Medicine and Ayurveda, and in particular, specifically for inflammation. Its sweetness comes from the compound glycyrrhizin, which is around 50 times sweeter than sugar, yet the sweetness is sharper and longer lasting.

The journal Pharmaceutical Biology has a great article on the antiinflammatory activity of licorice, where they reviewed 93 papers with the proven mechanisms of action. A study in the journal BioMed Research International noted that licorice extracts prevented oxidative damage, and protected against both acute and chronic inflammation.



Pau d'Arco

A study in the Journal of Ethnopharmacology showed that Pau D'Arco demonstrated a profound ability to block the production of proinflammatory compounds known as prostaglandins. A mice study in the Molecular Medicine Reports journal found that it led to significant antiinflammatory effects, inhibiting inflammation in mice by up to 50%.



Broccoli

A study in the Preventative Nutrition and Food Science journal showed that the broccoli florets exerted potent antioxidant and anti-inflammatory effects.



Blueberries

All berries are great for fighting chronic inflammation, but of all the traditionally known berries, blueberries may be the best of the bunch. They are packed full of antioxidants called flavonoids, which are brilliant inflammation fighters, as well as other chemicals which provide immune modulation to reduce it too.



Anti-Inflammatory Substances.

Green Tea

Many studies support the benefits. Originally studied fully in mice, it was finally apparent that it was terrific for humans too. Black tea has benefits as well, but only in humans. One reason



Pomegranate

A paper in the journal *Nutrients* looked at 80 studies relating to pomegranate juice and inflammatory disease, and found it to be a great anti-inflammatory agent. But it's not just the juice that works, as a review in the *ECAM Scientific Journal* showed that the peel, flowers, seeds and juice all produced significant anti-inflammatory activity.



Lemon

A study in the journal of *Immunopharmacology and Immunotoxicology* found that the lemon mucilage produced significant decreases, while a review article in the journal *Frontiers in Immunology* looked at all lemon (and citrus) components and found that it primarily used the mechanism of limiting oxidative stress to reduce inflammation. Many believe a morning drink of lemon and (filtered) water, to be healthful.



Ginger

A meta-analysis published in the journal *Nutrients* conducted a comprehensive systematic review of 109 randomized control studies with ginger, and all relevant studies showed improvements in lowering inflammation levels. Another review in the *International Journal of Preventative Medicine* focused specifically on anti-inflammatory and anti-oxidative effects, and they also came to the same conclusion. Use the ginger root, or ginger powder, all of value.



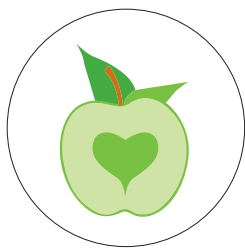
Turmeric

This golden spice has been used for thousands of years, both as a tasty flavoring in many famous meals, and in medicinal preparations. It is anti-bacterial, anti-microbial, an anti-oxidant, and anti-inflammatory.

Because of this, it is used to treat hundreds of different diseases. The most studied herb in relation to its effects on inflammation may be turmeric, as we have hundreds of studies to choose from. A review in the journal *Molecules* showed how it plays a key role in the prevention and treatment of chronic inflammation diseases, while the healing mechanism is shown in a paper in the *Journal of Biological Chemistry*.



The Annie Appleseed Project History



The Annie Appleseed Project

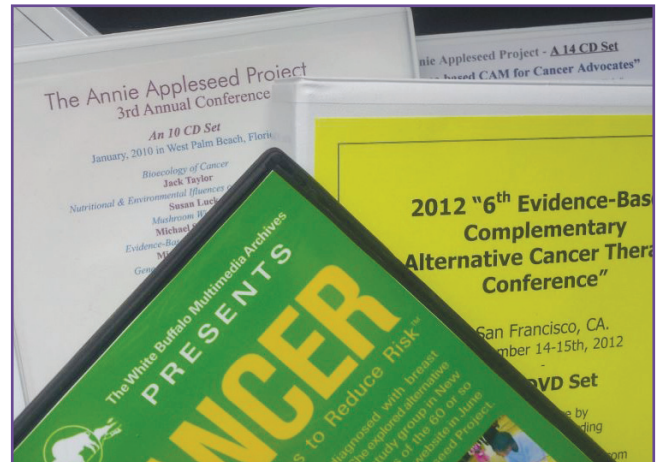
The name, The Annie Appleseed Project was first used in 1997 to describe the vast amount of information its founder, Ann Fonfa, had gathered about alternative cancer therapies. By June 1999, the website went up with 65 pages. Information has been added just about every week since then.

During this time many advocacy groups, and personal friends donated money (which was not tax-deductible) to help the work go forward.

Special thanks go to Andrea Martin (now deceased), founder of The Breast Cancer Fund, for her generous donation that first gave Ann the ability to bring her information to the breast cancer community. Computer Graphic Resources, Inc., a company that Ann worked for until 1995, and Pitney Bowes, their client, donated photocopies of the original 63-page handout called **"Alternative Medicine: A Consumer's Guide"**. First handed out at the 1997 Advocacy training conference of the National Breast Cancer Coalition, it was later expanded to cover all cancers and complementary/integrative therapies.

The Annie Appleseed Project became a 501(c)(3) Florida nonprofit corporation in 2003 with loans of \$2,500 from Ann Fonfa and her family.

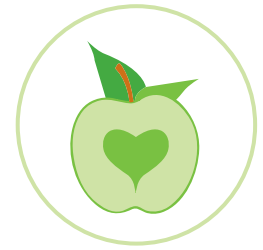
The Annie Appleseed Project exists because we have fantastic volunteers who are willing to do so many tasks to keep our organization going. We are an organization of volunteers.



www.annieappleseedproject.org

*"The Annie Appleseed Project welcomes your **DONATIONS**, of any size which are **TAX DEDUCTIBLE** to the full extent of the law".*

Natural Methods



Natural Methods to Reduce Adverse Effects (HARMS)

The Annie Appleseed Project



REIKI (pronounced “ray-kee”) is a therapeutic technique in which healing energy is channeled, or conducted, through a practitioner’s hands into the person receiving the treatment. It is believed that Reiki brings the body into emotional and spiritual balance, supporting the body’s natural ability to heal itself.

YOGA is used for fatigue, insomnia, depression, general quality of life. It can reduce high blood pressure.

EXERCISE has been studied to reduce fatigue DURING treatment with chemotherapy and radiation therapy. Walking, biking, swimming, etc.

AROMATHERAPY used for nausea (being taught at MD Anderson Cancer Center in Houston, TX). It can stimulate lymphatic flow, reduce fatigue and anxiety. Example: Lavender for headaches, insomnia, high blood pressure, Orange for insomnia, constipation, depression, anxiety, peppermint as a digestive aid, Rosemary for fatigue, Ylang-Ylang for calming.

ACUPUNCTURE can help in reducing nausea, fatigue, keeping blood counts normalized, much more. Local practitioners may be willing to give time pro bono. [<http://annieappleseedproject.org/tradchinmed.html>.]



1) In vitro studies showed that **CURCUMIN** increases tumor cell apoptosis, decreases cell growth rate, and reduces the number of clonogenic cells in a dose-dependent manner.

Hiroshi Inano at the Research Center for Radiation Safety, National Institute of Radiological Sciences, Japan, says the results are very interesting and that he hopes to be able to use curcumin in clinical application, particularly given its low toxicity and strong antioxidant activity. [12/10/2002; *The Lancet Oncology*].

2) Conclusion: **CALENDULA** is highly effective for the prevention of acute dermatitis of grade 2 or higher and should be proposed for patients undergoing postoperative irradiation for breast cancer. [*Journal of Clinical Oncology*, Vol 22, No 8 (April 15), 2004: pp. 1447-1453.]

3) Treatment of mice with **ABANA** before irradiation caused a significant depletion in lipid peroxidation followed by a significant elevation in GSH concentration in the liver of mice at day 31 post-irradiation. Abana scavenged •OH, DPPH, ABTS•+ and NO• in a concentration dependent manner in vitro. Our results indicate that the radioprotective activity of abana, a polyherbal drug may be due to free radical scavenging and



Reduce Unwanted Side Effects - cont'd

The Annie Appleseed Project

increased GSH level in irradiated mice. [*British Journal of Radiology* (2004) 77, 1027-1035.]

4) **TEA EXTRACTS** are an efficient, broadly available treatment option for patients suffering from acute radiation-induced skin toxicity. "The molecular mechanisms underlying the beneficial effects are complex, and most likely not exclusively dependent on effects of tea polyphenols such as epigallocatechin-gallate. [*BMC Medicine* 2006, 4:28 doi:10.1186/1741-7015-4-28]

5) **ALOE VERA** is very good for the skin, especially burns.



INSOMNIA

1) Include **POPPY SEEDS** in your diet: they are a natural sleep aid. Ayurvedic.



2) **PUMPKIN SEEDS** are "more likely to attract the sand man than warm milk, a book or Lavender scents on the pillow". Like Turkey, Butternut Squash Seeds and pumpkin seeds have high concentrations of the compounds that tend to make guests sluggish after a Thanksgiving meal.



3) **HERBS** such as Valerian, with Calcium/ Magnesium, skullcap.

4) **MASSAGE** the soles of your feet (Dana Ullman, Homeopath suggests); hypnotize yourself starting with your feet - feel total relaxation, then move on up. Take a warm bath in which you add a couple of drops of one or more essential oils such as orange blossom, meadowsweet, or hops.

5) **WOOL BLANKETS** are better able to regulate skin and body temperature than synthetic blankets. This comfortable comforter may help you sleep better. Many medicines keep you awake. Talk to your doctor.

6) One teaspoon of **RAW, ORGANIC HONEY** before bed may help you sleep better.

7) **USE A MANTRA.** A mantra is usually a one or two syllable word that you repeat over and over and over again. You use it as a way to calm the mind, though it can also clear the mind and encourage sleep.

Reduce Unwanted Side Effects - cont'd

The Annie Appleseed Project

8) **LISTEN TO MUSIC.** Music to relax by.



9) **CHECK YOUR MEDICINES.** Many medications keep you awake. Talk to your doctor.

NEUROPATHY

1) "Our results indicate that the behavioral symptoms of neuropathic pain states can be treated successfully, and that partial to complete reversal of associated morphological and neurochemical changes is achievable with **ARTEMIN**". [*Nature Medicine* November 2003 Volume 9, Number 11 pp 1383 - 1389.]

2) **ALPHA-LIPOIC ACID*** (a dietary supplement) Considered safe Regul Toxicol Pharmacol. [2006 Oct; 46(1):29-41. Epub 2006 Aug 14.] Also protective for the liver "The results of the study revealed that -lipoic acid could offer protection against chloroquine-induced hepatotoxicity. -Lipoic acid had a better protective effect when compared with silymarin, a reference drug" [Journal of Applied Toxicology Volume 24, Issue 1 , Pages 21 - 26.] *NOTE: We were told that a recent study (seems unpublished as of 10/15 since we cannot find it) indicated harms, but see this: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2772894/> for benefits.

3) **VITAMIN B12** (from an article by syndicated columnist Dr. Paul Donohue, To Your Health, in the Palm Beach Post).] "The recommended daily allowance for vitamin B12 is 2.4 micrograms. Huge doses of vitamin B12 can penetrate the intestinal wall. (But) B12 deficiency is an uncommon cause of burning feet."



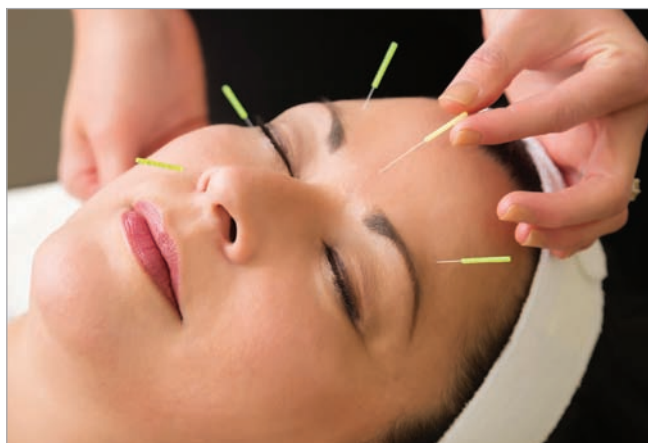
4) "Conclusions: **UREA** containing preparation appears to be an excellent choice for the prevention and treatment of capecitabine induced hand foot syndrome. This minimizes drug delays, schedule interruptions and maintains the dose density. Owing to reduced morbidity, the drug tolerance and acceptance is considerably improved". [*ASCO* 2004 Abstract No: 8105]

5) **ORAL GLUTAMINE** is "effective for preventing Oxaliplatin-induced Neuropathy in Colorectal cancer patients" [*The Oncologist*, Vol. 12, No. 3, 312-319, March 2007; doi:10.1634/theoncologist.12-3-312.]



Reduce Unwanted Side Effects - CONT'D

The Annie Appleseed Project



6) A study published in a recent issue of the *Journal of Alternative and Complementary Medicine* has found that **ACUPUNCTURE** can reduce pain and peripheral neuropathy in HIV-infected individuals, especially when treatment is directed at a patient's specific symptoms. [*Journal of Alternative and Complementary Medicine* 2004;10(3):449-455.]

7) While nerve conduction velocity did not improve, vibration perception increased. Clinical symptoms also improved in groups treated with acetyl-L-carnitine compared to placebo. Participants who received 1,000 milligrams **ACETYL-L-CARNITINE** thrice daily demonstrated significant improvement in pain at the study's midpoint and conclusion.

8) Neuroprotective Conclusion: "Supplementation of patients receiving cisplatin chemotherapy with **VITAMIN E** decreases the incidence and severity of peripheral neurotoxicity". [*Journal of Clinical Oncology*, Vol 21, Issue 5 (March), 2003: 927-931.]
Compiled from studies and articles that can be found on www.annieappleseedproject.org 1993-2000 Volunteer with SHARE a self-help organization for those with breast and ovarian cancer.

NAUSEA

1) **GINGER**, ginger, ginger - recent studies prove it! Use it even if on meds.



2) **FISH OIL & PROBIOTICS** - Everyone should be taking fish oil, and probiotics.

3) **COCOA BUTTER** reduces scar tissue within three months for many people (not the scar but underlying tissue buildup).



REFERENCES

Compiled from studies and articles that can be found on www.annieappleseedproject.org. Presenting the Patient Perspectives on natural approaches for people with cancer. We're an all-volunteer 501(c)(3) non-profit organization.



Donate



DONATE TO THE ANNIE APPLESEED PROJECT

100%
OF YOUR DONATION IS
TAX DEDUCTIBLE
AS A CHARITABLE CONTRIBUTION.

We have been online since June 15, 1999. We are supported by YOUR donations. Please, consider a donation to help us keep working on gathering and sharing important information! We accept ANY amount. Think a dollar will help, IT WILL. Please consider giving just a little.

If you wish to honor the memory of a loved one, please email us at Juliachia19@gmail.com and we will acknowledge Thank you.

We can assure you that 100% of your donation will be used to gather and spread information (Ann Fonfa, founder)'s family covers all administrative costs. We are an IRS-recognized 501(c)3 and your donation is tax deductible to the full extent of the law.

The Annie Appleseed Project's
CAM
For Cancer



JOINING FORCES IN 2025

 **The Annie Appleseed Project**

 **Best Answers for Cancer**
Exploring the Many Paths to Wellness

TRY NATURAL THERAPIES

Eat healthy, with lots of fruits and vegetables, get physical movement, and add a relaxation program for mind-body-spirit.



A POWERFUL DIETARY SUPPLEMENT THAT PROVIDES SUPERIOR NUTRITIONAL SUPPORT FOR OPTIMUM HEALTH



Poly-MVA is created through an innovative process whereby the mineral palladium is bound to alpha lipoic acid and vitamin B1, thiamine. When alpha lipoic acid, a unique and powerful antioxidant with multiple health benefits, is connected to an electrically charged mineral and joined with thiamine, the resulting LAMC complex is both water and fat soluble, dramatically increasing absorption for the entire body at the cellular level.* With specific vitamins, minerals and amino acids, this unique complex and formulation creates a synergy, action and function found no where else in the world of supplements. It is designed to provide energy for all the body's systems while also protecting cells through its proprietary and patented formulation.

Poly-MVA was formulated by Dr. Merrill Garnett, who over the past 48 years has conducted research on the actions of DNA within normal and abnormal cells. His studies focus on the intersection between biochemistry, physics and what Dr. Garnett calls "electrogenetics," the action of electrons and their energy transfer mechanism in relation to gene expression and proper metabolism. This product not only protects but supports cellular function which gives it properties like no other product in the world; this is why it can assist in so many situations.

- **Superior antioxidant and free radical protection**
- **Fast acting, easy to use for quick results**
- **Supports energy production at the mitochondrial level**
- **Enhances quality of life**
- **May replace specific nutrients that may be depleted during certain therapies**

Multiple studies have evaluated the effects of LAMC and its positive impact on cells and overall health. Various radiation models have also been researched: Whole-body gamma radiation exposure once a week for 2 weeks and daily after 4 Gy of irradiation protected DNA damage in the peripheral blood. It also rendered protection against radiation induced lowering of platelet count and appears to be responsible for its radio sensitizing and protective effects while supporting mitochondrial remodeling and repair.

Dr. Paul S. Anderson has worked with LAMC in various clinical settings (neuro-degenerative illnesses, chronic fatigue/fibromyalgia and mitochondrial dysfunction) and has documented multiple cases and protocols: • LAMC shows consistent safety and efficacy in all its uses • Poly-MVA not only improved quality of life, it advanced it. • LAMC alone is powerful, however added to multi-agent strategies for chronic and advanced patients led to improved outcomes, positive responses and quality of life.

Dr. Anderson showed the synergy between LAMC; LAMC is neuroprotective and supportive in mitochondrial up-regulation. Ischemia studies demonstrated improvement and protection and phase one human safety trials in hypertension. Oncological animal study resulted in an 86% improved quality of life.

Oncologist Dr. James W. Forsythe's 3 different LAMC outcome studies:

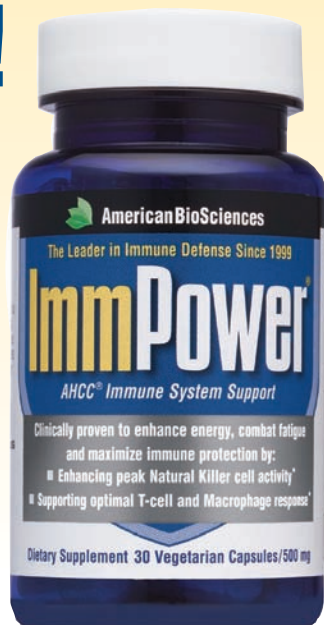
- **225 Patients 3-yr Overall Survival Rate of 32% 2004-2006**
- **500 Patients 5-yr Overall Survival Rate of 39% 2005-2010**
- **1800 Patients 10-yr Overall Survival Rate of 64% 2010-2020**

"In Stage IV adult cancers of multiple origin, improvement in quality of life issues is directly proportional to improvement to overall response rate. Even stable disease can be tolerated and changed into a chronic livable condition."

- James W Forsythe, MD. , HMD

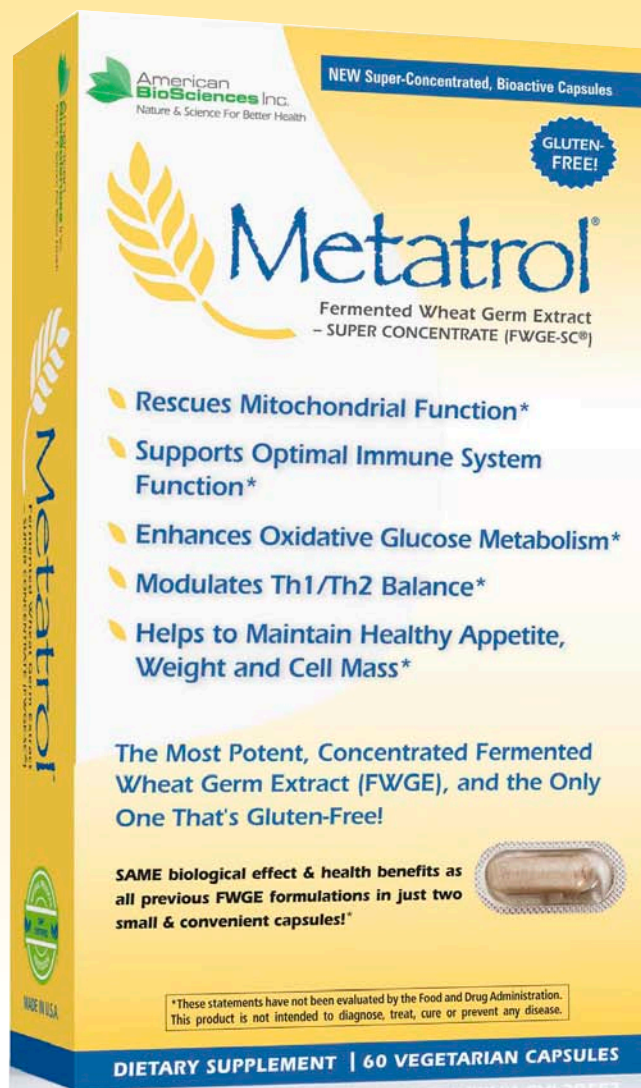
You are Only as Strong as Your Immune System!

Your Immune System's Powerful "One-Two Punch"*
ImmPower® & Metatrol®



Maximize your Immune Protection*

ImmPower® AHCC® (Active Hexose Correlated Compound) is a hybridized mushroom extract that provides unsurpassed immune support for those tackling a tough health challenge. More than 30 published research papers confirm AHCC's ability to significantly enhance Natural Killer (NK) cell function and promote optimal macrophage and T-cell activity.*



Regulate Cell Metabolism and Modulate Immune Response*

Metatrol® contains the active ingredient, Fermented Wheat Germ Extract (FWGE), that has been the subject of over 100 in-vitro, in-vivo and human clinical studies. This research proves Metatrol's ability to help maintain healthy cellular metabolic regulation, promote immune regulation and maintain healthy cellular and humoral (Th1/Th2) immune balance.*

Powerful, Research-Proven Immune Protection

For a FREE Sample Packet, Research, or to Order, Call: 800-422-5518

Use Code "Annie" for Special Discount

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

©2020 American BioSciences, Inc. ImmPower and Metatrol are registered trademarks of American BioSciences, Inc.



Harmony Company

Providing Natural Solutions for Your Better Health

www.TheHarmonyCompany.com



MAKE MORE INFORMED TREATMENT DECISIONS

We are the patient voice and offer the patient perspectives on natural therapies, substances and lifestyle issues – providing integrative, complementary and alternative cancer care information.



JOINING FORCES IN 2025



The Annie Appleseed Project



Best Answers for Cancer
Exploring the Many Paths to Wellness

TO KEEP ANN'S VISION ALIVE!

For questions please contact
Julia Chiappetta
Juliachia19@gmail.com