



# Case Study: Harnessing the Power of the Mind and Holistic Healing to Overcome a Breast Tumor

**A Journey of Healing Through Mind-Body Practices, Ayurvedic Nutrition, and Holistic Wellness**

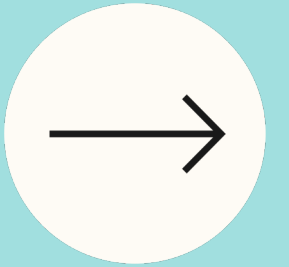
By Sonia Friedman

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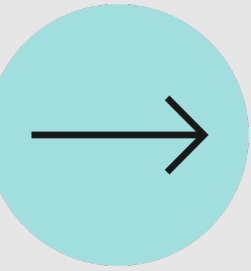
# Introduction



This case study illustrates how a combination of mental resilience, Vegan nutrition, physical activity, and holistic healing practices contributed to the remission of a breast tumor within 11 months. Through the integration of methodologies from Triaveda, including an Ayurvedic diet, meditation, grounding, hiking, breathwork, selective yoga poses, continuous health monitoring, and positive thinking, this journey highlights the transformative power of mind-body connection in achieving wellness.



# Background



In January 2023, I was informed that my mammogram from October 2022 was abnormal. The results indicated: Complicated cystic density at 1:00 in the right breast, 3 cm from the nipple, measuring about 10 mm. A hypoechoic area at 10:00 in the right breast, 3-4 cm from the nipple, measuring about 8 mm. Right axillary and left axillary lymph node involvement. Moderately dense breast tissue.

The medical report recommended consulting a physician and considering additional diagnostic imaging. On January 10, 2023, I consulted with Dr. Michael Hino at Hino Medical Clinic in Ensenada, BC. After reviewing the lab results from AB Labs, Dr. Hino confirmed the presence of the tumor. However, upon a thorough review of my lab work, he observed that my estrogen levels were significantly elevated. He concluded that the tumor was likely a buildup due to the high levels of estrogen. To address this, he prescribed an estrogen blocker to be taken for one month to help lower the estrogen levels.

After seeing Dr. Hino, I reached out to Triaveda to ensure my diet was appropriate to support my healing process. In February 2023, I returned for additional testing. The tumor remained the same size, and although my estrogen level had decreased slightly, the reduction was not significant. Dr. Hino recommended taking the estrogen blocker for one more month and advised waiting two months before the next check-up. During this time, I continued with my diet, meditation, and hiking in areas surrounded by nature.

In April 2023, I noticed that the skin on my arm and neck was developing ulcers. I realized this was likely a side effect of the estrogen blockers, as I had never experienced such reactions before and generally avoid medications, not even taking aspirin. As a result, I made the conscious decision to stop taking the medication from that day forward. However, I remained committed to my Ayurvedic diet, regular nature walks, and meditation practices, deepening my understanding of the power of the mind in the healing process.



For the next two check-ups, I was feeling great. I had completed a 120-day detox, continued following the Triaveda diet, and maintained my holistic practices. By September 2023, although my blood work showed that my estrogen levels were steadily decreasing, the tumor persisted. However, it was reassuring to note that the tumor was not growing, which I saw as a positive sign of stability and control in my healing journey.

I felt a bit frustrated with the results because I thought I had done everything I needed to do, and yet the tumor wasn't improving. As a result, I didn't return for a check-up until December 2023. When I finally went back, my blood work was magnificent. The doctor at AB Labs, who had been monitoring me throughout this process, was upset that I had missed my check-ups for three months and expressed great concern.

During the appointment, she performed an ultrasound for nearly an hour. Finally, she looked at me and said, "I am speechless. I have never seen anything like this before. Please tell me again, what did you do?" I recited my holistic approach, explaining my dedication to diet, meditation, nature walks, breathwork, and positive thinking.

With a look of disbelief and awe, she said, "The tumor is gone. I cannot find it!" In that moment, I knew I had done the best thing one can do: to trust and believe in the power of the mind, the body, and holistic healing.

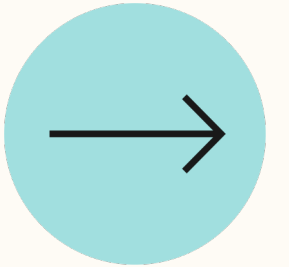
Faced with this life-altering diagnosis, I chose an alternative path focused on natural healing, driven by a belief in the body's innate ability to restore itself when given the right conditions. My goal was to not only heal but to understand the profound impact of holistic practices on physical health.

Because of this transformative experience, in 2024, I decided to become a Certified Life Coach to share my healing journey with others. I learned that the stress levels from our busy modern lives can be incredibly damaging to our overall health. My mission is now to guide others in discovering the power of the mind, holistic living, and the importance of balancing mental, emotional, and physical well-being.



# Healing Approach Overview

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## 1. The Power of the Mind

- Daily prayers, affirmations and visualization techniques to reinforce a healing mindset.
- Positive thinking to cultivate resilience and emotional balance.
- Mental fitness practices inspired by Joe Dispenza, Deepak Chopra and Sadh Guru.

## 2. Ayurvedic Nutrition with Triaveda Principles

- A personalized Ayurvedic diet focusing on anti-inflammatory, nutrient-dense foods.
- Diet and Detox (120 days) provided by Triaveda.com with guidance from Jacob Moya.
- Regular consultations to adjust dietary plans based on continuous blood work.
- Emphasis on digestive health, detoxification, and balancing doshas.

## 3. Physical Activities and Grounding

- Daily hiking to reconnect with nature, reduce stress, and enhance cardiovascular health.
- Grounding exercises to stabilize the nervous system and improve energy flow.
- It's now scientifically proven that walking in nature has numerous healing benefits. In some cases, trees release natural essences, known as phytoncides, which have been shown to have therapeutic effects on the human body, enhancing immune function, reducing stress, and promoting overall well-being.

## 4. Meditation and Breath work

- Daily meditation sessions inspired by the teachings of Joe Dispenza, Deepak Chopra, and Sadhguru to promote inner peace and reduce stress-related hormones.
- Breathwork techniques to oxygenate the body, improve circulation, and regulate the nervous system.

## 5. Selective Yoga Poses

- Incorporation of gentle, restorative yoga poses to enhance lymphatic drainage and support hormonal balance.
- Focus on poses that stimulate the immune system and promote physical alignment.

## 6. Continuous Health Monitoring

- Regular blood tests to monitor markers of inflammation, immune response, and overall health.
- Monthly ultrasounds and mammogram testing conducted at AB Labs, Ensenada, BC.
- Medical oversight provided by Dr. Michael Hino from Hino Medical Clinic in Ensenada, BC.
- Adjustments to dietary and lifestyle practices based on health data insights.

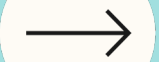


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## Results

Over the course of 11 months, I observed significant improvements in my physical and emotional well-being. Continuous medical evaluations and blood work confirmed the progressive reduction of the tumor until it was no longer detectable. This transformation was not only physical but also mental and spiritual, reinforcing the belief in holistic health practices.

## Key Takeaways



- The synergy of mind-body practices can create a powerful environment for healing.
- Consistent monitoring through blood work and imaging provides valuable feedback for personalized adjustments.
- A positive mindset and mental resilience are critical components of physical health.
- Ayurvedic diet and principles, when combined with modern diagnostic tools, offer a comprehensive approach to wellness.





# Conclusion

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This case study is a testament to the profound healing potential of an integrative approach that nurtures the mind, body, and spirit. Through the synergy of vegan nutrition, mental resilience, grounding practices, nature therapy, breath work, meditation, and continuous self-awareness, I experienced not just physical recovery but also a deep transformation in my overall well-being.

My journey revealed that true healing extends beyond treating symptoms—it requires addressing the root causes, including the emotional and mental stress that silently impacts our health.

The combination of trusting my body's innate wisdom, embracing the power of the mind, and aligning with natural healing practices allowed me to overcome what once seemed insurmountable.

This experience inspired me to become a Certified Life Coach, dedicated to guiding others to reclaim their health and peace through holistic living. I've learned that when we prioritize mindful living, manage stress effectively, and create harmony within ourselves, we unlock the body's extraordinary ability to heal.

Healing is possible when we believe, trust, and commit to the journey,

Sonia

**Disclaimer:** This case study is based on personal experiences and is not intended to replace professional medical advice. Always consult healthcare professionals when dealing with health-related issues.





