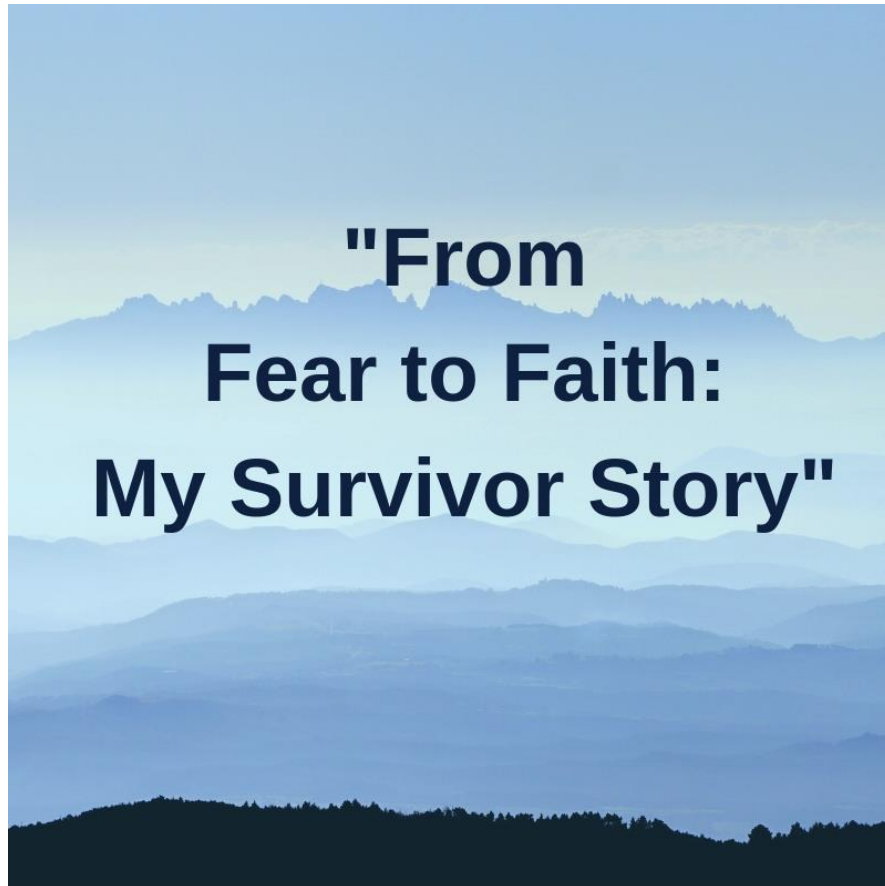


Wellness
BOOTCAMP
for Cancer *Survivors*

E-book for the Webinar



**"From
Fear to Faith:
My Survivor Story"**

with Peter Minke, PhD

Welcome to
**“From Fear to Faith:
My Survivor Story”**
with Peter Minke, PhD

You are obviously motivated, seeking answers, and making great choices for yourself!

Get ready to feel empowered!

Get more in-depth tools to help you feel confident in your choices:
Wellness Bootcamp for Cancer Survivors!

Free Preview at:
<http://minke-wellness.thinkific.com>

The information contained in this presentation is for educational purposes only. It is not provided to diagnose, prescribe or treat any condition of the body. The information should not be used as a substitute for medical counseling with a health professional. Neither the presenters nor the publisher accept responsibility for such use.

BOOTCAMP

DECISION

Webinar Notes Section

The greatest gift is
CONFIDENCE
in the wellness
process.

Survivor

Wellness

Wellness is a series of daily decisions.

I can make decisions that improve my wellness!

BOOTCAMP

DECISION

The most important SKILL is to be able to tell if something is hurting or helping.

I am the only one who knows how I am doing!

Survivor

Wellness

The 4 Essentials for Life

I asked myself, as a Cell Biologist, “What do my cells need in order to be healthy?” If something is essential for life, then it is a powerful tool for healing.

1) Food

Body cells need raw material to grow and repair. The saying, “You are what you eat,” is a reality.

2) Water

Water cleanses the body. It delivers nutrients. Circulation to cells, i.e. delivery of oxygen and nutrients, is dependent on water.

3) Air

Breathing eliminates carbon dioxide and brings in oxygen. Oxygen powers energy production in every cell of the body.

4) Love

Cells have to be in communion with their neighbors and connected to the whole body. They have to be in relationship with the body. If cells stop listening and do their own thing, they move toward cancer.

**You live weeks without food, days without water,
minutes without air, and wouldn't exist at all without love.**

Our society has an understanding of how influential Food can be for healing. Imagine how much more powerful Water, Air, and Love can be! Using **all four** Essentials for Life in your healing process leverages that power – and gives your cells resources they need to be healthy!

Each week of the “Wellness Bootcamp for Cancer Survivors” focuses on one of the 4 Essentials for Life!

BOOTCAMP

DECISION

Dr. Minke's 3-Part Wellness Strategy

1) Stop the Poison

Our modern lives can be full of toxins! But, we have control over what we put ON and IN our bodies. Minimize your exposure to harsh, toxic chemicals. Clear your personal environment.

Pay attention to what causes you to feel bad.

The cleaner your environment gets, the more you will notice when something affects you negatively.

2) Flood the Body with Nutrients

We can also help our bodies be strong to weather toxicity when we encounter it, and to cleanse from past and present exposures. When you give your body what it needs, it does good things with those resources! Your body is made good (actually, very good). Your native state is wellness.

Start paying attention to what your body likes and is asking for.

As you practice and grow this skill, you will be surprised at the specific and accurate information you can perceive from your body!

3) Manage Stress

Stress ages the body and accumulates to wreak havoc on just about every system of the body. You can change your thoughts and your reactions to stress! Deep breathing is a POWERFUL way to calm your body and help you feel more grounded in the present moment.

Notice when your stress level is higher. What are you reacting to? How can you change the situation?

You will grow in the skills of knowing when you are stressed AND in calming down and relaxing!

Grow your skills of paying attention to your body during the
"Wellness Bootcamp for Cancer Survivors!"

Survivor

Wellness

From my work in the lab, I know that our cells are amazingly smart! If we stop hurting them and give them what they need, they will be healthy.

We can be **both** grateful to be alive **and** constantly striving to feel better, to be even more vibrantly healthy and well!

Action Steps

Access the Free Preview of the “Wellness Bootcamp for Cancer Survivors” for videos explaining “Morning Water” and “Therapeutic Breath.”

<http://minke-wellness.thinkific.com>

- 1) Morning Water
- 2) Deep Breathing
- 3) Stop the Poison
 - Partially Hydrogenated Vegetable Oil
 - Refined & Artificial Sugars
 - Chemical Additives (artificial colors, flavors, preservatives, etc.)
 - Refined Grains
 - Synthetic Fragrances
- 4) Unplug from Stressful Media

Many people feel that they don't have enough willpower or discipline to make changes in their lifestyle!

- ➔ False, Cancer Survivor! You have already exercised massive amounts of willpower and discipline to be where you are today.
- ➔ Build the skill of KNOWING when something is helping or hurting you, and that makes using your willpower easy! (That's one of the goals of the “Wellness Bootcamp for Cancer Survivors!”)

BOOTCAMP



The Goal:

Gain confidence and ~~excitement~~ about my wellness journey!

This Week

Stop the Poison

My focus is to eliminate this week...

Food:

Environment:

Day	Morning Water	Breathing
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

I'm noticing these changes:

Join the



Register at

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