



Cancer Involvement Program

An Integrative & Holistic Approach
to Conventional Medical Treatment

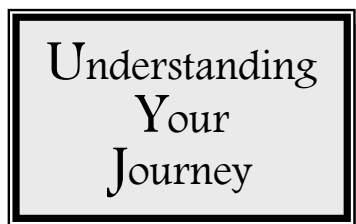
Understanding
Your
Journey

Sandy Jost, Ph.D.

Cancer Involvement Program



An Integrative & Holistic Approach
to Conventional Medical Treatment



Sandy Jost, Ph.D.



ONE Health Publications Group

P.O. Box 31073

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Foreword

by Bruce A. Schmidt, M.A., L.P.C., A.B.M.P., F.A.A.I.M.,
Director of Integrative Medicine
at St. Louis Cancer & Breast Institute,
Midwest Hematology Oncology Group, Inc.,
and Missouri Cancer Care;
President of the Collaborative Healing Institute; and
Vice President of the St. Louis Cancer Foundation.

Complementary and Alternative Medicine has been utilized since the beginning of time. In recent years patients have moved the medical community to consider complementary and alternative medicine as a valuable addition to cancer treatment. The current complementary and alternative medicine movement has been further developed by the National Institute of Health's creation of the National Center for Complementary and Alternative Medicine (NCCAM). Some of NCCAM's major initiatives include research, public/professional education, and integration of complementary medicine modalities into mainstream, allopathic cancer treatment. Integrative medicine is not alternative, but a blend of mainstream/allopathic and complementary medicine to create the best of both worlds — optimal medical wisdom. Through continued research, education, integration, and patient advocacy, the insurance industry will be compelled to ultimately recognize and reimburse complementary/integrative treatment choices.

Imagery has been and continues to be a modality of choice in cancer treatment. Dr. Jost has created an educationally interactive program that allows access to imagery treatment for *all* cancer patients. Her imagery

assists patients in awakening self-faith and gives patients a powerful tool to create healthy bodymind reflections and healing. Dr. Jost's program is easily integrated into patients' treatment protocols and is affordable to all.

The *Cancer Involvement Program's* greatest efficacy is achieved when fully integrated with your comprehensive medical treatment. Dr. Jost's imagery will take you to personal places and spaces individualized by you. The *Cancer Involvement Program* allows you to utilize another treatment option with value and efficacy across the spectrum of illness, healing, prevention, and wellness. By empowering yourself to heal and optimizing psychoneuroimmunology, you are also promoting health and integrative cancer education through modeling for other patients and your medical team.

You are in control. I encourage you to have the courage to proactively access all healing paths and cultivate self-faith and bodymind awakening. Through your connection to bodymind and spirit, you will discover the center of the healing self — powerful, precious, pure, and radiant. I wish you peace, love, and laughter through your personal cancer journey — and beyond.

CHAPTER 1

Lost

As you go through cancer treatment, you might find that you are learning more about yourself than you ever imagined possible. Right now though, you are probably feeling anxiety and stress, and so one of the main intentions of this program is to help you find a sense of calm in the midst of it all. This program is designed to help your body access all of its inner resources and accelerate your body's ability to rediscover inner balance.

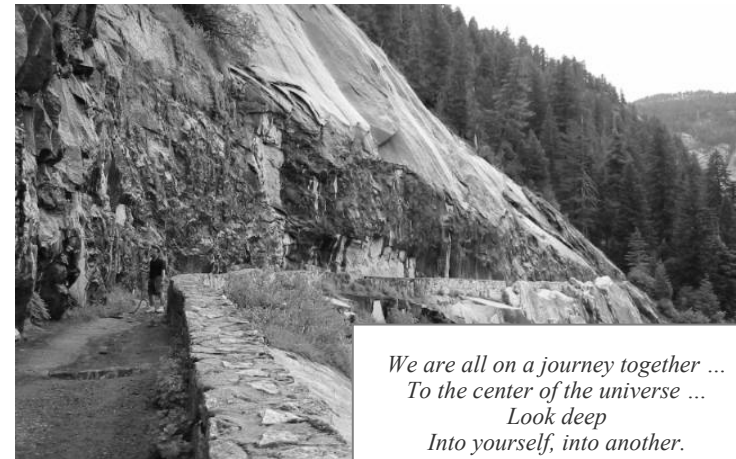
Every one of your thoughts and beliefs has a neurochemical consequence in your body, so this is one way to help you learn how to keep your mind and body in alignment with your intention for good health. But to blame or be blamed in any way for this cancer because of "wrong thoughts" however, is as misguided as blaming yourself for the color of your eyes or the native language you speak. Chronic illness is always a complex portrait that paints itself on a chosen being, not the being choosing to paint this complex portrait.

A program such as the *Cancer Involvement Program* attempts to involve all your inner resources in the process of healing, but it is just one of the many things you will do to assist your body in your journey to become cancer-free. Approach the addition of guided imagery into your

daily lifestyle, just as you would a change in your diet if you felt that it would give your body every advantage toward complete health. Your dedication is what will allow this program the chance to work for you. Perhaps different from other treatments, however, is that the imagery and journaling exercises can be looked forward to each day as a treat — a luxurious, half-hour of "mental massage."

And while certainly your life may be offering you a lot of unwanted stress right now, you can just sit back and tell yourself that each relaxing half hour you spend with this program is exactly what the doctor ordered! Immersing yourself in your *own* images of actual blissful moments would perhaps be the most powerful medicine, but this time of stress may mean that you may need to draw upon outside resources to help you find your way. So allow yourself to truly enjoy the pleasure behind the experience of guided imagery and understand that this is ALL you need do to make the treatment of this integrative program effective.

Enjoy your journey...



*We are all on a journey together ...
To the center of the universe ...
Look deep
Into yourself, into another.
It is to a center which is everywhere
That is the holy journey ...
— Anne Hillman*

Many people seek a holistic approach to their health and are afraid to speak of it to their doctor. But in fact, progressive oncologists *are* actually already incorporating guided imagery into their patients' treatments. This movement toward the integration of mind-body approaches with conventional medicine is being attempted every day, for research has shown that guided imagery:

- ⌘ **Reduces fear** and releases feelings of powerlessness that can occur when first learning of an illness
- ⌘ **Reduces depression**, helping to instill confidence and optimism at a time when one is feeling lost
- ⌘ **Reduces tension and stress**, at a time when the body needs it most
- ⌘ **Enhances the immune response**, assisting the body's natural ability to heal
- ⌘ **Helps manage pain**, reducing unwanted suffering
- ⌘ **Deepens intuitive skills**, enabling better choices
- ⌘ **Deepens one's "will to live,"** an important factor in *any* prognosis
- ⌘ Helps to **evaluate & change unhealthy beliefs**, involving the body more completely in its journey back to health, attaining overall, a higher quality of life

So, in the words of Sandy Jost, Ph.D., with an education in nutritional biochemistry and psychology, and a focus on psychoneuroimmunology — the constant and continuous communication systems that exist between mind and body:

"... while certainly your life may be offering you a lot of unwanted stress right now, you can just sit back and tell yourself that each relaxing half hour is exactly what the doctor ordered! ... So allow yourself to really enjoy the pleasure behind the experience of guided imagery and understand that this is ALL you need do to make the treatment of guided imagery effective."



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