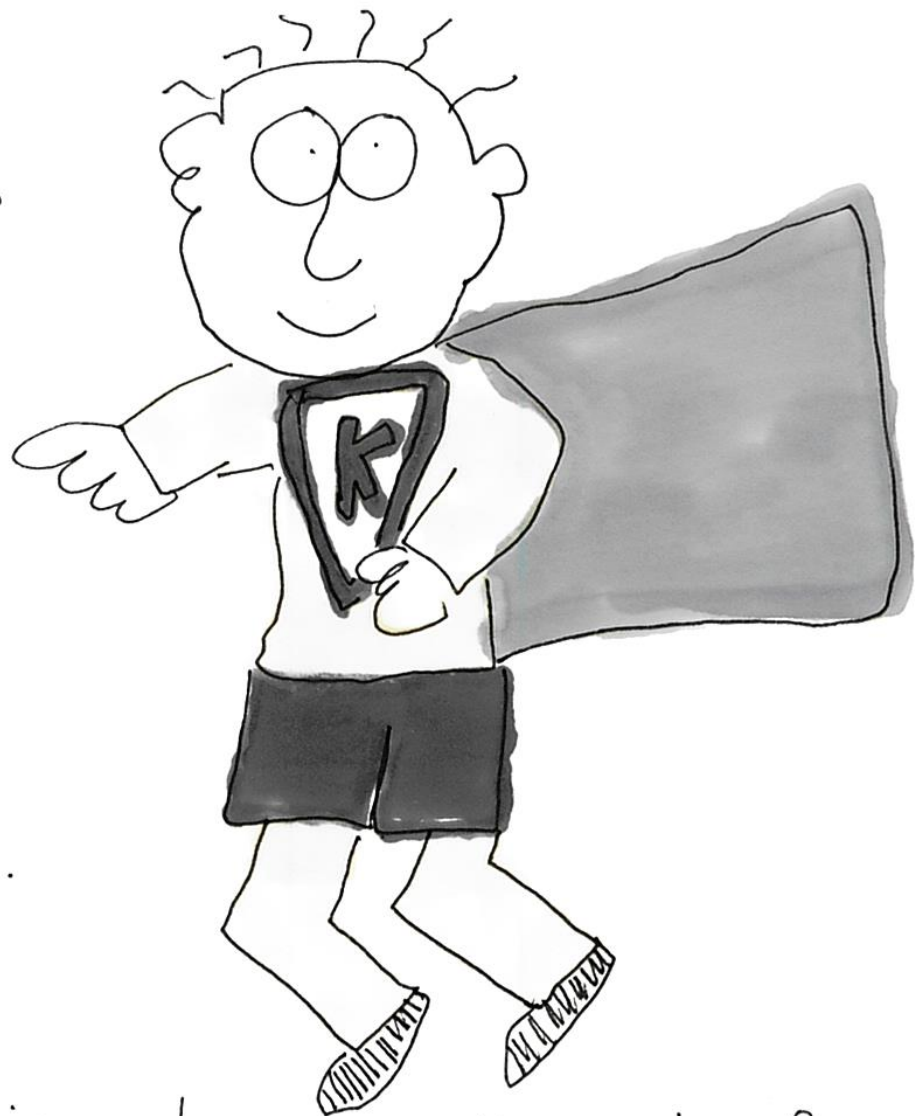




Tips from
Kancer
Mdn

How to take care
of ourselves
After Treatment
we are strong

walk in
small
increments
all day
seven
days a
week
rain
snow
cold
hot
walk



Learning to walk not fly
Walking gives me
Fresh air
Increases circulation
keep balance
Stops Depression

Whole fruits

Blended
drinks

Poached eggs
No bread

Tortillas made of
egg whites

Baked turkey,
chicken, fish

Vegetables,
vegetables,
vegetables.

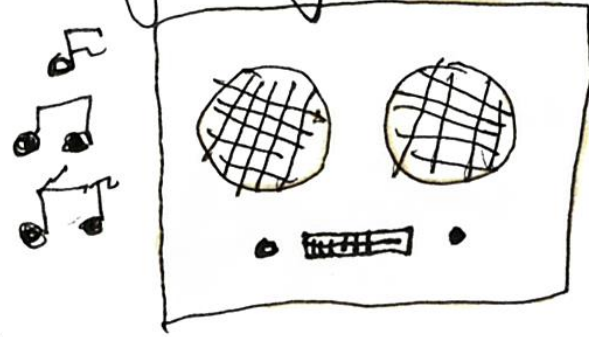


How to get healthy nutrition
seems to be the

First thing to learn
After treatments



Keep quiet place
Deuter music
Everything soft

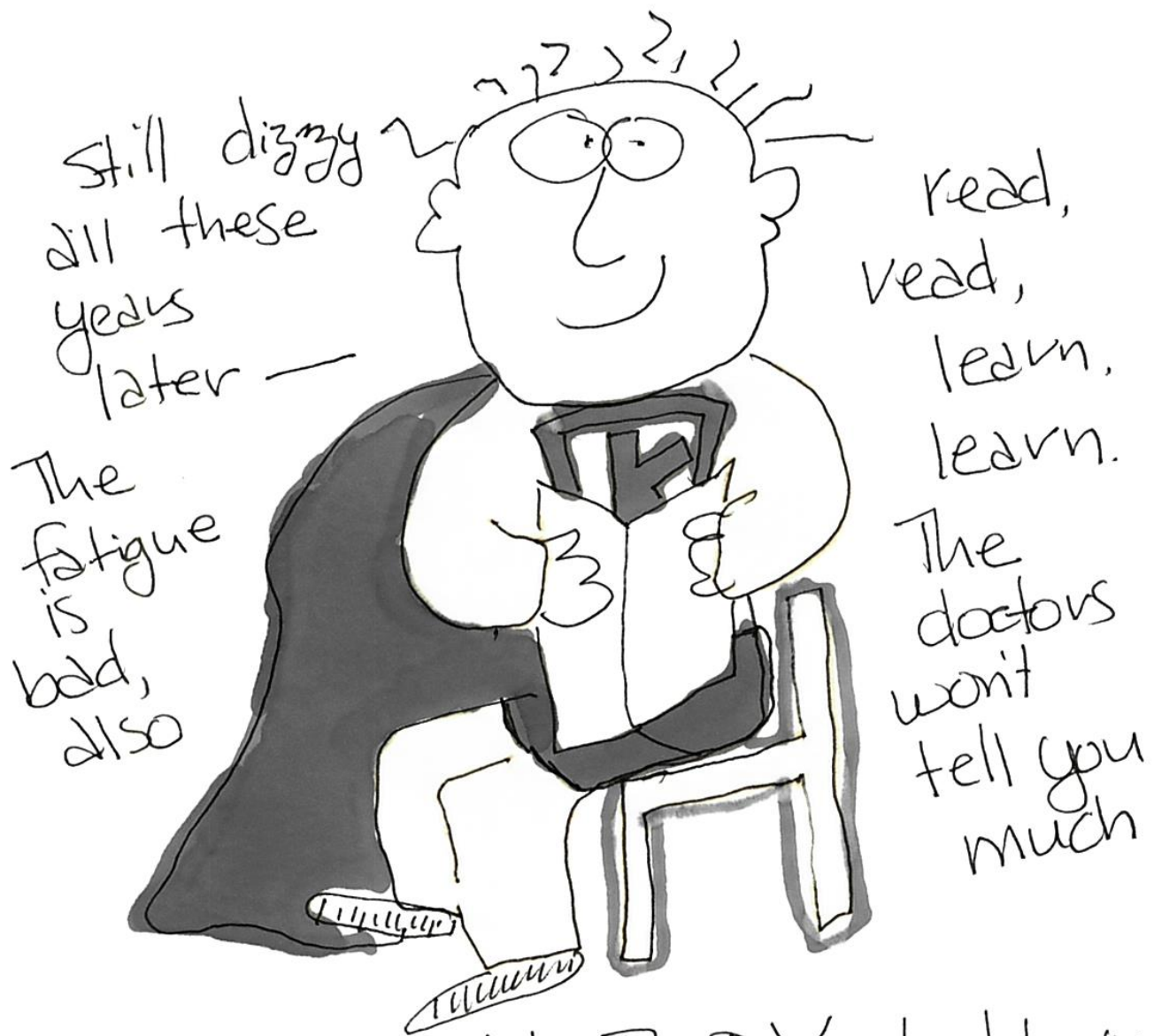


keep my living space
quiet

meditation guided images
spoken word audio books
Nothing loud sometimes
no music when I walk
only listen to birds sing



Seems like meditation and
Prayer are essential to
make it thru. Maybe,
rest of my life meditate
to calm down and cool out
meditation and prayer need
to be practiced daily



Still dizzy
all these
years
later —

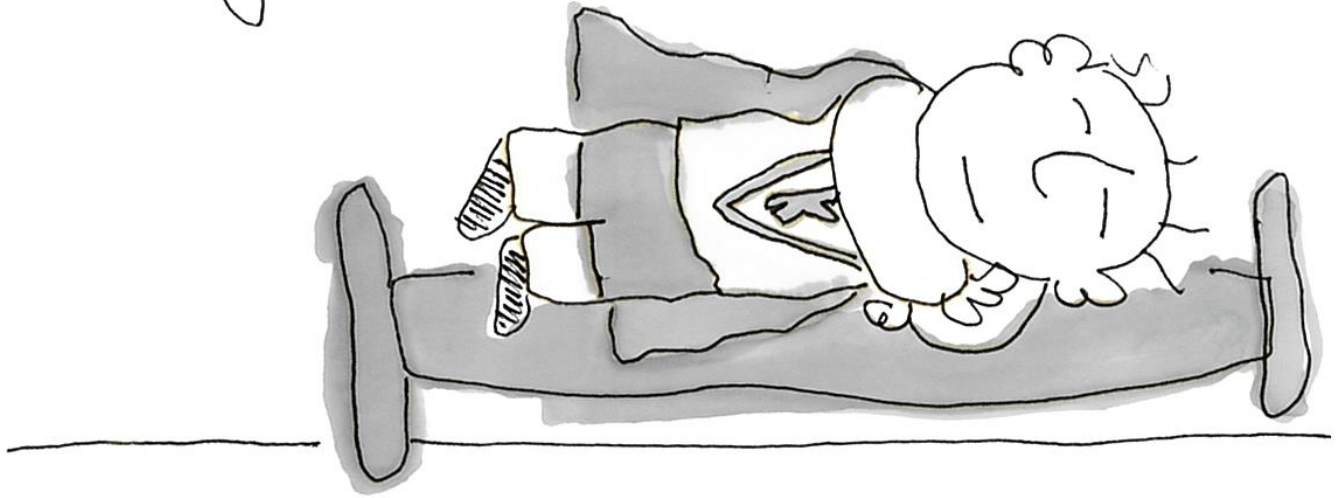
The
fatigue
is
bad,
also

read,
read,
learn,
learn.

The
doctors
won't
tell you
much

Nobody **NOBODY** told me
about side effects of chemo
So there I was dosed with chemo
Never knew the side effects
would stay with me
Forever **BE AWARE!!**
NOT LIKE ME!!

Got Cancer
Get Sleeping
During after treatment



Mistake I made

DID NOT REST ENOUGH

Got myself watch monitors my
Sleep — Chemo and radiation
leave person with insomnia....

Plan my nights like I plan
my day. Don't eat after 8:00 PM
Go to bed stay in bed.
Don't wander
in house



So carry
my hand

Vagus

nerve

Stimulator

keeps

the signals
going down

many times chemo and/or
radiation

our nervous system

I was left with

Autonomic Neuropathy or
In body Nerves destroyed



Kancer
Man
Sure
Learned
to Pray,
again

God was so important
Then, Kancer Then, that
understanding coming close
to that blob of God waiting
For Me..... Learned to pray, again





What did I
Learn

They get rid of
Cancer

I have to
learn how to
Survive the

Post Treatments

Eat less and better

Hydrated with H₂O

walking small increments every
day

Don't get over extended

Stay home Keep busy at home

Simple life Good life

Maybe, better life now