

PREVENTING RECURRENCE

a holistic approach to breast cancer

CREATE HEALTH | TRANSCEND FEAR | LIVE YOUR CALLING

Are You:

- Highly motivated to prevent breast cancer recurrence with diet, natural remedies *and* lifestyle changes?
- Ready to release “victim mentality” in order to harness the great spiritual opportunity inherent in a life-threatening illness?
- Needing to reclaim “inner authority” and awaken intuitive guidance - letting you know you’re on the right track?
- Desiring expert holistic health guidance every step of the way, in order to prevent recurrence?

A diagnosis of cancer is a wake-up call from a deeper part of your being, letting you know significant change is necessary for true health.

There is great wisdom that resides in the body and knows **exactly** what’s needed. However, the message can be challenging to hear amidst a sea of passionate opinions and “expert” advice. The question that needs to be examined is: ‘What has the diagnosis of cancer come to teach me about myself and life?’

Physically, underlying imbalances need to be addressed through diet, herbs and supplements. The immune system requires strengthening, while detoxification takes place. Emotionally, old burdens call for release, and relationships may need to find a healthier balance.

There’s also a message from your soul. Life is precious. Death is not as far away as assumed. Its proximity is awakened. Within this possibility, we are reminded of the questions: *What did I come into this life to do? What is my purpose here?*

Once you’ve heard the “voice” of the body, psyche and soul, and take action to correct unhealthy patterns on *all* levels, the message of cancer doesn’t need to come back around. You’ve heard the message of your soul, changed course, and created a new, healthy life in alignment with your deepest truth. That’s what **Preventing Recurrence** is all about, and will teach you how to discover for yourself.

This program is for you if:

- You're eager to be proactive in your health *on all levels* to prevent breast cancer recurrence.
- You desire to understand the deeper meaning of this “wake up call” by stepping out of “victim mentality” and embracing change.
- You long to reclaim your inner authority that may have been obscured by medical authority and intervention.
- You're ready to change your life in order to create health on the deepest level and fulfill your soul's calling.

Program Overview

Preventing Recurrence: a holistic approach to Breast Cancer provides a strong, safe and nurturing container in which deep healing work can unfold. We'll begin by examining your physical healing protocol, solidifying the potency your current approach. Next, we'll peel back the layers of fear to help you access your intuitive wisdom. This will illuminate whether or not you're on the right path. Next, we'll explore the ways in which you use your energy, and where there may be “energy leaks”. We'll uncover and clear emotional toxicity and painful emotional burdens. Within this intensive healing format, we'll dissect the entanglements that keep your life-force energy bound up and unavailable for health and healing.

Preventing Recurrence: a holistic approach to Breast Cancer includes:

- An initial **1.5-hour Healing Intake Intensive** that delves deeply into your health history, dietary and lifestyle habits, relationship with your body, emotional health, mental wellbeing, family of origin issues and relationship challenges. All these areas will be taken into account in order to create a comprehensive **Healing Protocol** and individualized **Flower Essence Formula** to get you started on your healing journey.
- **Seventeen 1-hour Skype or Phone Consultations** thereafter, continuing to address your health on the physical, emotional, spiritual and energetic levels to ensure deep and lasting change. You will receive **support, insight and guidance** to carry out lasting change and growth into a renewed state of health and wellbeing.

- **Seventeen Flower Essence Energy Healing Sessions:** These therapeutic treatments bring deep healing to difficult to treat ailments and move stagnant energy through the system. They are also used diagnostically to uncover the root cause of mysterious symptoms and diagnoses. The sessions are equally as effective remotely, as in person.
- **A Healing Protocol Review** of dietary modifications, an individualized herbal tonic custom-formulated based on your constitutional issues, nutritional supplements and lifestyle adjustment recommendations. Your protocol will be reviewed and modified on a monthly basis as needed.
- **An Individualized Flower Essence Formula** to address the psycho-spiritual issues contributing to your overall state of health. This will balance and stabilize your emotional wellbeing, as well as facilitate growth in those areas that have felt stuck or challenged. A new flower essence formula will be mailed to you as needed.
- **Wisdom Counseling** accompanies the flower essence work, which provides deep, intuitive listening and support while enabling you to discover and unravel the underlying themes, patterns, contracts and entanglements that are at the core of your challenges.
- **Unlimited Email Correspondence** for support, questions or concerns that arise.
- **Recommendations** regarding lab tests, interpretation, and other **medical information** when needed.

Mapping the Journey

Step 1: *Unearthing the Meaning* - This diagnosis has deep significance for you. What message does it hold? How was it meant to expand and change you? What does it bring to light about your current life that needs adjusting? How was it meant to help you remember who you are, and what your life was really meant for? Once you understand the deeper meaning of your diagnosis, it serves as an anchor and container for all the work to follow.

Step 2: *Cementing your Physical Health Protocol* - Together, we'll review your current protocol and strategy to ensure a strong immune system and open detoxification pathways.

Step 3: *Unwinding the Fear* - You will be guided to the inner peace that lives underneath the layers of fear to access your intuition and empowerment. This is the best space to make wise and empowered decisions from. Energy work and Wisdom Counseling will help you let go of the fear of cancer, to access your deepest wisdom. This will also help you let go of the “curse” of medical authority.

Step 4: *Confronting Emotional Burdens* - Getting clear about painful emotions held inside - while acknowledging their impact on your overall state of health.

Step 5: *Learning your Genuine “No” and “Yes”* - Hearing and acting upon your innate, inner directive. Coming to understand how living from your true desires impacts your overall wellbeing.

Step 6: *Changing the Terms* - Of relationships that aren't healthy or truly supportive - as well as improving your relationship with yourself and life.

Step 7: *Learning to Ask. Opening to Receive* - Opening to the network of support that surrounds you. Learning to trust your resources.

Step 8: *Creating Community* - overcoming the “death sentence” of isolation.

Step 9: *Moving into your Life's Calling* - Discovering what feeds YOU, and bringing it to the forefront of your life.

“Carla Savetsky has been one of my favorite ‘go to’ women’s healthcare experts in NYC. And I have been thrilled to have such an important resource to which to refer those of you who desire true holistic women’s healthcare.”

~Christiane Northrup, MD

Author of Women’s Bodies, Women’s Wisdom, Bantam Press

About Carla Savetsky, RPA-MS; *Holistic Women’s Health Expert*

Carla has spent her life integrating the study of human potential and spiritual growth with her professional expertise in both conventional medicine & holistic health (including *Women’s Reproductive Health, Clinical Herbalism, Holistic Nutrition, Flower Essence Therapy, Energy Healing* and *Maya Abdominal Massage*.)

Her work is informed by eighteen years as an *Obstetrics and Gynecology* Physician Assistant, as well the Holistic Healing business she began in 2004, *Natural Healing for Women*. Her combination of conventional medical expertise intertwined with an exceptionally wide spectrum of healing knowledge is what makes her work so powerful. Over the years, Carla’s developed a grounded and practical yet deeply intuitive approach for how to

ignite healing, growth and transformation on the physical, emotional and psycho-spiritual levels.

Carla's understanding of natural health runs so deep not *only* because of her extensive professional work, but also because of *her* own life-long healing journey that began at age eighteen. Over the years, she's healed herself naturally from many physical and emotional health ailments including: Polycystic Ovarian Syndrome, Chronic Fatigue Syndrome, chronic digestive problems, hormonal imbalance, Bulimia and compulsive eating, depression, and more.

Through overcoming these issues, she's obtained a vast array of knowledge about how the system heals naturally and holistically. She's also come to embody a strong *vibration* of healing, knowing undoubtedly about the great healing capacity in every person.

In 2012, Carla was confronted with her biggest healing challenge yet. This was when she was diagnosed with Breast Cancer and confronted with a decision that would change the course of her life. Because of her history of *Chronic Fatigue Syndrome* and ultra-sensitive constitution, she knew that medical treatment (chemo, drugs to turn off her hormones, immunotherapy) would wreak havoc on her body, and may well damage it permanently.

She began a rigorous protocol of dietary measures, nutritional supplements and herbs. She immersed herself in the work of powerful energy healers and organized group healing sessions where friends from all over the world sent healing energy and prayers. By the time surgery was performed, the tumor was half the size of what was seen on MRI.

However, because of the high-risk form of Breast Cancer (Her2+), the oncologists advised medical treatment, and predicted a 50% chance of recurrence if she refused.

Because of her deep conviction in the power of the mind and her "inner knowing", she knew her answer for healing resided within. She understood the answer for whether or not she *needed* medical treatment could be found within her own consciousness.

Through meditative prayer and locating her deep intuition, the answer came, and set her on the greatest healing journey of her life. After walking away from

the oncologist's recommendation for drug therapy, she realized her healing lay in freeing herself from the emotional burdens and psychic entanglements that lay at the root of her disease - as well as stepping more deeply into her life's purpose. **Preventing Recurrence: a Holistic Approach to Breast Cancer** was born out of this journey. Carla is currently working on a memoir that tells this remarkable story.

Carla is also a singer, yogini, truth-seeker, nature-lover and mother of a teenager. She's lectured extensively about Holistic Women's Health on television and radio, webinars and teleseminars. She lives in Northampton, MA with her husband, son and mini-schnoodle.

To learn more, please send an email to carla@naturalhealingforwomen.com.