Introduction and diagnosis

Welcome, everybody. I'm excited to share this little mini experience with one of our clients, Vicki Gayle. So, Vicki, you were diagnosed with breast cancer.

So when you heard those words, what went through your mind? Well, I remember when I got the call from my doctor, I was terrified. I actually pulled over.

I just got home from work. And I. I was just terrified. And I called my husband and I. I was crying and I was hysterical. Yeah, it was a very, very scary diagnosis.

Yeah, because when people think of breast cancer, what do they think? Bald head, sick and dying. Right. And so we're here to change that, that paradigm.

Biopsy, oncology, and surgery decisions

And so what did you do initially after that diagnosis settled in? What did you do? Well, I my of course, they wanted to do a biopsy, so I had the biopsy.

And it was a it was a terrible experience. Actually, even one of the nurses in the room had to leave because she almost fainted. It was extremely painful.

And because I had a couple of tumors, they wanted to biopsy them. So. But but once I got past the biopsy, I saw my wonderful nurse practitioner and she referred me to another out-of-town oncologist.

And she told me she wanted me to see the the best, hence, you know, to send me out of town. I had started doing the Hoxsey protocol as well. And so when I saw my oncologist for the first time, I told him I wouldn't do radiation or chemotherapy, but that I was doing Hoxsey and I didn't know what to do from there.

So he referred me to a surgeon and who initially was very nice, but she told me I needed a mastectomy and she said because I had multifocal disease. And the first time I went to her office, she actually had a circle with all these dots on it.

And she said this, you know, there are probably 15 dots. And she said, this is your this is your breast and this is how much cancer you have. Well, I know I you know, I did have four small tumors, but she really was trying to scare me and she did scare me.

And I was alone. And I cried that visit. And then I went to see a plastic surgeon. And I again, I was alone that I said to him, can I can my husband listen on the visit on the phone?

And he said, absolutely not.

Choosing cryoablation

He said, I don't know who is behind there if you're recording me, but he wouldn't let my husband listen to the appointment. So we went back for a second visit and my husband got to meet the surgeon and the plastic surgeon, and he said to me on the way home, Don't do it.

They're bullies. The plastic surgeon even had joked with my husband about how size after reconstruction. So it was very unprofessional and I just knew that wasn't right for me.

So I posted on Chris Beat Cancer and somebody got a hold of me about Cryoablation. And so I got a hold of Dr.

Dennis Holmes and had Cryoablation done.

Wonderful. Yeah.

Healing practices and lifestyle changes

And so you ended up finding my book, and you decided that you were going to jump in and do the seven essentials and do some coaching. So how has that changed your approach to your healing journey?

How has that helped you? At first I heard one of your four day sessions and I didn't think I could manage that and working full time. So but I decided, you know, this is something that I really wanted to do.

I believed in it. I trusted what you wrote and I trusted you. So I started slowly implementing things and then I did your Survive and Thrive course. I think that was last October, November.

And I, I just I told my husband, I need to get a coach and this is something that I want to do. And so I've been doing it ever since and really appreciate the support and the positivity of the program.

And it's it's not that hard to do. So you mentioned before we started recording, which I say this often a healing journey is a marathon. It's not a sprint.

So what what are some of the changes that you've been able to implement that have improved your health? I'm not real good at the supplements, although I'm trying, but intermittent fasting, I do.

I do. Ozone. We bought a hyperbaric chamber. I try to exercise. You know, I'll do four or five mile hikes. I'm being very careful with my carbohydrates and just I love the effort tapping and the the heart mass and just realizing I need to take time for me.

I also love the Joe Dispenza, that book You Are the Placebo. You are the power of your brain Yes, yes, yes. And I preach that all the time. And and your book in your program to anyone that will listen.

And in fact, I have a lot of girlfriends that follow you on Instagram, even though they don't have breast cancer. So I spread the word. You sent me some books and I've passed out quite a few and I just had someone text me yesterday, in fact wanted your your link.

Encouragement and community support

So. Well, thank you, Vicki. That's really sweet. And the good news is, is that Vicki is now no evidence of disease. So she has successfully healed her body and she's going to continue the path of creating vibrant health.

So, Vicki, thank you so much for your time. And if you had just a few words of parting encouragement to women that are on a healing journey right now, what would you tell them?

One step at a time, one moment at a time, and keep staying positive. And the other thing is help so much is the other breast cancer divas. I have a couple of friends that we talk with.

We talk weekly. And so that support group has been extremely helpful, encouraging for me. Yeah, community. Community is so important. So thanks, Vicki.

I'm so proud of you and all the work that you've done. Well, thank you for your help.