

announcer: 00:03 Welcome to a teaspoon of healing where we explore the pathways to wellness and vibrant living. Listen to personal stories of healing and interviews with experts. It's time to open a doorway to healing in your life through positive changes. Here is your host Dawn DiMare. Hi.

Dawn DiMare: 00:26 I'm Dawn DiMare and you're listening to a Teaspoon of Healing. And thank you for tuning into our very first episode in this podcast. We will explore the various pathways to wellness and vibrant living. Will feature interviews with health and wellness experts. Nutritionists. And people who want to share their own stories of healing. Visit our website W W W dot teaspoon of healing dot com to learn more about the show. Read the blog or download transcripts of other shows. You can also contact me on there if you want to be on the show or if you have any questions you'd like me to answer. Well today's guest. Is Tracy Dean. Tracy is a breast cancer survivor and she is the founder of an organization called Team Tracy which helps those who have been diagnosed with breast cancer. She will share a lot of tips with you. So stay tuned for that.

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Dawn DiMare: 01:37 And before we get into our interview let's hear from one of our sponsors. Tours.

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Goff: 02:01 Mobile number is 9 4 9 3 3 8 5 9 3 7. Got two words dot com.

Dawn DiMare: 02:14 Hi I'm Dawn DiMare. Today we have a guest with us Tracy Dean. Hi Tracy. Hi. How are you doing. I'm well how are you. Don't I'm good. And thank you so much for joining us today for the interview. You're very welcome. You reside in Laguna Beach California where I also live. Yes I do. We're almost neighbors. It's beautiful. Well it's always beautiful but it's it's cloudy today. June cool.

Dawn DiMare: 02:43 So Tracy Europe breast cancer survivor. I am so I wanted to talk to you about your story. Your story of healing and the pathway to wellness that you achieved after surviving cancer and whenever changes you've done in your lifestyle and hopefully this will inspire people who have either been recently diagnosed themselves with breast cancer or who know someone a friend or a family member who's recently been diagnosed and they want to be lifted up and hear a story of healing. Absolutely. So Tracy tell our listeners about your story. When were you diagnosed and where did it go from there.

Tracy Dean: 03:24 This July will be four years since my initial diagnosis. I have completed all of my treatments and surgeries as of two years. And I did the chemotherapy. I did targeted treatment of Herceptin which is for the type of cancer I had heard two new positives which basically means it's an aggressive form of cancer. I also had estrogen positive cancer. So I was put into early menopause which totally sucks but I got through it I'm still going through it. You get hot flashes. Weight gain just initial no children type of crap that came with it.

Dawn DiMare: 04:07 Pardon my French when you first are told that you had to be put in early menopause. How did you handle that. Because

Tracy Dean: 04:14 I'm assuming you were pretty young when I was 43 when I was diagnosed and I have given it to a specialist in Newport Beach to see where I stood since I was older for childbearing. I basically.

Tracy Dean: 04:29 Had given up on trying to have a relationship and have a baby I was going to do it by myself and found a specialist who basically could tell you where you were at with production and eggs and there are some tests you can do now and that's why I actually went and during the exam the lump was found. So I never even did the test. And unfortunately the type of breast cancer I had was we have to put a minute cause of course I wish I would have frozen my eggs back in the day but I didn't. So I guess there's a reason for everything and we'll find that out later on down the road.

Dawn DiMare: 05:06 Wow. So that's quite early on in there. Yeah because you went in there you know for some testing for the eggs. So you had no symptoms at all of any kind of cancer or symptoms or just had you been feeling tired or you know now that I look back I had a lot of symptoms.

Tracy Dean: 05:22 But when you're going through everyday life you just you seem to put yourself last which is one of the things I no longer do in my recovery. I did feel that long in October of the same year

that I was diagnosed in July. I just didn't think about it because I was busy. I was extremely tired all the time. And I was very stressed out. I also saw a lot of yellow around my eyes. Specially in photographs and I remember always thinking why is there so much yellow around my eyes. There were some signs that I now know were signs of cancer that I didn't know that. And I have learned that stress especially for women is a huge factor not only in cancer but in all elements of health and life since changed my lifestyle because I never want to go through any of that again. So yes you know I think that when there are little light bulbs that go off in your head like wow I'm tired or I've hit the wall I can't think straight or I'm achy or just in general changes in your skin or eyesight you just you really have to care about yourself and take notice of the changes you feel. It could be nothing or it could unfortunately be something not to be a hypochondriac but just to be aware of your body and your feelings.

- Dawn DiMare: 06:52 Absolutely. That's really good advice because a lot of times we can just ignore it and think oh I'm working really hard so I'm tired or yeah this feels off but you know and you just move along. No you're right to have that checked. So after you got that diagnosis and then were told you had to be put in early menopause and what kind of happened next.
- Tracy Dean: 07:14 I've always been a pretty healthy person and I said I would never do chemotherapy. So many people say that I have cancer. I'm never doing it. I'm going to Mexico I'm going to do alternatives. Well when you are told that you have cancer the number one thing you think about is I don't want to die period. And yes in a perfect world acupuncture and coffee Kolan and going to Mexico and you know all American this and that all sounds wonderful in a perfect world when you are not told that you have cancer. And it also is not cheap. It's very very expensive and it isn't. No holistic approach to disease unfortunately is covered under health insurance. Very bizarre. I remember the plethora of drugs that I could buy for four dollars with my insurance. But I could not get CBD before it had become populated because insurance didn't believe in it or didn't cover it.
- Tracy Dean: 08:13 It's just bizarre the whole thing is bizarre to me. I pretty much said well I have to do this way because this is the way that I live. Hopefully if I survive the treatment because health insurance will pay for it. And at the end of the day that's really sad. My other choice when I well I found it very disheartening I went to the library and there were not a lot of books on breast cancer. Somehow since I feel like I don't know if this is true but since I

was diagnosed I feel like breast cancer has become so popular. Maybe it always has been. I just wasn't involved. But now there's tons of books and tons of material. But four years ago that just does seem like there was a lot of information out there. And like I said that could just be because I wasn't an advocate you know of research back then for it.

- Tracy Dean: 09:05 You don't even have to lose your hair if you did chemotherapy. In Europe it's offered in every oncologist's office ice caps. Ice caps that you can use really. If you freeze the follicles and stop the blood. I don't know all that. I don't want to talk about it because I don't really know. No sure mistakes are the reasons why it works. But something about freezing the medicine the chemotherapy can't get to the follicles as much but here I wanted to do it and it would have been 500 to 1000 dollars a session not covered by insurance. So there are so many easier ways you can go through treatments had if insurance would cooperate a little bit more because the physical aspects of cancer treatment for breast cancer one of the drugs that I believe in tacit here is why you lose your hair. And besides having mastectomies and losing your breasts in the surgery and the sickness of the medicine losing your hair and the physical transformation is just brutal.
- Tracy Dean: 10:12 I may be off track now what we're talking about why it's important because people that are listening are people that know someone who has been diagnosed there's a lot of changes that happen and yet it can be definitely very brutal.
- Dawn DiMare: 10:26 And I like what you get up about the insurance as well as say oh I don't want to do. I'm not going to do chemo. But when it comes the want to get the cancer out and you have to be able to afford it. It's your insurance makes things more affordable.
- Tracy Dean: 10:38 It's like I did began back I remember now you asked me before I went on. OK. The truth is that basically I immediately had a port put in because my veins would not have been able to handle the infusions. So CT is actually hooked up to an artery so that all the medication can be put through your chest. Makes life a lot easier. A lot of people have good veins can do their medication through their arms. I just couldn't I immediately did that and I tried to avoid chemotherapy at all cost like i just procrastinated. That being the last thing I did and I originally just went in and had a single mastectomy on the breast and had cancer and I was lucky enough that very few lymph nodes were affected. That's good. Very good. And then I started the chemotherapy. And I remember when I interviewed oncologists and you really have to choose an oncologist if you're newly diagnosed that you

feel safe a and very comfortable with the nurses the women who spend the time with you giving you your infusions become your best friend in there. And I walked out of one office she basically told me her mother died the same exact cancer I had she was just going to drag me up to oblivion. And I remember she had horrible press you.

Tracy Dean: 12:15 And I just hated everything about her and walked out. Good which was trusting your gut as well that you know and you have to and I hate to say this but it's like a factory.

Tracy Dean: 12:28 Can you just have to go your own way. And I did I chose a plastic surgeon who was completely not with the cancer surgeon who was with the same company. I chose a UCLA doctor and a whole doctor. I just spread it out because that's who I felt comfortable with my team. I remember there was a very young girl in the oncology office when they showed me the infusion room and she looked anorexic and gray her arms looked great to me. And I remember I physically felt sick and so scared that I started shaking because I thought oh my god I cannot be that great girl. I cannot. It was my biggest fear of life. The scariest day of my life was my first chemo treatment because I just needed it under my belt. I needed to know how I feel. It just was very very scary but you know your body is amazing and everything is doable if you keep your head on straight. Absolutely. But it's definitely scary and only you can do it no matter how much support or how great your doctors are. You have to go in there and say OK I have six more of these to go let's do it. You have to stay positive. If I could give any advice that everything has to stay positive.

Dawn DiMare: 14:05 I'm on Demare and interceding is still here and thank you so much for sharing your story. And you were talking about people who've been newly diagnosed and people who are starting chemotherapy to stay positive and that really helps with everything in life I can see that but I'm assuming it really helps with that too. If you want to talk more about about that and then your journey tell me. Basically I believe that if you stay very organized.

Tracy Dean: 14:32 And on top of all of your medical bills and your placements and you have a group of people a small group of people it doesn't sometimes even have to be a family. Sometimes it will end up being strangers. Believe it or not. That you can talk to and you can hold accountable to help you then that will help your journey tremendously. I had a calendar and I chose people to be with me for my treatment. And I remember they basically signed their name in blood that no matter what they would be

there. And I remember very dear friend of mine Kristi left her. 6 month old baby in Las Vegas with her mother because she was under arrest. For that chemo and she flew in from Las Vegas for that one. And I remember I gave her the option to have out. You know you just had the baby and she said absolutely not.

- Tracy Dean: 15:29 I committed to this. So it's wonderful to have people that love you and I'm there for you. And if you don't then you have to love and care for yourself. And what I mean by that is to stay organized to get plenty of rest. To give yourself a break to not try to be superwoman to write down what medications you're supposed to take at what times. Keep a clean home eat one of the things done that is crazy to me. The cancer books on how to eat well during chemo are clean. I wouldn't eat ever. What do they recommend they recommend feel good foods whole foods. Just awful greasy fried. I mean there are some doctors that of course don't eat healthy but I would go to chemotherapy with Knutsen very very I was more healthy during chemo than I have now with my age so healthy and I would watch these women just gain weight. A lot of people gain a lot of weight during chemo or they lose a lot of weight even in how they feel. But. I just don't agree with how they tell you to eat. And I guess they're saying whatever you're doing this or eat whatever you want but then you are overweight bald and just miserable or just not in good shape.
- Dawn DiMare: 16:53 So you were definitely keeping like the healthy eating.
- Tracy Dean: 16:55 Yes very healthy eating. I actually did not have any alcohol caffeine sugar or dairy during my g.
- Dawn DiMare: 17:02 It's sounds great. And and do you think that probably helped you manage.
- Tracy Dean: 17:06 I do. I did however get extremely sick. My body just couldn't take it. I got down to about 96 pounds. I started out at 120 and I did not finish my sixth round. They stopped it at number five. The number one job of. An oncologist and the reason why we do chemotherapy is to kill the cancer and the oncologist job is to administer this medication without killing the person. So the chemotherapy had basically gone into a danger zone with me. Wow. So yeah it gets very scary so that's why it's important to have a good doctor too. Yes because chemotherapy is killing all good cells and that is just trying to find the cancer and hope they get it. But you know at the same time the body that it's in is being affected tremendously. You get this type of wall this funk called chemo brain.

Dawn DiMare: 18:05 I've heard about this. What is chemo brain. I describe it as jetlag food poisoning and being hung over all the same. Wow. Pretty intense. You know chemotherapy is disgusting. And then. The way I describe it is I go to a grocery store and I start just filling up my cart with random things. No idea why. And then then I just stop and and I say What am I doing here. And I don't want to be here anymore. And leaving the cart and. Leaving. It just is too much and you forget what you're doing or why are you doing it. And it's almost like an early form of Alzheimer's.

Dawn DiMare: 18:46 OK. Yes that makes sense. Yes.

Tracy Dean: 18:49 And I suffer with that. Now it's lagged on not as much now but the first two years it was brutal. I would leave keys in the door. I would block it from the inside. But the next morning the keys would still be in the door. That's why I said you just as organized as possible opening yourself.

Dawn DiMare: 19:07 So that's the advice you'd give to somebody who's maybe going through this and they're finding they have this chemo brain. You had to handle that.

Tracy Dean: 19:14 What would you recommend the organization be organized getting plenty of rest not to overload yourself with too much at one time and giving yourself a break. But you know it's a brain fog. And I remember I never understood the expression hit the wall but you really really hit the wall. You're done. And I still do that now I hit the wall and I'm done. Whereas the old Tracy treat cancer would push myself to then sickness exhaustion clumsiness getting off balance when you push yourself too much. And I don't do that now when I feel that feeling of hitting the wall I stop. No no is a very important word now for me. No I cannot do that. But I also think always being hydrated a lot of us do not drink enough water. You have to stay hydrated in your everyday life. Water is so important.

Tracy Dean: 20:09 It's ridiculous. I try to drink. I go to The Well I in Corona del Mar a little plug for them and I get a 3 gallon jug of water my dog is almost 19 years old by the way and he has been drinking water since he's 10 years old a body and an alkaline state is disease free. As far as I'm concerned when I drink at least three gallons a week or not even I'd say four days and I drink a lot of water and. When I was the sickest during chemo when I would have to go and get infusions of liquid. I was dehydrated. I'm not drinking so newly diagnosed and after diagnosis and going through all of it Hydration is key. I believe in health and rest and no stress and. Not vegetarian since I'm 8 years old. It's funny because I like chicken now. Sometimes I don't know why but I believe protein

is important. It seems like they're finding that yeah. And you get Margene in other ways and I do I eat a lot of whole grains and beans and I eat a lot of vegetables. I make my dog's food he eat a lot of protein animal protein and he eats every day. Carrots are sweet potato. He has a lot of fruits and vegetables as well. And eating more than three times a day eating throughout the day is important I believe as well.

Dawn DiMare: 21:39

That's great. Now so after you finished your course of chemotherapy How long has it been since you've been I guess cancer free. How long ago was that.

Tracy Dean: 21:48

After five years, they give you thumbs up to be cancer free. Right. It's almost riposted four years in July. So still another year before they all say I'm cancer free. And that scares where I've gone back in and have some scans the chemotherapy hurt my heart a little bit a little valve. Got damaged so I get echocardiograms every six months. The quality of my bones got a little bit damaged. I have arthritis. Nothing that I'm going to complain about because I'm here and I'm thriving. But there's definitely residual skin problems. I lost two teeth. You know you get very dehydrated like I said and the chemotherapy attacks bones teeth everything. That's another recommendation. Please get your teeth checked and cleaned before chemotherapy because you cannot go to a dentist during chemotherapy and for like. Six months after. Oh because you know a lot of germs are in your mouth that affect your blood.

Tracy Dean: 22:46

And so basically I had a cavity prior to that. And I had to get a tooth pulled into the back. So it's fine. But it bothered me. I believe that just the journey of going through something like that. In a very weird way is a gift because it's almost like God putting you or the universe or whoever you believe in in an elevator on the top floor and just freefall you down before it catches you on the wire. You have to take responsibility of yourself and your life and either come out of it very grateful or very bitter. And I came out of it extremely grateful it's changed my life completely. I was a very much perfectionist. Before this I was very short tempered. I expected a lot from myself and other people. I did not take care of myself as well as I should have. In response to honoring myself a little bit more and the others in my life and now I do very grateful for the people in my life. And I've learned forgiveness from the people that aren't in my life which forgiveness is such a healing emotion that. I had no idea it was affecting me so much whether as for a family member or for that friend what you wish would have been there could have been there and didn't you just let it go. That's a great word. Let it go.

Tracy Dean: 24:10 And that really probably helps as well because that stress can be tied into I guess feeling it's not really grudges. Maybe that's the wrong word but still carrying those emotions for when you feel either hurt or betrayed by a friend or a family member hurting you.

Dawn DiMare: 24:24 Oh yeah. Letting go. Does that help more with your with your stress and you're all absolutely it's kind of like road rage.

Tracy Dean: 24:30 It's like get my way haha cocksucker you know flipping. Instead I'm just saying. God I hate to share thinker. Just look at it from another way. So your blood pressure doesn't skyrocket so your body doesn't tense up. And I look at myself now and say wow I wish I didn't have to get cancer to be a better person now. But that's why I consider it again because. I like myself better today than I did before. And I have a lot more compassion. This is a big one Don. So I hope that whoever is going know hears me. I have compassion more for vanity. I guess I believed my looks got me open doors for me and I know you're beautiful you still.

Dawn DiMare: 25:20 You're very beautiful.

Tracy Dean: 25:21 Thank you. I knew it would have been as a younger girl or you know just in general. I I put so much emphasis on that. I now know that the reason I stayed through the door or what the quality of me was nothing to do with my looks. And when you're stripped I mean I remember sixth grade going to school. My hair is not perfect right. God I can't go to this amazing event because I was really shallow crap right.

Dawn DiMare: 25:50 But we do this and it's not our fault. It's it's the society. It's working.

Tracy Dean: 25:54 This is terrible. I have to laugh because I look at pictures that I just thought were so ugly. And now I'm looking at those pictures. I know. Really.

Dawn DiMare: 26:03 I say it's a rare condition it's the way we grow up especially as women. Yes. So we put so much focus on that. So do you find that. Well easier now going through all that.

Tracy Dean: 26:13 Well I remember the day that I tried to get dressed every day and go and do. I remember I got a beautiful wig and sometimes I wore it and other times I just rocked a bald head. But what I'm saying is I don't miss opportunities anymore because of that. Or because I don't feel like my weight is perfect or my hair. I stepped out fall as a baby's ass with blisters all over my face no

eyebrows no eyelashes. I went back and did another mastectomy on my left breast as well on my right breast. Excuse me. I had a scare and I just thought Why didn't I do this from the beginning side. Back to my diagnosis I would absolutely say do it. Just cut them off. But yes you're scarred. There are scars that are not pretty. And yes you wish all of a sudden those beautiful boobs you had that you always wanted a boob job where you're beautiful.

Tracy Dean: 27:08 Darn it. And you say to yourself God I have beautiful thick hair. When I used to hate my hair. You know you appreciate your cell and the beauty that you didn't know you had when you lose it. I just can't emphasize. Enough that it's so. Important. And the social media and the filters and everything that you were I mean listen I do it sometimes as well. We all do. But during cancer I had a page called Team Tracy and I shared the good bad ugly. I mean I look at those pictures now and I think wow you were brave. I didn't touch anything I just said Look at me.

Dawn DiMare: 27:49 Well that's good and that's important for people to see that because they think often everything is prettied up or social media for the Internet or magazines when you're going through something like that you want to see you look at yourself but what's wrong with me why don't I look like what's in the magazine. Why don't I look like this person who's probably touched up. No judgment for touching up that cry. And.

Tracy Dean: 28:09 I was very brave when I cut my ponytail off because my hair was just falling out. And just hurt your head starts to hurt like dirty hair in a ponytail too long. At that point you're just like what am I doing. Just cut it off. I'm not going to beat the statistics my hair is falling out. And I remember cutting that ponytail off and I had about 12 friends there and they all cried and said You look beautiful and. I remember I brought a wig and. I walked out of there without the wig and it was this frame. There's something to be said about getting up every day and not worrying about it just living your life not putting on makeup not doing your hair. And I don't wear makeup. Only for events on a daily basis I have no makeup on. I never have. The hair thing was my identity and it was so great to not have that. That was a very big lesson for me. I am not judge mental of theirs anymore either. I just accept you inside. Because at the end of the day that's who you are. Remember. I was very bald and I was out to dinner one night talking to a very good looking guy and I was just me and I excused myself and went into the bathroom and said holy crap balls I forgot.

Tracy Dean: 29:24 I completely forgot about me. My outer exterior and just was having a great time being me which is so important.

Dawn DiMare: 29:49 I'm Dawn DiMare and Tracy Dean is back and going to talk a little bit more about her journey surviving breast cancer. So Tracy after all of the chemo and all of the trauma that your body went into went through right now you're on a pathway to wellness. So maybe can you share some tips to other people who are going through this are people who are curious lifestyle tips for survivors. Absolutely. One of the things that happens.

Tracy Dean: 30:17 And it has happened to every girl that I was honored to meet during this journey that unfortunately also went through the treatments and everything. My sisters. You are in survival mode for so long that you're number one. Every day is to survive. Right. And then everyone celebrates yay you completed your chemo. And it's not so because the real struggle starts and that is with the residual effects and the building yourself back up because now you're like standing in front of a mirror bald naked. Just what the heck just happened to me. Right. And. Your support kind of moves on. Believe it or not because you people are just as scared to chemotherapy as you are. And so now here you are you have to rebuild your life right. And you still got this mental funk and you still have such pains and the residual of chemo is one on top of the other one on top of the other so your last one is pretty bad.

Tracy Dean: 31:19 Mine five some people you know most people do. God bless them. You're really affected by that last one you know. And then you have to build yourself back up. It's like crawling out of hell. Right. Right. You're done. So you are responsible for that and. You. Have to give yourself a break. And I remember I was out every day trying to be strong and then I went into a very big depression and I had to say OK I still it's kind of like really I still have a life. Wait a minute. I just survived cancer. Hey. I should like somebody should give me my day. Exactly. I want to make change. No. Guess what. You still work to pay your bills you live life you have children you have marriages relationships are probably suffered. This isn't fair for me all of a sudden right.

Tracy Dean: 32:13 So you have to get yourself out of this funk. And what is unfortunate is you are just on so many pills there's a pill. For. Your disease. There's a pill or vomiting there's a pill for a headache. There's a pill for anxiety. There's a pill for depression. There is a pill for every single thing OK. In the western medicine world you can if you take all these pills and you're depressed and you have chemo brain you might as well just be a damn zombie because you're not coherent and that's only going to

lead to. GROSS constipation which is not eliminating these toxins from your body. Right. Which is very important. Depression more because you just there's no light at the end of the tunnel when your brain is manipulated by these drugs. And halfway through it was when I decided that I wasn't going to deal with that.

Tracy Dean: 33:10 In a way I still used the pills. I don't want to discourage that. But I started using CBD oil to help me sleep instead of the sleeping pills the pain. It was just out of control. How many pills I had at this time I literally a friend of mine FedExed me edibles from Colorado. Right. And it just was terrible but that's how I got them and. I remember I was more afraid to try a gummy bear than I was to take an oxycontin, which is insane right?! So I remember taking my first edible and I just thought Wow OK I feel good. I feel relaxed and with the chemo brain I was just watching like Home Shopping Network or something crazy. And they had hot rollers and I also said this in a couple interviews but they were hot rollers on the screen and I thought oh my God you know I used a longboard.

Tracy Dean: 34:01 Take care. I have to have those hot rollers. I know my God they finally made hot rolls from my hair. And when I got up to go get my credit card I was bald and I had a chuckle about it. But. That was the first time that I had a chuckle and I was so relaxed that I actually forgot I had cancer too. Besides you know the pain was gone. So I still took the pills and I started more and more experimenting with CBD oil and then you know I got off the pills but then I had my last surgery after the chemotherapy and took more pills again because the pain was bad and I went through a depression. And that is when the path to my wellness started with strictly throwing all the pills. And I treated my aches and pains all holistically from that moment on.

Tracy Dean: 34:52 I signed up for infrared which is I don't understand exactly how it works but it burns toxins from the inside out a little differently than a sauna and I would do these our sessions I would just sweat all these toxins out. I went and did colonics. I actually have parasites. Oh really. Yeah that's how you know disgusting my body was inside from all the surgery anesthesia as the chemotherapy the drugs the pills. It's just terrible stuff. Antibiotics steroids everything they give you. Listen I'm not and any means this is my journey and I'm not trying to say don't do anything because I do it all. But I say just experiment with what you feel like you want to do right. Right. I started doing acupuncture in acupressure I Groupon saved me. By the way Groupon is a fabulous tool when you don't have money. These things are expensive and you can find these deals on Groupon

and please take advantage of them even if you have to drive the 40 minutes go right.

Tracy Dean: 35:53 Right. Stress. I learned how to meditate. I was very Neus sensitive and light sensitive and I've learned how. A little trick I can tell you if we have time is if you have. I live on the ocean for me right. But it's loud. It is. A. Bit loud. Yes. I live next door to a hotel. There's a lot of tourists which are a lot of children screaming. I mean they put their foot in the ocean. So it's just you have all the sounds and all these noises going on and what I've learned to do is focus on the one noise that's bothering you and then be aware of the other noise and bring each sound so you bring in the kids screaming you bringing the way you bring in the air conditioner or the fan you just bring in all the sounds until they're just one sound.

Tracy Dean: 36:40 And find peace in that. And before you go to sleep it's a good technique as well. I have just learned to cooperate with the universe. I know it sounds weird and meditate. I meditate a lot at night before I sleep. And I give thanks and great. You know I have a grateful heart. It's very very important. You have to ask forgiveness for yourself if you screwed up and didn't do everything properly or treated someone less than they deserved. Because listen just because you survived cancer doesn't mean you're going to be a saint. You know you're you're still you are human but just having that grateful heart at night and meditation yoga is fantastic. Walking without headset on just listening and I feel that the path to wellness in life is eating healthy. I still love cheesecake nachos Margarita's you know not. Not like I used to go.

Tracy Dean: 37:32 Just enjoying life. And not such a gluttonous way. You don't need everything you think you need and you don't. Know give yourself a break. Give others a break and try meditation first try CBD. In general the path to wellness in my eyes is. Trying some holistic things you can find great massage is excellent. You know on Groupon it's great if your staff for money because like I said these great things for you or are not covered by insurance every month. Stretchy. I'll tell you John my favorite thing when I was bald and I don't know if you remember doing this when you're a kid but I love filling up a bathtub and just submerging your whole body underneath and just listening to the water or the silence in the bathtub. And I love doing that and I never used to because I don't blow dry my hair.

Tracy Dean: 38:26 I'll tell you that just set stillness and quietness. So even if you find 10 minutes a day I recommend doing or. Trying to find a holistic approach before you run to the doctor or stay off

Google the internet. Don't try to sell. I do it a lot but try not to self diagnose. It's hard with so much information out there it's hard not to Absolutely and just quiet time I enjoy. I enjoy myself. I can be alone with myself and I couldn't do that before. So I started a page when I was sick called Team Tracy. I told you earlier and I shared I mean yeah I was going to ask way where people can find out more information. It's team Tracy. It's a public page on Facebook. And I haven't really posted too much on it lately but I did share my entire journey on there and I still have people that say thank you for the page and for being so honest and I shared everything.

Tracy Dean: 39:23 Please take a look at it and reach out to me by messenger on the Facebook page if you have any questions or need any tips and you're not alone. There's always someone that has walked in your shoes. Believe it or not and the key to life is finding those people who will walk with you and help you out and you can love yourself and enjoy your own time. I respect that. But open yourself up to other people and allow yourself to get help in any area of life. Ask for help you know. Absolutely. It's important. A lot of people just do do do give give give and they need to learn how to get.

Dawn DiMare: 40:01 As well. Absolutely. I agree with that. It was just a wonderful day. Hear your story and I'm hoping and I'm assuming I just know actually that people are inspired by it and can find their own pathway to healing by listening to your tips and working it into their life and then checking out your Facebook page. Team Tracy D. Yeah they can reach out to you with questions you want and also if anybody has any questions they can send it to me to my email and I can forward those questions to you Tracy if you don't mind.

Tracy Dean: 40:33 Well. I think what you're doing is wonderful Dawn and I remember meeting you. You interviewed me for your radio show back in the day. I think I had a wig on that day.

Tracy Dean: 40:44 And I couldn't tell us a thing. You always think everyone can. I couldn't tell. And I just think that another thing I did mention is that. With the estrogen related cancer that I had posted Bianna a blocker blocker called Tamoxifen.

Tracy Dean: 41:01 And I'm supposed to take that for the next five years. And I opted not to. Which is very controversial and is frowned upon. But it was a decision that I decided to do as well and I'm not recommending it. I'm just saying it's my choice. I just do not want any more drugs in my body. And I feel like if chemotherapy damaged me that badly then it if it didn't kill the

cancer then oh well because I'm not taking any more drugs. I understand that. So you know you have to just find your own way and you have to make some kind of conventional medicine to you in your routine. You just you do actually and some people argue with that.

- Tracy Dean: 41:45 But no I think that there's a bridge there. That's why I know the reason I'm doing this Yahad cast is finding that balance between the two. Both. Both are needed.
- Tracy Dean: 41:54 I just don't want to come up as like no drugs and I mean no drugs I'm done.
- Dawn DiMare: 42:00 Great! Thank you Tracy for joining me today. And again if anyone has any questions, reach out to Tracy on her team Tracey D Facebook page and use messenger or you can e-mail me and I'll forward your questions.
- Tracy Dean: 42:12 Thank you so much. Thank you and have a wonderful day.
- Speaker 3: 42:29 Thank you for listening to A Teaspoon of Healing with Dawn DiMare - your home for wellness and vibrant living for more resources on wellness and vibrant living. Visit us online at [teaspoon of healing dot com](http://teaspoonofhealing.com), this five guest is for informational purposes only and does not constitute medical advice. Please consult physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity or any liability loss or damage caused or alleged to be caused directly or indirectly as a result of use application or interpretation of the information present here.