

Breast Cancer Survivor- Arbonne Products Used
July 10, 2012

My name is Ann M. Ruel and I live in Harrison, Me. On Sept. 23, 2011 I was officially diagnosed with infiltrating ductile carcinoma, Stage IIIA Breast Cancer. Five out of nine lymph nodes positive with extra capsular extension. This means the cancer headed out the doors of the lymph nodes and could travel. Praise the Lord after a Pet scan it did not go any further.

I was 53 years old when diagnosed. My treatment was:

- A. A Bilateral mastectomy with reconstructive surgery the same day. 8 hour surgery.***
- B. Chemotherapy 1 day every 3 weeks for 6 sessions using:
Taxatere, Adriamycin, Lyroxarr- or TAC***
- C. Radiation- 28 treatments Monday through Friday.***
- D. Aromatase Inhibitor – specifically Anastrozole- taken 1 time a day after all the above treatments for 5 years. This drug fights cancer cells.***

I was fortunate that I could afford to work with two Naturopathic Doctors during these treatments. One of the Doctors specializes in Breast Cancer, the other lives close by and helped immensely through this process. Both worked with my Oncologist/ Radiologist. My Oncologist allowed them to treat me with everything they recommended. This is not always the case.

I have been an Arbonne Consultant for 2-3 years, but have not been very active. However, the products were wonderful and so helpful through this tough process.

Below I have listed what I used, why and how it helped.

Fortunately I had great training when I first started with Muriel Carr and Muriel Toucey. I took a positive thinking program with Shad Helmstetter. I bought his CD's during this training. When I got diagnosed with Breast Cancer, I found his CD's and played the one on physical fitness every day, 2 or 3 times. I used it every evening and played it before during and after the operation and chemo. I took hot bubble baths nightly. Your body temperature goes down during chemo. I found every afternoon around 3 or 4 p.m. I would get cold. By taking a warm bubble bath my body temp. went up and I was then warm in the evening. While I sat in the tub relaxing I would put on the positive CD and visualize myself when this season of my life was completed. I would just sit back, relax and picture myself healthy and strong. During chemo when you lose your hair, I would see myself healthy and with a full head of hair. It really helped.

Arbonne products used after surgery and chemotherapy.

Re9 Advanced Set- including:

Smoothing facial cleanser

Regenerating Toner

Intensive Renewal Serum

Corrective Eye Cream

Restorative Day Cream

Night Repair Cream

Cosmetics:

Make up primer

crème concealer

Bronzer/Blush

Perfect Liquid foundation

Liquid Eye liner

Eye liner pencil to pencil in

Eye brows during chemo.

Triple action mascara.

I cannot stress enough how important good skin care products are during this process.

The day after my surgery, it was such a treat to do my facial the next morning and put on some Make up. It really helped my spirits.

During chemo, your skin gets drained of any moisture. The chemo stops cell production and therefore your skin will feel dryer than you can ever imagine. The arbonne products and makeup was great at keeping my skin looking good and the makeup made me look and feel "normal". That is so important.

It is so worth the investment to buy these products during this tough time. It is important to try and maintain looking and feeling as good as possible.

Also used during chemo:

Sea Salt Scrub for that dry skin. So soothing and pampering during chemo.

Bath salts and massage oil unwind. Loved that at night.

Renewing body mist.

Radiation- Products used- One product not arbonne- but great for radiation-Emu Oil.

Glow with it after sun lotion.- Used every day after radiation. Stopped any sunburn.

Lip Saver Sunscreen- It is so, so awesome during chemo as your lips are always dry.

ABC Hair and Body Wash- You need light, tender products to use on the skin during this time.

The Baby products are perfect.

ABC Herbal Diaper Rash Crème- You will need this on hand if you burn. The zinc oxide in the product heals.

Rejuvenating Cream – put on scars from mastectomy and when port was removed. Soothing and healing.

Renewing Body Gelee- Soothing on radiation treatment in the evening after bath or shower.

Chemo – Protein Shakes, Herbal Detox Tea. I am going to look into taking Joint Support for the joint pain that the Anastrozole causes.

Please look into these great products during this season in your life. Pamper yourself as much as you can.

I have a video/power point that will be available in another month that will give any woman who has to face this situation hope. It will help them set up the support they will need around them, to endure this marathon of a test.

I am also writing a book- a cancer resource for woman going through breast cancer and a book of hope and inspiration. Hope to have it published by Spring.

Please contact me for any of the products, video, or book.

Names, email and phone of Naturopathic Doctors

Dr. Julianne Forbes, N.D., 120 North Bridgton, Me 207-647-9423 jmforbesnd@gmail.com

Dr. Barbara MacDonald – Breast Cancer specialist- 91 Elm St., Camden, Me 207-230 – 1131 drbarbmacdonald@yahoo.com

God bless and I hope this helps many women to not only survive but thrive to a healthy long life.

Ann Ruel

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