

# THE CHRYSALIS



Patient Navigation + Wholistic Health + Holistic Wellness = Complete Wellness

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## Butterfly Beginnings

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# Butterfly BEGINNINGS

My Journey. My Destiny.

## OUR MISSION & VISION

Our mission is to provide education and awareness about breast cancer and to provide support and resources to help navigate the journey to wellness for breast cancer patients.

Our vision is to navigate breast cancer patients by making them aware of their healthcare options and proper resources along their journey.

# A TOUCH OF MOTIVATION: SELF DISCOVERY

In the tapestry of life, each of us is on a unique path, navigating through twists, turns, and unexpected detours. Yet, amidst the chaos and uncertainty, there lies a beacon of hope and resilience: the power of self-discovery.

Think back to a time when you faced a daunting challenge or stood at the crossroads of important decisions. In those moments of uncertainty, what carried you forward? More often than not, it was the inner strength and wisdom that you unearthed from within yourself.

Self-discovery is not merely about uncovering facts or talents; it's about delving deep into the recesses of our souls to unearth our truest desires, values, and aspirations. It's about peeling back the layers of societal expectations, fears, and insecurities to reveal the authentic essence that lies beneath.

In the journey of self-discovery, there are no shortcuts or easy answers. It requires courage, vulnerability, and a willingness to embrace the unknown. It's about daring to ask the tough questions, confront the shadows within, and embark on a quest to uncover the gems of insight and understanding that await.

As you set out on your journey of self-discovery, here are a few guiding principles to keep in mind:

**Embrace Curiosity:** Approach life with a sense of wonder and curiosity. Ask yourself, "What brings me joy? What ignites my passion? Allow yourself to explore new interests and experiences without judgment or expectation.

**Practice Self-Reflection:** Set aside time for introspection and self-reflection. Journaling, meditation, or simply quiet contemplation can help you gain clarity and insight into your thoughts, emotions, and aspirations.

**Cultivate Self-Compassion:** Be gentle and kind to yourself throughout the process of self-discovery. Embrace your imperfections, celebrate your strengths, and forgive yourself for past mistakes. Remember that self-discovery is a journey, not a destination, and it's okay to stumble along the way.

**Seek Support:** Surround yourself with supportive friends, mentors, or counselors who can offer guidance, encouragement, and perspective as you navigate the complexities of self-discovery. Share your insights, struggles, and triumphs with those who understand and believe in your potential.

May you embark on this journey with courage, curiosity, and an unwavering belief in your own potential.



# HOLISTIC WELLNESS

## Do you know about cacao?



Cacao is the name of the small tree native to the Amazon basin that grows cacao, or cocoa, beans. Its scientific name, *Theobroma cacao*, translates to "food of the Gods." The ancient Mayans and Aztecs used cacao as medicine for centuries. Today the cacao tree grows in tropical regions all over the world.

Cacao beans develop flavor and texture through fermentation before they're processed into either cacao or cocoa powder. Fermenting and roasting cacao is also the first step in making chocolate.

Raw cacao tastes bitter but is very high in antioxidants, minerals, and vitamins, so it is often made into a powder that can be added to other foods.

Cacao is the fruit in its raw form before it's ever processed. Cocoa is usually a powder made from cacao that you bake with. Its flavor isn't as bitter as raw cacao, but it has more sugar.

### **What Is Cacao Powder?**

Cacao powder is made from raw cacao beans and nibs that are fermented and then roasted. They're then milled into a powder. They're processed at much lower temperatures than the beans used to create cocoa powder, which is why cacao powder is quite bitter but retains more of the cacao bean's original nutritional value.

### **Cacao Powder Benefits**

Cacao is full of flavonoids and antioxidants thought to have many health benefits, like reducing inflammation and improving blood flow.

Here are some benefits you could get from cacao and cacao powder.

#### **Lowers blood pressure**

Cacao powder is packed with flavonoids, which have been shown to help lower blood pressure, improve blood flow to your brain and heart, and help prevent blood clots.

#### **Reduces diabetes risk**

The antioxidants in cacao and cocoa may affect how your body responds to insulin, which could lower your chances of diabetes. Research shows that the flavonoids in cacao may also improve your insulin resistance or change the way your body metabolizes glucose if you already have diabetes or prediabetes.



# HOLISTIC WELLNESS

## Do you know about cacao?



### **Lowers chances of heart disease**

Studies have linked the flavanols in cacao and cocoa to higher levels of nitric oxide in your blood. The nitric oxide helps relax your arteries and blood vessels, which helps your blood flow better. Cacao also has been shown to lower your LDL, or "bad," cholesterol, and reduce inflammation, both of which may lower your chances of having a heart attack or stroke.

### **Reduces inflammation**

Some research suggests that flavanol-rich cacao powder may help reduce inflammation. But we need more research to know if that also means it lowers the risk of conditions that cause chronic inflammation, too.

### **Improves mood**

Cacao has several chemical compounds that could give you a boost, including flavonoids, caffeine, serotonin, and tryptophan. A survey of more than 13,600 adults in the U.S. found that eating dark chocolate, which has many of the same compounds as cacao powder, may make you less likely to have symptoms of depression. However long-term research is needed to confirm the findings.

### **Improves brain function**

A specific flavonoid in cacao called epicatechin may help with some parts of your brain health, including cognition and blood flow, which could lower your risk of getting dementia. But we need more research before we can say for sure.

### **Enhances performance**

Cacao flavanols may boost your physical performance by influencing how your body uses nitric oxide. A small study showed that cyclists who ate dark chocolate used less oxygen and recovered more easily than cyclists who didn't. But larger studies are needed.

### **Cacao Powder Nutrition**

Cacao powder provides more nutrition than cocoa powder and can be a healthier substitute in recipes.

### **Cacao powder provides:**

- Iron
- Phosphorus
- Manganese
- Magnesium
- Potassium
- Fiber

### **Nutrients per serving**


A quarter-cup of cacao powder contains:  
Calories: 72  
Protein: 5 grams  
Fat: 3 grams  
Carbohydrates: 16 grams

# WHOLISTIC HEALTH



## Breast Self-Exam

HOW TO PERFORM MONTHLY EXAMS



This Show Me Healthy Women program is a part of the Missouri Department of Health and Senior Services' (DHSS) Breast Cancer and Cervical Cancer Screening Program. For more information, visit [health.mo.gov](http://health.mo.gov).


AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER. Services provided on a non-discriminatory basis. Revised 06/2018

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*Missouri's*  
**BREAST AND CERVICAL CANCER SCREENING PROGRAM**

**Free Cancer Screenings**  
ARE YOU ELIGIBLE?  
You may qualify for Show Me Healthy Women if you:

- Are age 35-64.
- Are uninsured or underinsured.
- Meet income guidelines.



Missouri Department of Health & Senior Services  
503 West 12th Street  
Jefferson City, MO 65102-0570  
[Health.Mo.Gov](http://Health.Mo.Gov)  
CANCER INFORMATION SERVICE  
866-726-9926

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**IMPORTANT QUESTIONS**

**Why do a breast self-exam?**  
There are many good reasons for doing a breast self-examination each month. It is easy to do. When you get to know how your breasts normally feel, you may be able to feel a change. With practice, it should take about 15 minutes each month. Early detection is the key to successful treatment and cure.

**When to do a breast self-exam?**  
The best time to do breast self-examination is right after your period, when breasts are not tender or swollen. If you do not have regular periods or sometimes skip a month, choose a day and do it the same time every month.

**Remember the ABCs of Breast Health**  
**A** screening mammogram  
**B** breast self-examination  
**C** cervical breast examination

A breast self-examination can save your life. Most breast lumps are found by women themselves or their partners. Most lumps in the breast are not cancer. Any lump or change should be checked by a doctor.

*Early detection is your best protection!*

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**CHECK YOUR LYMPH NODES**

**Lymph nodes drain breast tissue**

The lymph nodes that drain the breast tissue are located in three areas:

- Above your collar bone
- Below your collar bone
- In the armpit

You will want to know if any nodes are enlarged, movable or unmovable.




## Breast Self-Examination

**STANDING**

View in a mirror, looking at your front and both sides in each position below

**Relax arms at your sides.**

Look for changes in shape and color. View for puckering, dimpling, skin changes and nipple discharge.



**Raise hands above your head.**

Check again for puckering, dimpling and skin changes.



**Place hands on hips, press down, bend forward.**

Check nipple direction and general appearance.



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**LYING DOWN**

Feel for changes while lying down - don't forget the seven P's!

**PALPATION**

Use the pads of the middle three fingers of each hand to examine the breast on the opposite side - do not use fingertips - keep fingers together.

Move fingers in dime-size circles using the three levels of pressure in each spot.

Keep fingers, knuckles, and wrists straight.

"Walk and slide" finger pads along so no breast tissue is missed.

**PERIMETER**

The area to be examined includes sides, top and bottom of breast.

Sides include the line from the middle of arm (at waist), that includes the area beyond breast fullest, down to the bottom bra line and over to the middle of the breast bone.

The top starts two finger widths above the collarbone.

Two finger widths below the bra line indicates the bottom of the breast.

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**PRESSURE**

Position 1 - Spread the breast tissue evenly over rib cage.

**Light** - Use very light pressure on the first dime-size circle. Pressure should be just enough to move the skin without disturbing the tissue underneath. Pressing too hard at first could cause a lump to move out of the way.

**Medium** - On the second circle, use medium pressure to feel for changes below the surface to mid-level of the breast tissue.

**Deep** - On the third circle, check for lumps deep in the breast tissue. Press as firmly as you can without discomfort. The goal is to feel the ribs with the deep pressure.

**POSITION**

Position 1 - Spread the breast tissue evenly over rib cage.

Turn on your side with knees bent. Lean shoulder back toward the outside (away from your hip) and put your hand on your forehead. Place a pillow under your lower back to make it more comfortable.

You are in the right position when your nipple seems to "float" at the top of the mound of your breast tissue.

Position 2 - When search pattern reaches the nipple, hold fingers on place on the nipple and roll back into a position flat on your back.

The arm on the side being examined should now be extended directly away from the body at a right angle.

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**PATTERN**

Use a vertical search pattern to check the entire breast once.

Imagine moving a lawn with straight, vertical, overlapping rows. When you reach the end of each row, move over about one finger width and start the next row.

Once you start, do not lift fingers from the breast once.

Be sure to examine the nipple with the same palpation technique you use to examine the rest of the breast tissue.




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**PACE**

Go slowly. Take your time.

Cover every square inch of the breast tissue. Performing breast self-exams every month could potentially save your life.

**PRACTICE**

Practice makes perfect.

With monthly practice, you can become skilled at looking and feeling for changes in your breasts.

Show Me Healthy Women (SMHW) offers free breast and cervical cancer screenings for Missouri women who meet age, income and insurance guidelines.

Income at or below 250 percent of the federal poverty level for household income, and Age 35 to 64, or older if they do not receive Medicare Part B, and No insurance to cover program services

Show Me Healthy Women Program (SMHW)  
Missouri Department of Health and Senior Services  
PO Box 570  
Jefferson City, MO 65102-0570

Phone: 573-522-2845  
Fax: 573-522-3023  
Email: [info@health.mo.gov](mailto:info@health.mo.gov)

<https://health.mo.gov/living/healthcondiseases/chronic/showmehealthywomen/pdf/Providerlist.pdf>



## FAVORITE RECIPE

### How to Prepare Cacao

Cacao powder is similar to cocoa powder in flavor and function, but it's more nutritious overall. Many dessert recipes call for cacao powder because it's less processed and has more nutrients.

You can substitute cocoa powder for an equal amount of cacao powder in recipes that call for it, though the flavor might not be as sweet.

Here are a few ways to start enjoying cacao:

- Add cacao powder, natural peanut butter, and maple syrup to plain Greek yogurt for a tasty treat.
- Follow a recipe that combines raw cacao powder, eggs, brown sugar, almond meal, and butter to make a flourless cacao fudge cake.
- Crumble walnuts in a food processor, then add dates and raw cacao to create three-ingredient energy balls.

- Blend raw cacao powder, water, almond butter, cinnamon, banana, and ice for a delightful banana cacao smoothie.
- Sprinkle cacao powder over a bowl of fresh fruit.
- Look for a recipe for healthy chocolate bread using ingredients like raw cacao powder, spelt flour, eggs, coconut milk, raw honey, and pistachios.
- Add cacao nibs when you make a smoothie or granola or sprinkle them on top of your oatmeal.
- Add it to a pot of chili for a deeper flavor.





# SAY HELLO TO ERICA CRENSHAW

Allow Me To introduce myself. My name is Erica Crenshaw and how I started infinityhealth3. In 2014 I was diagnosed with Chiari Malformation which caused fluid on my brain, I was in and out of the hospital. I had two strokes and due to the fluid on my brain, it caused nerve damage to my eye. I was on several medications, which did not help me at all. I met a young lady in 2019 who introduced me to a natural alternative, Sea Moss, Elderberry Syrup, and other natural herbal remedies. Now at first, I was skeptical, yet I continued to work with this amazing young lady as I kept my faith. Sure enough, I began to see results. I grew excited and began to learn about natural remedies. In September 2020 I started my business infinityhealth3. I started sharing my knowledge and my products with my family and friends. I started getting calls that my herbal products were working on them. I knew this was my purpose and what God wanted me to do. My mother inspired me so much, to walk in your purpose. Rest her soul. Most of all God played a BIG ROLE!! This is how I gave birth to infinityhealth3.



## CONNECTION TO MISSION

Ms. Nedra and Butterfly Beginnings,

I would like to thank you and Butterfly Beginnings My Journey My Destiny for all you did for me during my time dealing with Breast Cancer. I also would like for people to know when dealing with Cancer, it's navigators like you out here to help them. When I first met you I had good vibes coming from you and support for me and my girls. You were a good listener to me and you helped me out by listening to how I felt about getting Breast Cancer again after 12 years it came back. But I kept my FAITH because I knew that God was my healer. He healed me before and I knew he was going to do it again. Yes, I did cry a lot when the doctors told me it was Cancer. So I started praying more and more asking God to give me strength through all of this again. And he did. I read my Bible and I prayed a lot, even more now because I knew God had a plan for me. For the readers who are going through Cancer just know you are not alone. Please read these healing scriptures or play them on your phone: Isaiah 41:10, Psalm 119:8, and 1 Peter 2:24. Pray with authority to release God's Power.

Have a Blessed day.

Love,  
Ms. Survivor.



# UPCOMING EVENTS



- Mar. 16th Resource Fair @ Millennium Student Ctr
- Mar. 23rd Hispanic Van Day @ Archwell Health
- July 20th Van Day @ Whitestone MBC
- Aug. 31st Rhonda's Holistic Wellness Program
- Oct. 26th Hula Hoop A-Thon
- Nov. 9th Mammogram Day

Visit [www.butterflybeginnings.org](http://www.butterflybeginnings.org)  
for more info about our events.

**The core of  
BBMYJMYD lies in  
empowering  
individuals through  
education, support,  
and wellness.**