THE CHRYSALIS

Patient Navigation + Wholistic Health + Holistic Wellness = Complete Wellness

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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.

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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.

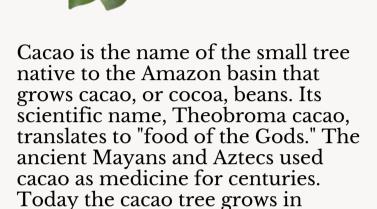
Seek Support: Surround yourself with supportive friends, mentors, or counselors who can offer guidance, encouragement, and perspective as you navigate the complexities of self-discovery. Share your insights, struggles, and triumphs with those who understand and believe in your potential.

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



HOLISTIC WELLNESS

Do you know about cacao?



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 flavanolrich 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

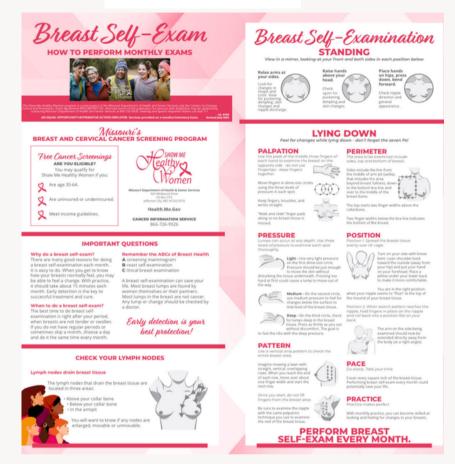
A quarter-cup of cacao powder contains:

Calories: 72 Protein: 5 grams Fat: 3 grams

Carbohydrates: 16 grams

WHOLISTIC HEALTH





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

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 <u>peanut butter</u>, 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, <u>cinnamon</u>, 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 <u>pistachios</u>.

 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.

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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 for more info about our events.

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