

THE CHRYSALIS



Patient Navigation + Wholistic Health + Holistic Wellness = Complete Wellness

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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

8 Surprising Health Benefits of Gardening

by Robert Hutchins, MD, MPH from UNC Health Talk on 5.18.2020

Planting flowers and vegetables can reap bountiful bouquets and delicious harvests for your dining table. But did you know gardening also can do wonders for your well-being? Here are eight surprising health benefits of gardening.

1. Gardening can build self-esteem. Maybe you don't think you were born with a green thumb, but after tilling, planting, nurturing and harvesting plants, you might see a slightly different person in the mirror: a person who can grow things and is a little more in tune with the earth. It always feels good to accomplish new tasks, and if you can grow a garden, what can't you do?

2. Gardening is good for your heart. All that digging, planting and weeding burns calories and strengthens your heart. "There are physical benefits from doing the manual labor of gardening," says UNC Health internal medicine physician Robert Hutchins, MD, MPH. "It's hard work to garden, and it provides some cardiovascular benefit."

3. Gardening reduces stress. Gardening can help reduce symptoms of depression and anxiety. "Gardening gives you a chance to focus on something and put your mind to work with a goal and a task in mind," Dr. Hutchins says, "which is helpful especially now with so much illness and death and talk of death, just to see things growing and things thriving."

4. Gardening can make you happy. Getting dirt under your nails while digging in the ground can make you pretty happy. In fact, inhaling *M. vaccae*, a healthy bacteria that lives in soil, can increase levels of serotonin and reduce anxiety.

5. Gardening can improve your hand strength. All that digging, planting and pulling does more than produce plants. Gardening also will increase your hand strength. What a great way to keep your hands and fingers as strong as possible for as long as possible.

6. Gardening is good for the whole family. Gardening can be a solo activity or an opportunity for bonding with your family and friends. The happiness and stress relief that gardening provides is a great thing to share with loved ones. Also, gardening has special benefits for kids. Early exposure to dirt has been linked to numerous health benefits, from reducing allergies to autoimmune diseases.






7. Gardening can give you a boost of vitamin D. A healthy dose of vitamin D increases your calcium levels, which benefits your bones and immune system. Exposure to sunlight helped older adults achieve adequate amounts of vitamin D. Just don't forget your sunscreen.

8. Growing your own food can help you eat healthier. If you have a vegetable or herb or fruit garden, you're getting fresh produce that you know hasn't been treated with pesticides. "It's essentially as farm-to-table as it gets," Dr. Hutchins says, "if you're eating what you're growing."


HOLISTIC WELLNESS


Tamarind


Sold as:


-  Whole seeds pods
-  Pulp – tightly packed and wrapped
-  Concentrate – ready to use, cooked down, thick version of the fruit
-  Paste or Puree – a diluted version of the concentrate
-  Chutney or Sauce – with added spices and sweetness



 Unripe, young tamarind is very sour and not so commonly used in cooking

 Seed pod with a hard shell that grows in tropical climates

 When mature and ripened, it turns into a sticky, dark brown, sour fruit with date like sweetness

 Used quite commonly in Indian, Southeast Asian and Latin American Cuisines

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Health Benefits of Tamarind

BeatO

-  Anti-Cancer Properties
-  Reduces Inflammation
-  Improves Heart Health
-  Lowers LDL Cholesterol
-  May Exhibit Anti-microbial Properties



WHOLISTIC HEALTH



The New Face of Cancer Is Getting Younger and Younger. by Fajr Eutsey; from Black Health Matters.com

Cancer. It's a word that sends chills down anyone's spine. Traditionally, it's been a disease we associate with older adults. However, recent trends have been introducing different pictures. Increasingly, people under the age of 50 are being diagnosed with various forms of cancer. This isn't just a coincidence or a series of unfortunate diagnoses; it's a healthcare shift that demands our attention.

The Generational Shift

Imagine this, or rather, you don't have to imagine it because it's our reality. Today, a woman in her 30s faces a higher risk of being diagnosed with cancer compared to her grandmother at the same age, according to Scientific American. And this isn't limited to just one type of cancer. We're talking about colorectal, breast, pancreatic, and many others. This widespread issue spans several types of cancer, making it even more alarming. According to a comprehensive model-based cohort analysis of nationwide, high-quality cancer incidence and mortality data, the incidence rates for 17 cancer types have increased in progressively younger birth cohorts in the USA. In other words, more young people are being diagnosed with cancer than ever before.

What's Behind the Rise?

You may wonder what's driving this increase. Several factors are involved. The modern diet, rich in processed foods and sugary drinks, is a primary culprit.

A study from Blue Cross Blue Shield of Michigan found that less than half of people aged 18 to 25 exercised at least once a week in early 2022, and the situation hasn't improved.

Sedentary lifestyles and rising obesity rates among younger generations also contribute.

It's not just about diet and exercise; environmental factors play a crucial role, too. People today are exposed to more pollutants, chemicals, and radiation than previous generations. Additionally, tobacco and alcohol use remain prevalent among younger generations, consistently harming their health.

WHOLISTIC HEALTH



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Early Detection

One of the most effective ways to combat the rise in cancer diagnoses is through early detection. Regular screenings can catch cancer in its early stages. For instance, colorectal cancer screenings can detect precancerous polyps, allowing for early intervention and potentially saving lives.

Research and Education

Addressing this issue requires a multi-faceted approach. We need more research to understand the underlying causes of cancer in young people.

In an interview with [PBS News](#), the CEO of the American Cancer Society mentioned that they have been seeing early indicators of a rise in cancers at an earlier age over the last several years. Early onset colorectal cancer, for example, has shown declining incidence in populations aged 65 and above but rising in those 50 and younger. These are ages for which they previously did not consider someone to be at risk for colorectal cancer.

We must prioritize research into specific risk factors affecting younger populations, including genetics, biological factors, and the impact of the collective modern lifestyle and environmental aspects.

According to the American Cancer Society, the incidence rate of colorectal cancer among Black adults under 50 has been increasing by about 2% per year. Additionally, the overall cancer incidence rate for Black people under 50 is higher compared to other racial and ethnic groups. Our community needs more targeted prevention and early detection efforts.

Taking Action

This is a reminder that cancer doesn't discriminate by age. It's a call to action for healthcare providers, researchers, and policymakers to develop strategies to alleviate this surge. By understanding the contributing factors, we can work towards reversing this trend and ensuring a healthier future for all generations. If you are under 50, know that you are not too young to develop cancer. Consider getting screened, explore your family health history, and stay informed.



HEALTHY EATS

How to Make Chickpea Salad

You only need a few ingredients to make this delicious chickpea salad.

1. **Chickpeas:** You can use homemade chickpeas or canned, these add a decent amount of protein.
2. **Persian Cucumber:** Persian Cucumbers have no seeds, they're smaller, like a baby cucumber. If you cannot find these you can use 1/3 of an English cucumber.
3. **Roma Tomatoes:** Roma tomatoes are firm and easy to remove the seeds.
4. **Red Pepper:** Red peppers add sweetness, vitamin C, B6, and folate – feel free to add the whole thing or snack on the other half.
5. **Red Onion:** Red onions add another crunch, a little bitterness, and beautiful color.
6. **Lemon Juice:** The lemon juice adds acidity and brightness.
7. **Herbs:** Fresh Parsley is our herb of choice for this fresh salad, you could also add in cilantro if you'd like.
8. **Seasoning:** Salt completes this and brings all the flavors together. You can leave out if needed.
9. **Combine:** Chop up the vegetables into bite-size pieces and mix into a bowl with the chickpeas. Chop the parsley and mix with the lemon juice and salt. Pour over the salad and toss to combine.

CONNECTION TO MISSION

2024 Rhonda Holistic Wellness

Our recent horticultural therapy event with the Missouri Botanical Garden was a blooming success! Participants enjoyed engaging in hands-on gardening activities designed to promote relaxation, mindfulness, and well-being. The event highlighted the therapeutic benefits of gardening, offering a unique opportunity to nurture both plants and personal wellness. We thank everyone who joined us and made the day truly memorable!



UPCOMING EVENTS



Mark your calendar

Oct. 26th

Hula Hoop A-Thon

Nov. 9th

Mammogram Day

Dec. 3rd -Dec 28th

End of Year Giving Campaign

Visit www.butterflybeginnings.org

for more info about our events.