

SURVIVOR STORY

My battle with breast cancer began in November 2005 when I discovered a lump in my right breast. Surgery, chemotherapy and radiation followed. The initial diagnosis was shocking at first, but was followed by the revelation or “wake-up” call about several things in my life. I know that each person’s journey is uniquely their own. However, I do believe we all share the fact that this disease changes us spiritually, emotionally and physically. For me, breast cancer drew me into a closer, intimate relationship with Jesus. It also identified who my real friends are and it gave me a sense that people in this world are genuinely goodhearted. Additionally, it convinced me that I needed to change the way that I lived and treated my body.

Health and nutrition has always been something that I understood, but decided to ignore. I have struggled with being over weight and unhealthy for a long time until this disease pushed me in to the realization that I could and needed to make some serious life-long changes. Eating low glycemic foods along with taking various nutritional supplements has given me a new outlook on life. I have more energy than I thought I ever would and the pounds are coming off. This is not a diet...I have been on every diet known to mankind and I have FAILED. Eating low glycemic is a lifestyle. It is easy and feels great. I finally feel like I am in control of my life for the first time in 25 years.

Having breast cancer was never a death sentence for me...it was the beginning of starting over, taking control and living life to the fullest!



Stephanie Davis
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