

## Recap Article: Crafting Personal Wellness: A Post-Conference Journey into Holistic Health

In a deeply profound and insightful gathering, experts and participants came together to explore the realms of empowerment, radical remissions, and the pivotal role of community in the healing process.

**Dr. Dorote Lucci** opened the dialogue, emphasizing the collective initiative. She underscored the significance of radical remissions and the vital role of community, rhythm, and spirituality in the healing journey. Throughout the global conference, a recurring theme was the importance of research-based insights that don't just rely on hearsay but have empirical backing. Dr. Lucci welcomed representatives **Liz Curran** from Radical Remissions and **Liz Castillo** from BACC to share their insights and contributions.

**Liz Curran**, co-director of the Radical Remission Project, began by highlighting the importance of the project's work. Radical Remission focuses on helping individuals diagnosed with cancer make significant lifestyle changes. Curran outlined the key healing factors derived from their research. These factors, stemming from extensive interviews and global outreach, offer a roadmap for those living with a life-changing diagnosis. But Radical Remission doesn't just stop at research; it's about practical application. Curran emphasized the efficacy of workshops designed to help individuals adopt these healing factors into their everyday life. She revealed upcoming research that further attests to the effectiveness of these workshops, even several months post-participation.

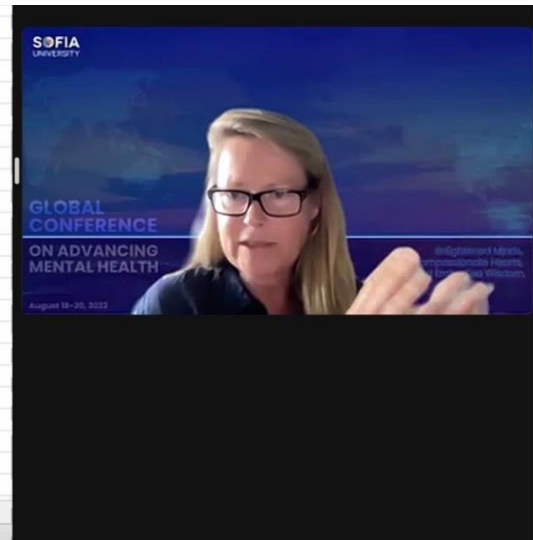
Among the discussed factors were a diet change, empowerment, and intuition. Curran explained that while diets varied, the power of plants was a common thread. She stressed the importance of feeling empowered in interactions with the medical community, ensuring one's voice is heard and respected.



Representing the Bay Area Cancer Connection, **Liz Castillo** shared the heart of her organization. BACC stands as a beacon for women and people undergoing the trauma of breast and ovarian cancer. Castillo emphasized that BACC goes beyond medical support – they provide holistic care. From wellness groups and meditation sessions to financial resources, they've got it all.

Dr. Lucci then delved into the importance of narratives, highlighting that storytelling transcends personal experiences and cultures. She showcased a comprehensive health psychology template, touching upon a broad spectrum of factors, from medical care to emotional and mental well-being, painting a holistic view of health.

Hydration	e.g., Drink at least 6 cups of water
Supplementation	e.g., Take vitamin D supplement
<b>Physical Activity</b>	
Regular Exercise	e.g., Walk for 30 minutes
Physical Rehabilitation	e.g., Attend physical therapy session
<b>Emotional and Mental Well-being</b>	
Stress Management	e.g., Practice mindfulness meditation
Social Support	e.g., Call a friend or family member
Positive Mindset	e.g., Practice gratitude exercises
<b>Spirituality</b>	
Spiritual Practices	e.g., Spend time in nature
Purpose and Meaning	e.g., Volunteer at a local organization
<b>Lifestyle</b>	
Sleep	e.g., Aim for 7-9 hours of sleep
Tobacco and Alcohol	e.g., Avoid tobacco and limit alcohol
Environment	e.g., Use non-toxic cleaning products
<b>Complementary Therapies</b>	
Complementary Therapies	e.g., Schedule an acupuncture session



In essence, the conference melded the groundbreaking insights of the Radical Remission Project with the holistic support provided by BACC. Through shared stories and research-backed strategies, it highlighted the journey towards health, emphasizing the importance of a comprehensive approach to battling challenges. With community at its core, the conference shed light on the significance of feeling seen, heard, and empowered on the path to healing.

Click here to view the workshop recap video [edited version .mp4](#). **check with Karen to have this video post on Youtube Chanel.**