

# **I've been diagnosed with cancer... Now What?!?**



## **10 IDEAS TO HELP YOU COPE AND HEAL**

- 1. Don't own it.**
- 2. Stay positive.**
- 3. Surround yourself with positive people.**
- 4. Change your diet.**
- 5. Continue with your life.**
- 6. Hire or take classes from a good naturopath.**
- 7. Keep yourself in a positive frame of mind.**
- 8. Place yourself on an intentional prayer list.**
- 9. Read helpful books.**
- 10. Seek natural alternatives to help you heal.**



<https://healingtransformation.ca/>