



Overview of Dr. Shani Fox's Medical Practice:

Healing and Hope for Cancer Survivors ...with a leading-edge medical model for survivor wellness

"The best medicine starts with self-awareness."-- Dr. Shani Fox

Dr. Shani Fox, ND, a holistic physician and certified life mastery coach, is revolutionizing health care for cancer survivors with a unique three-part medical model that inspires hope for an even better life post disease.

Her model, "**Back in Charge! Three Powerful Steps to Creating Extraordinary Wellness and Joy After Cancer,**" TM fills the gap in cancer survivorship care where until now, patients often have felt lost and even abandoned after their cancer treatments were complete.

"Every cancer survivor deserves a timely transition to an expert practitioner or center where he or she can re-establish trust in a loving and competent support system, only this time that relationship is oriented around creating wellness, not just fending off disease," Dr. Shani shares.

Mainstream medicine has recently tried to fill the void in cancer after-care by smoothing the transition of survivors from oncologists back to their primary care physicians, but studies show that the transfer of support remains weak. Most primary care physicians have little to no training in the specific and unique needs of cancer survivors. In addition to serving survivors in her own practice, Dr. Shani enjoys collaborating with survivors' primary care physicians to bridge this gap, using her proprietary model to help them address survivors' unique medical and emotional needs.

"After discovering my passion for working with cancer survivors in medical school, I distilled my natural primary care practice into a model. My patients know their expected outcomes and have a plan for going forward, which brings great peace of mind," Dr. Shani explains. "Cancer is complex and deeply rooted. Unless we explore the three phases of the model, we may miss profound opportunities for healing."

The three phases of her model are named Restore, Prevent and Soar.



Phase 1: Restore

After cancer treatment, the body “begs” for a replenishment period in which to get its energy and strength back, according to Dr. Shani. Designed to help cancer survivors recover their energy and re-establish baseline wellness, “Restore” teaches ways to keep the body and mind well nourished, rested and calm. Dr. Shani assesses her patients via physical examinations, lab tests and thorough history reviews. While treatment in this phase primarily revolves around training patients in self-care by way of nourishment, physical movement, rest and stress management, she may prescribe nutritional supplements to bolster strength or resolve residual side effects of treatment. She also explores areas of unmet patient needs, and helps coordinate a wellness team to fill gaps in physical, emotional or social support.

As they move through “Restore,” patients feel increasingly stronger and see symptoms fade as they adopt an anti-cancer, pro-wellness lifestyle and learn to perceive and satisfy their body’s needs.

Phase 2: Prevent

After treatment, survivors often wonder, “What do I do now so I don’t have to go through the cancer experience again?” While the anti-cancer lifestyle taught in the “Restore” phase is a good start, reducing the risk of future cancer requires treating whatever personal risk factors can be identified. Survivors also want to know if they’re at risk of long-term side effects from their cancer treatment. These are proactively addressed in the “Prevent” phase.

Dr. Shani helps survivors understand that while diagnosis may have been sudden, cancer is typically the result of a longstanding disease process. To reduce risk of future cancer, she and her patients need to understand as much as they can about that underlying process. Through a panel of lab tests, Dr. Shani tests the health of six core physiological areas, from glucose/insulin balance to immune competence, whose healthy function is critical to prevention of future disease.

These lab results provide the basis for a customized prevention plan, which often provides patients great emotional relief. “It means a lot to patients that someone is taking the time to explore deeper levels of their wellness.” Dr. Shani shares. “We have evidence-based knowledge to resolve issues that come up in these important areas of risk. While there are no guarantees, prevention is less of a mystery than it used to be.” She further empowers patients by helping them use this deeper level of self-knowledge to take charge of their health.

While Dr. Shani finds researched nutritional supplements highly effective in correcting underlying physiological imbalances and preventing long-term effects of



cancer treatment, her ultimate goal is to restore her patients' innate healing ability. "Supplements are just tools, and work well if patients need replenishment or rebalancing per their symptoms or the results of their lab tests," Dr. Shani says. "The ideal outcome is to return the body to where it can resist disease on its own."

Together, the "Restore" and "Prevent" phases address these core cancer survivorship issues:

- **Restoration of energy ("I can't enjoy the same activities anymore.")**
- **Resolution of residual effects of treatment such as neuropathy, or "chemo brain" ("Do I have to live with side effects for the rest of my life?")**
- **Prevention of late effects of treatment such as osteoporosis ("No one warned me that this could happen.")**
- **Reducing risk of cancer recurrence ("I don't want to go through that again.")**

Phase 3: Soar

The third phase, "Soar," sets Dr. Shani apart from many doctors, due to her in-depth understanding of cancer's emotional consequences.

"Physicians are not consistently asking 'What are you struggling with?'" Dr. Shani says. Yet support for addressing cancer's emotional effects is the second most important need of cancer survivors, according to The Cancer Experience Registry. In that Registry's survey of over 7,000 survivors, 54 percent reported wanting additional support for unmet emotional needs.

Dr. Shani's skill and experience as a certified life mastery coach contribute to breakthrough successes her patients have achieved, healing emotional stress that may have predisposed them to disease. "Cancer is a truth teller," she says. "It often exposes longstanding emotional pain. Suppressing that pain with a pill doesn't get to the heart of the matter. It's vitally important that survivors have a safe place to talk about cancer's emotional impact on themselves and their loved ones, and to explore solutions."

Dr. Shani begins with an in-depth process to discover areas of distress, including areas that pre-date the cancer diagnosis. The important information acquired during this step often can lead to healing breakthroughs.

Dr. Shani cites an example of helping a cancer survivor heal emotionally from a dysfunctional childhood in an alcoholic home, where the patient was not seen or



heard in a manner that nurtured her wellbeing. Equipping that patient to seek “win-win” relationships, with an even exchange of giving and receiving, led to her re-empowerment.

Other key emotional issues of cancer survivors she addresses include:

- **Loss of identity (“I’m not sure who I am anymore.”)**
- **Renegotiating relationships (“They weren’t there when I needed them.”; “They think I’m done with cancer, but I’m not.”)**
- **Coping with unexpected change (“I was laid off.”; “My spouse left.”)**
- **Perceived loss of control (“I’m floundering.”; “What do I do next?”)**

By reconnecting her patients with the innate wisdom and strength that got them through cancer treatment, Dr. Shani helps them rise above seemingly overwhelming circumstances and take back their ability to create a life of their choosing.

“I help them stand in their courage to take action and be okay with the unknown,” Dr. Shani says. “For cancer survivors, fear of the unknown is common, especially fear of recurrence. I help them make peace with that and create a pattern for joyful living.”

A compassionate, caring and intuitive physician and a widely respected speaker on cancer survivorship, Dr. Shani thrives on working in deep one-on-one connection, providing strength to patients as they move through all three stages of her model.

Other products and services

From her passion for helping cancer survivors live in increased wellness and joy, Dr. Shani has developed a number of additional products and services:

- A free online assessment, “How Cancer-Proof Are You?” (www.wellaftercancer.com), which allows survivors to rate themselves on factors linked to improved wellbeing and survival after cancer.
- An innovative interactive virtual course “Reclaiming Wellness After Cancer,” in which survivors master the fundamental pillars of wellness after cancer under her expert guidance, together with small group support of other survivors. Pre- and post-assessments incorporated in the course reveal huge gains in knowledge, confidence and physical wellbeing among past participants.



- The Cancer Survivor’s Fear First Aid Kit (www.cancerfearfirstaid.com), a book/workbook/CD set offering a simple 5-step method to defuse fear of recurrence, which may affect up to 96% of survivors.

Her powerful blend of medical and coaching expertise, proprietary products and a leading-edge wellness model provide an unprecedented level of care for cancer survivors. Yet Dr. Shani is clear about what is most important in the physician-survivor relationship.

“Cancer survivors often look to their wellness professionals to provide all the answers, whether it be a doctor, Reiki healer or coach,” Dr. Shani shares. “I love helping patients retake the helm of their own ship, rising into partnership with their wellness practitioners. My greatest joy is seeing them reground in their own power, making decisions for their life and wellness that are authentic and fulfilling to them.”

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