

BIOGRAPHY OF DR. SHANI FOX

***Physician, life mastery coach, and speaker
...Revolutionizing cancer survivorship care***

Dr. Shani Fox's passion for helping survivors reclaim an extraordinary life after cancer came as a "calling" in mid-life.

The calling followed her observation that too many survivors, after completing acute cancer treatment, are left feeling unwell, unsupported and alone, wondering who to turn to that understands their needs. Dr. Shani's mission is that every survivor transition from acute treatment directly into loving, expert care aimed at supporting complete recovery, building resilience to future disease, and leveraging the hard-won wisdom of the cancer experience to create a life of peace and deep fulfillment.



Through her exquisite gifts of compassion and insights as physician and a life mastery coach, she is particularly skilled at helping patients overcome their fear of cancer recurrence, which may affect up to 96 percent of survivors.

Prompted by her father's death in 2001, Dr. Shani, as she prefers to be called, discovered she wanted to make a direct, positive difference in the lives of others, as her dad had so lovingly modeled.

Although her father died from cancer, it was how he lived for "28 bonus years" following a near-fatal car accident when Dr. Shani was 15 that most impacted her.

"With the understanding of life's fragility that only such an experience can bring, he lived the remainder of his days to the fullest," Dr. Shani shares. "He didn't waste time or words. Every human interaction was sacred to him, and he spent every moment he could enjoying his family, leaving a legacy of happy memories to those who loved him."

The example of her father's life led Dr. Shani to leave her lucrative but demanding and unsatisfying accounting career, where she had little quality time with family, to pursue her childhood dream of becoming a doctor.



With the wisdom of adulthood, she refined her goal to becoming a doctor who believes that wellness includes health of the spirit as well as of the physical body. “I wanted to be a doctor who understands that people whose hearts are at ease with their own values and vision live in the highest wellness,” she explains.

PHYSICIAN AND LIFE MASTERY COACH: The power of two in one

Hence, her training was twofold. She first became a doctor of naturopathic medicine, graduating with highest honors in 2008 from the National College of Natural Medicine, the oldest accredited naturopathic medical college in North America and a leader in natural medicine education and training.

She supplemented that training by earning certification as a life mastery coach through a year-long program with the highly respected Mary Morrissey and her Life Mastery Institute of Los Angeles, Calif. Dr. Shani weaves this training into her medical practice, where she works in close partnership with patients as they become empowered to live extraordinary lives after cancer.

By helping patients reignite their belief in new possibilities for themselves, Dr. Shani guides them in growing beyond any limits they may have felt upon first hearing a cancer diagnosis. “This is a hot topic in recent cancer survivorship research. We’re finding that survivors need continuing support to deal with physical and psychosocial concerns. Coaching demonstrably eases the transition to life after treatment and enables survivors to reach their potential.”

She was drawn to serve cancer survivors as her patient niche midway through medical school, listening to a panel of cancer survivors describe both the emotional and physical challenges of living through cancer and cancer treatment. She oriented the remainder of her training towards attaining expertise in both mainstream and complementary approaches to healing cancer’s profound medical and emotional effects, including a rare 6-month internship under a Western-trained oncologist.

With her understanding of the universal gap in care that follows acute cancer treatment, she created a leading-edge survivorship care model called, “**Back in Charge! Three Powerful Steps to Creating Extraordinary Wellness and Joy After Cancer.**” Her model incorporates healing of the emotions and spirit, as well as of the physical body.

She learned in medical school, for example, how chronic emotional distress suppresses first-line immunity against cancer cells and can also suppress adrenal function, which is the body’s physiological system for managing stress. These factors are associated with higher cancer recurrence and poorer survival rates. “We can



take physical measures to reinforce immunity and adrenal function in cancer survivors, but we undercut our own efforts if we don't also give them sustainable strategies to manage chronic stress, which can degrade their immunity and increase their vulnerability to future disease," she explains.

Dr. Shani's comprehensive model leverages her unique combination of medical and coaching expertise, helping survivors:

1. Recover fully and sustainably after acute cancer treatment by rebuilding energy and stamina, reducing residual side effects of treatment, and adopting an anti-cancer/pro-wellness lifestyle.
2. Reduce risk of recurrence and late side effects of treatment through a customized plan for each patient, addressing risks identified by careful review of medical history and current lab work.
3. Address the emotional and spiritual ramifications of having had cancer, helping patients transform their vulnerabilities into the launching point for an authentic and fulfilling life.

Helping prevent recurrence by addressing underlying issues that led up to the cancer diagnosis is part of her passion. "Cancer doesn't suddenly appear one day," she explains. "It's typically the result of a longstanding disease process. Physicians treating cancer survivors should be ready to treat that underlying process; otherwise, there's little to prevent a recurrence of disease. At the same time we help them greatly enhance their wellness."

"A recent meta-analysis from the Annals of Behavioral Medicine tells us that patients who feel more supported - who don't just have support structures available, but experience the personal touch - adhere more thoroughly to treatment recommendations. My patients feel very secure within this well-defined medical model that provides deep, personal attention to all aspects of their wellness."

Dr. Shani also consults with primary-care physicians desiring expert support in bridging the gap in after-care for cancer survivors within their practices.

INSPIRING SPEAKER: Empowers cancer survivors and educates colleagues

Dr. Shani's messages about patients' innate and irrevocable power to create wellness and happiness make her a popular national speaker, radio guest and guest blogger for cancer survivor communities.



Among her recent presentations to cancer survivors:

- In February 2015, she presented **“Survivorship Medicine: A Missing Link in Cancer Care”** at the 9th annual Evidence-Based Complementary Cancer Care Conference of the Annie Appleseed Foundation, in West Palm Beach, Florida, sharing the stage with renowned researcher and patient advocate Ralph Moss, PhD and Kelly Turner, PhD, author of the acclaimed book **Radical Remission**.

Among her recent presentations educating her physician colleagues:

- In August 2014, she opened the Oncology Association of Naturopathic Physicians (OncANP) meeting at the American Association of Naturopathic Physicians annual conference in Phoenix, Arizona, presenting **“Survivorship Medicine: Healing the Whole Person.”** Dr. Shani reviewed evidence documenting unmet needs of cancer survivors, and highlighted opportunities for integrative physicians to transform the focus of cancer survivor care from disease surveillance to wellness, including an expanded view of prevention that addresses root causes of disease. This presentation was followed by the publication of Dr. Shani’s article **“When Cancer Survivors Return to Primary Care”** in the January 2015 edition of the peer-reviewed *Natural Medicine Journal*.

She offers the following presentations for cancer survivor conferences, organizations and support groups as well as at conferences for integrative cancer professionals:

- **“Beyond a ‘New Normal’: Creating Extraordinary Wellness and Joy After Cancer,”** inspiring survivors to reignite their dreams of the health and happiness they’d love, and transform their vulnerability into a powerful platform for launching that vision.
- **“Landing on Your Feet: A Revolutionary Wellness Model for Cancer Survivors,”** offering a powerful, patient-centered, medical care model to restore every survivor to radiant wellness, empowerment and peace of mind.
- **“Doctor-Patient Trust: Sowing the Seeds of Healing,”** what doctors and patients can do to nurture trust, the “secret sauce” that amplifies healing potential.

“Whether serving as doctor, coach or speaker, it’s all about the same mission,” Dr. Shani says. “I want every cancer survivor to be able to authentically say, ‘I LOVE my life!’ ”

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