



*"Enlightenment, peace, and joy will not be granted by someone else.
The well is within us, and if we dig deeply in the present moment,
the water will spring forth.*

Thich Nhat Hanh

OUR MISSION

The mission of The David Benzer Strike Out Fear Foundation is to "Build a Bridge from Fear to Hope" for people diagnosed with cancer.

By creating comforting, life-affirming environments in cancer clinic waiting rooms across the country, the Foundation's *Immediate Impact* program supports the emotional and spiritual needs of patients — to reduce fear and sustain the spirit from the moment of diagnosis, during treatment, and into survivorship.

Since 2011, the Foundation has provided amenities for cancer clinic waiting rooms and treatment facilities that have enhanced the therapeutic experience for close to 73,000 new cancer patients and 511,000 patient visits.

Additionally, we provide resources for patients and caregivers to help them navigate the emotional and spiritual side of cancer.



COMPLEMENTARY RESOURCES FOR HEALING

In honor of Courtney Dickson Whalen, the Strike Out Fear Foundation is dedicating our current research into complementary treatments and healing to Courtney's memory, and to her family— Will, Tyler, and Price. As Courtney navigated her cancer diagnosis and treatment she and Will became increasingly aware that Western medicine, with all of its advances, does not— for the most part— honor the psychological and spiritual challenges facing the patient. The integration of the body, mind, and soul in treatment is essential for healing. We offer a preliminary list of resources that have helped patients we have met in our work over the last eight years. More will be added to the "Resources" section of our website throughout the year.

Healing for Body, Mind, and Soul

The Fear Cure, Cultivating Courage as Medicine for the Body, Mind, and Soul

Lissa Rankin, M.D.

https://www.amazon.com/s?k=the+fear+cure&ref=nb_sb_noss

Not many people in the medical world are talking about how being afraid can make us sick—but the truth is that fear, left untreated, becomes a serious risk factor for conditions from heart disease to diabetes to cancer. Lissa Rankin, M.D., explains why we need to heal ourselves from the fear that puts our health at risk and robs our lives of joy — and shows us how fear can ultimately cure us by opening our eyes to all that needs healing in our lives.

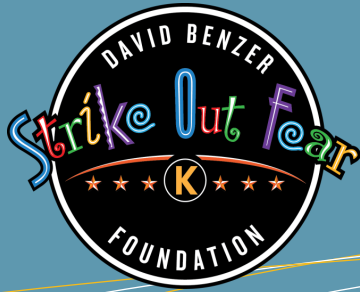
Advanced Integrative Therapy (AIT)

Asha Clinton, MSW, PhD

<https://ait.institute/>

AIT, created by Asha Clinton, MSW, PhD, is a powerful yet gentle treatment that heals body, psyche, and spirit. AIT easily removes the aftereffects of a trauma, strengthening the individual by instilling positive qualities and productive beliefs. Asha discovered that as clients unlocked their blocked trauma, physical maladies including allergies, autoimmune disorders, and cancers also resolved. Find out more about the therapy and search for a therapist on the AIT website.

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"You can't stop the waves, but you can learn to surf."

Jon-Kabat Zinn

SPONSOR A CANCER CLINIC MAKEOVER

A cancer clinic makeover can be accomplished for as little as \$5,000 — that's a small investment given its extraordinarily power to transform the waiting room experience for literally thousands of cancer patients.*

RESOURCES THAT PROVIDE COMFORT AND INSPIRE HOPE

The foundation offers web-based and printed resources that:

- Help cancer patients manage anxiety and nurture hope
- Coach family and friends on how best to provide comfort and support
- Empower people with information on current treatment guidelines, complementary medicine, and supportive care

*Dependent on size of clinic.

Mindfulness, Vibration, and Music

The Healing Power of Mindfulness

<https://www.amazon.com/Healing-Power-Mindfulness-New-Being/dp/0316411760>

In 1979, Jon Kabat-Zinn recruited chronically ill patients not responding well to traditional treatments to participate in his newly-formed eight-week stress-reduction program, which is now called Mindfulness-Based Stress Reduction (MBSR). Since then, substantial research has mounted demonstrating how mindfulness-based interventions improve mental and physical health. Visit Amazon to purchase *The Healing Power of Mindfulness*. An 8-week MBSR workshop is available in many areas and online.



Healing with Sound Frequency and Vibration

<https://www.gaia.com/article/healing-with-sound-frequency-and-vibration>

Many associate illness and disease with prescriptions and interventions such as surgery. But the ancients recognized sound, vibration, and frequency as powerful forces that influence life down to the cellular level. Greek philosopher Pythagoras prescribed music as medicine, asserting that the musical intervals he discovered are clear expressions of sacred geometry with the power to restore balance in an organism.

Music Therapy

<https://www.cancerca.org/publications/315>

A cancer diagnosis is a stressful time for people living with this disease and their loved ones. Music, sound, and vibration are three tools you can use to manage stress and maintain healthy energy levels and improve your mind, body and spirit. Whether listening to music in your home or while exercising; drumming or chanting alone or with a group; or focusing on your breath while walking or making dinner; sound, and its impact on the body, can help you cope during difficult times.

Finding the Best Treatment

When a person first hears the words "You Have Cancer" they are often in so much fear that they want to start treatment, any treatment, immediately. It is imperative to seek second opinions to assure you or your loved one finds treatment with the very best outcomes given the specific type and state of cancer.

National Clinical Cancer Network (NCCN) Patient Treatment Guidelines

<https://www.nccn.org/patients/guidelines/cancers.aspx>

NCCN is a not-for-profit alliance of 28 leading National Cancer Institute designated Comprehensive Cancers devoted to patient care, research, and education. They combine their data to create a set of guidelines for treatment with the best outcomes for each type and stage of cancer.

Cancer Commons

<https://www.cancercommons.org>

Founded by cancer survivor Marty Tenenbaum, Cancer Commons is a patient-centric nonprofit network of patients, physicians, and scientists who help identify the best options for treating an individual's cancer. Cancer Commons will review your case, consult with leading cancer experts, and give you evidence-based opinions. The service is 100% free to patients and is entirely confidential.

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