



multiple myeloma cancer coaching

introduction



DAVID EMERSON
Director PeopleBeatingCancer
Multiple Myeloma Survivor
MM Cancer Coach

Hi. My name is David Emerson. I am a long-term MM survivor, MM cancer coach and director of **PeopleBeatingCancer**. Welcome to the Introduction to the Multiple Myeloma Cancer Coaching Program.

My goal in creating the myeloma cancer coaching program is to provide myeloma patients and caregivers with evidence-based information about both conventional (FDA approved) and non-conventional therapies, cost effectively and efficiently. In practical terms this means that I am using my 25 years as a myeloma survivor to research and curate more than 145 studies broken into 16 separate guides or topics so that that you can learn about myeloma efficiently in order to make the best decisions for your care in the weeks, months and years ahead.

the guides

Questions to Ask After a Diagnosis of Multiple Myeloma

Myeloma patients benefit by asking their oncologist about the oncologist's experience, proposed therapy plan and possible side effects from the therapies included in the therapy plan.

Conventional Multiple Myeloma Therapy Guide

Regardless of your stage at diagnosis, symptoms or current status, myeloma patients must understand the importance of oncologists who specialize in myeloma compared to oncologists who don't. Myeloma specialists as well as cancer centers with myeloma experience can make a dramatic difference in the overall survival (OS) of a myeloma patient. Links to the most successful MM specialists and hospitals are listed in this guide.

Medical Issues Guide

Years of cancer coaching has taught me that myeloma patients don't know what they don't know. For example, patients don't know that having an autologous stem transplant later versus earlier makes no difference in average overall survival. And myeloma patients don't know about the many endocrine disorders caused by a stem cell transplant. The Medical Issues guide addresses many central issues that can be central to the life of a myeloma survivor.

Myeloma Caregiver Guide

Cancer Caregiving is one of the most unsung yet important realities of cancer care today. The caregiver has a key role in the myeloma survivor's care. **Good, reliable caregiver support is crucial to the physical and emotional well-being of people with cancer.**

Supplementation Guide

The supplementation guide lists 19 evidence-based, non-toxic supplements that research shows are cytotoxic/apoptotic (kills) to multiple myeloma. Think non-toxic myeloma chemotherapy.

Nutrition Guide

It is not enough to say that diet is critical for myeloma patients before, during and after therapy. The Nutrition Guide contains an extensive list anti-angiogenic (anti-MM) foods and anti-cancer diet for myeloma patients to follow.

Antioxidants Guide

The single most common question I am asked as a cancer coach is if antioxidant supplementation interferes with conventional therapies. The Antioxidants Guide draws on 10 studies to make the case that antioxidants support the myeloma patient helping him/her live a better, long life.

Side Effects Guide

I believe that learning about possible symptoms and side effects of MM and myeloma chemotherapy regimens can help patients and caregivers to reduce or possibly prevent and/or heal from these debilitating symptoms and side effects.

Integrative Therapies Guide

A growing number of studies show how standard-of-care chemotherapy and radiation can be enhanced by integrative therapy. The Integrative Therapy Guide lists 17 integrative therapies that synergize with seven common toxic myeloma therapies. Myeloma patients can deepen remissions while reducing the risk of side effects of chemotherapy through integrative therapy.

Bone Health Guide

Multiple Myeloma is as much of a bone disease as a blood disease. Over 90% of myeloma patients will experience bone damage at some point. The Bone Health Guide lists 11 evidence-based, non-toxic bone health therapies.

Non-conventional Therapies Guide

As I mentioned at the beginning of this Introduction, Conventional Oncology is limited when it comes to managing multiple myeloma. Many myeloma patients have asked me about what I call non-conventional therapies. These are the therapies such as antineoplaston therapy that I underwent after I was told I was end-stage that put me into complete remission. The Non-Conventional Treatment Guide discusses 8 evidence-based therapies.

Cannabis and Multiple Myeloma Guide

The second most frequently asked question I get is if cannabis/medical marijuana/CBD oil helps myeloma patients. While the research is thin at this stage, the Cannabis Guide covers cancer pain, cannabis as an integrative therapy and how cannabis effects myeloma itself.

Mind-Body Therapy Guide

Living with an incurable cancer, living with a cancer that can relapse at any time is difficult. Myeloma patients must learn to manage themselves mentally as well as physically. The Mind-Body Guide outlines over a dozen evidence-based, mind-body therapies directed specifically at myeloma survivors.

Financial Issues Guide

The financial toxicity caused by a diagnosis of multiple myeloma is as severe a side-effect of a myeloma diagnosis as any you will face. Regardless of your health insurance coverage you owe it to your family to learn about financial resources, Social Security Disability, Viatical Settlements and more.

Detoxification Guide

The news is filled with reporting on how genetics influences cancer. While research does show how genetics does influence 5%-10% of all cancers, it is critical for the myeloma patient to understand that the other 90%-95% of cancers are attributed to lifestyle and the environment. The Detoxification Guide explains those evidence-based therapies that can detoxify your body through multiple mechanisms.

Online Support Guide

Online support can provide feedback from myeloma patients just like you. Over the years I have found this feedback to be essential to my myeloma experiences. Each MM CC client who subscribes at either the basic or premium levels will be invited to join the closed Facebook group called Beating Myeloma that I manage. In addition the Online Support Guide reviews and lists more than 20 general and specific online myeloma support groups.

The Multiple Myeloma Cancer Coaching Program comes in two levels: Basic and Premium. The basic package is \$199 and includes all 16 guides, my ebook titled "Beating Myeloma- If I Knew Then What I Know Now" plus membership in the closed Facebook Group, "Beating Myeloma." The Premium MM Cancer Coaching Program include all 16 guides, my ebook, membership in Beating Myeloma as well as a one hour consultation with me at your convenience.