Sandra’s Story
Sandra Wing knows firsthand just how helpful healing therapies are during chemotherapy treatments. Diagnosed with aggressive forms of both uterine and ovarian cancers at the age of 47, Sandra’s only course of treatment was a full hysterectomy and intensive chemotherapy. Healing therapies proved to be her saving grace.

During her treatment, Sandra discovered that when she was at her sickest and weakest level, she could better tolerate her pain, stress and worries with the help of healing therapies — acupuncture, acupressure, deep breathing meditation, therapeutic massage and visualization techniques. These therapies all provided physical and mental relief during her prolonged battle against cancer. They helped calm her nerves, reduce her pain and alleviate her anxiety, while at the same time improving her overall well-being.

Not an alternative, but a complement to her Western medical treatment, these five healing therapies became an integral part of her recovery process.

Once her health was restored, Sandra was inspired to start this foundation to share healing therapies, most of which are not covered by insurance, with other cancer patients undergoing treatments. It is now her mission and her life’s work to help relieve the suffering of other cancer patients through the same healing therapies that she relied on during her cancer treatment.

“"The Sandra J. Wing Healing Therapies Foundation will help bring cancer patients new hope and healing in their battle with cancer.”

Dr. Lee-May Chen
Gynecologic Oncologist
Associate Clinical Professor
UCSF Helen Diller Family Comprehensive Cancer Center

Bringing the caring touch of complementary medicine to cancer patients

The Sandra J. Wing Healing Therapies Foundation provides funds so that cancer patients can experience the immediate benefit of complementary therapies to help alleviate the side effects caused by radiation and chemotherapy.
**What We Do**

Cancer is not a disease that is easily dealt with, treated, or even understood. While treatments can vary for every diagnosis, they often include chemotherapy and radiation, both of which are downright uncomfortable, usually with very painful side-effects. Increasingly, complementary healing therapies are gaining acceptance as proven methods for helping patients find comfort and some peace of mind during chemotherapy and radiation treatments.

Cancer patients undergoing chemotherapy or radiation treatment and living in Pleasanton, Livermore, Dublin, San Ramon, and Danville are encouraged to apply for funds. The application form is available online at www.healingtherapiesfoundation.org.

We provide grants to patients under a physician’s care for the treatment of chemotherapy or radiation to help pay for complementary, healing therapies, which are usually not covered by insurance.

**Complementary Therapies Covered...**

- Acupuncture
- Acupressure
- Guided/visual imagery
- Deep breathing meditation
- Therapeutic massage

We do not conduct research or work to find a cure. Many outstanding organizations are leading the way in those areas. Our funds go toward helping those fighting cancer through a very difficult and stressful time. We help people living with ALL cancers — young and old, male and female.

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**How You Can Make A Difference**

- **Donate**
- **Volunteer**
- **Referrals**
- **Provide Healing Services**

**Donations of all sizes are welcome.** A donation of $100 provides two healing therapeutic massage sessions; $300 provides up to six acupuncture sessions; and a donation of $3,000 to $5,000 provides complementary healing therapies for a significant portion of the cancer treatment cycle.

**Please Help In Any Way You Can**

Monetary donations, volunteering at our events, referring patients and supporters to the foundation or providing healing services to beneficiaries are all essential to supporting your friends, family and neighbors who need these therapies in their fight against cancer.

Sandra J. Wing Healing Therapies Foundation is a local, 100% volunteer organization.

To donate, visit us online at: www.healingtherapiesfoundation.org

**Testimonials**

As a result of the Foundation and the grant that I was given, it really set me on the road to recovery.

**Dianna Brodie**
**Triple Negative Inflammatory Breast Cancer Survivor, Pleasanton, CA**

As a medical oncologist, being able to give full care to your patient and treat them as a whole is so very important. Complementary therapies help provide that extra coping healing element that standard medical care cannot provide. Healing the spirit and caring for the patient is what I see when my patients come to the Sandra J. Wing Healing Therapies Foundation.

**Dr. Rishi Sawhney**
**Medical Oncologist, Valley Medical Oncology Consultants**

The therapies help people that are undergoing chemotherapy or radiation and gives them a way to de-stress and be in the present moment, not worried about the past or anxious about the future. They can relax and allow their immune system to recharge helping them to heal or to deal with what they are going through.

**Joy Ellebrecht**
**RN, Wellness Nurse**

Acupressure, massage, and meditation enhance positive feeling and there is scientific evidence that it is helping patients heal. The Foundation is a wonderful opportunity for patients to access supportive care to help them through the difficulties of cancer therapy and emotional turmoil of cancer diagnosis.

**Dr. Ricardo DeRosa**
**Medical Oncologist, Valley Medical Oncology Consultants**