

Sandra's Story

Sandra Wing knows first hand 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 battle against cancer. They helped calm her nerves, reduce her pain and neuropathy, and alleviate her anxiety, while at the same time improving her overall well being.

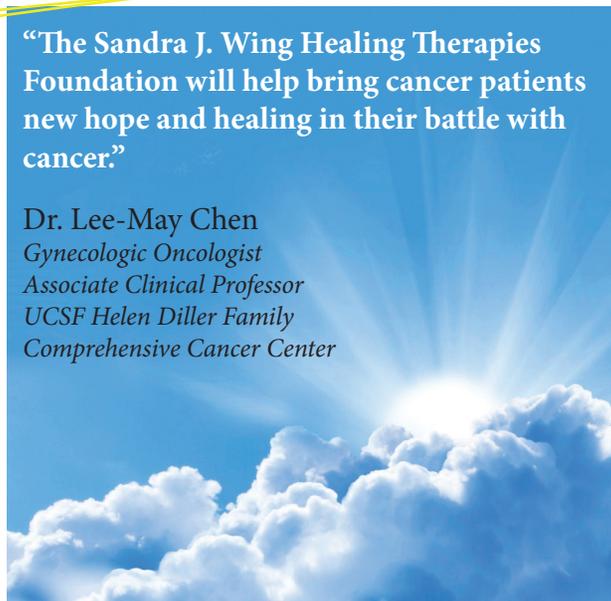
Not an alternative, but a complement to her Western medical treatment, these five healing therapies became an integral part of her recovery process.

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*



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<http://twitter.com/sjwfoundation>



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Sandra J. Wing

Healing Therapies Foundation
helping cancer patients



The Sandra J. Wing Healing Therapies Foundation provides healing therapies and personalized navigation assistance at no cost to help cancer patients get through their prescribed treatments.



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.

We help patients while they are under a physician's care for the treatment of chemotherapy or radiation by providing services at no cost.

Therapies provided:

- Acupuncture
- Acupressure
- Therapeutic massage
- Two mindfulness therapies
 - Guided/visual imagery
 - Breath meditation

Additional services provided are:

- Personalized navigation
- Community outreach
- Education

Cancer patients living in Alameda County or Contra Costa County who are currently undergoing or who completed chemotherapy or radiation within the past 18 months are encouraged to apply.

The application form is available online at www.healingtherapiesfoundation.org

You Can Make a Difference

- Volunteer
- Make Referrals
- Provide Healing Services

Please Help In Any Way You Can

Volunteering, 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.

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 the person battling cancer get through a very difficult and stressful time. We help people living with ALL cancers — young and old, male and female.

To volunteer visit us online at:
www.healingtherapiesfoundation.org

The Sandra J. Wing Healing Therapies Foundation is a 501(c)(3) tax exempt organization. Donations are tax deductible.

Testimonials

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
Stanford Healthcare / Valley Care

I support the Sandra J. Wing Healing Therapies Foundation with time and money as I believe in its goals and methods and the benefits to my patients regularly.

Dr. Michael R. Forrest
Radiation Oncologist
Epic Care

Your cancer charity helped me receive acupuncture. The therapy got me through chemotherapy and radiation – and even through my bout with shingles!

Pat Adamcek
Cancer Survivor

The Sandra J. Wing Healing Therapies Foundation has helped greatly in my recovery from breast cancer.

Ann Welsh
Cancer Survivor

The therapies helped me to deal with – and find the courage to fight – cancer.

Maria Urzua
Cancer Survivor