

The Fight Pink Report™

Fight Pink Goes Green!

March 2009

**VOTE EARTH BY SIMPLY SWITCHING OFF YOUR LIGHTS FOR ONE HOUR,
AND JOIN THE WORLD FOR EARTH HOUR.**

SATURDAY, MARCH 28, 8:30-9:30PM

For the first time in history, people of all ages, nationalities, race and background have the opportunity to use their light switch as their vote – Switching off your lights is a vote for Earth, or leaving them on is a vote for global warming. WWF (World Wildlife Fund) are urging the world to VOTE EARTH and reach the target of 1 billion votes, which will be presented to world leaders at the Global Climate Change Conference in Copenhagen 2009. This meeting will determine official government policies to take action against global warming, which will replace the Kyoto Protocol. It is the chance for the people of the world to make their voice heard.

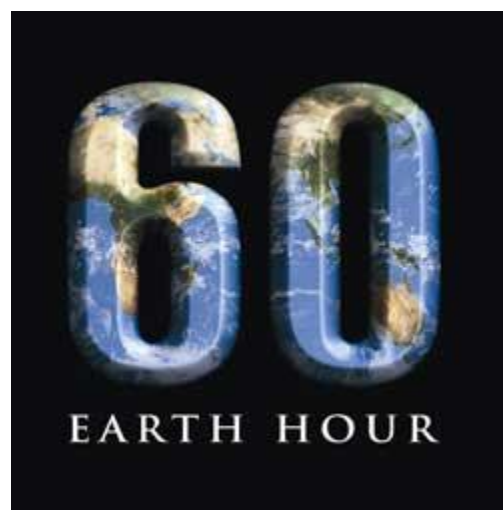
World Wildlife Fund is asking individuals, businesses, governments and organizations around the world to turn off their lights for one hour – **Earth Hour** – to make a global statement of concern about climate change and to demonstrate commitment to finding solutions.

This is a critical moment for our planet, which is already feeling the impacts of climate change. International political negotiations on

climate change solutions have begun and will culminate in a major United Nations conference on a new climate treaty in Copenhagen next December. Now is the time to urge U.S. elected officials to pass strong climate change legislation and take other steps so that our country can be a leader in that global effort.

More than 50 million people called for action on climate change by switching off their lights for Earth Hour 2008. The lights went out in the Empire State Building, the Golden Gate Bridge, the Coliseum in Rome and the Sydney Opera House. Even Google's home page went dark for the day.

You can make Earth Hour 2009 even bigger and ensure that the symbolic action of turning off the lights is matched by real action to slow climate change. Earth Hour is a great way to show your commitment. I hope you'll join in and make this the biggest and most effective climate event in history.



Eco Friendly Tips for Everyone!

- ◇ Recycle Your Cell Phone
- ◇ Solar Charge Your iPod
- ◇ Get an LED Nightlight
- ◇ Don't Idle Away Your Car's Gas
- ◇ Install a Tankless Water Heater or Adjust Your Water Heater
- ◇ Reuse Resealable Plastic Bags
- ◇ For Your Health, Skip Polystyrene (Styrofoam) Cups and Plates
- ◇ Use Biodegradable Doggie Bags
- ◇ Avoid Overnight Shipping
- ◇ Chill the Laundry
- ◇ Switch to a Corded Phone

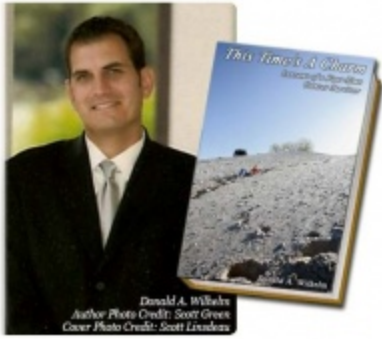
5 Easy First Steps You Can Do Today

Save money and simplify your life with these simple suggestions

1. Bag It - When you go out shopping, bring your own Reusable Bags
2. Save on Electricity - Open windows to let the light in, turn off unneeded lights and appliances, and unplug unused electronics to counter the 'energy vampire' effect.
3. Save on Gas - Your car will work more efficiently if you obey the speed limit and avoid rapid, unnecessary acceleration. Keep your tires properly inflated and get regular tune-ups.
4. Shop a Farmer - Shop at your local farmers' market
5. Water Smarts - Drink water from the tap, instead of buying single-use bottled water, which requires much more energy to produce, store and transport. Barely 20% of those plastic bottles end up getting recycled, and most are made out of petroleum.

Support Resources

- Cancer Hope Network www.cancerhopenetwork.org 1.877.467.3638
- American Cancer Society www.cancer.org 1.800.227.2345
- PatchWorx Inc. www.patchworx.org 650.859.3382
- Onconurse.com www.onconurse.com
- National Cancer Institute www.cancer.gov 1.800.422.6237
- AMC Cancer Information and Counseling Line 1.800.525.3777
- ACOR.org www.acor.org Association of Cancer Online Resources
- Cancer Care www.cancercare.org 1.800.813.4673



Your Personal Promise™

**Getting the most out of making a Difference,
Ordinary people doing extraordinary things!**

Donald

My "Personal Promise" to stop the destruction and devastation caused by cancer?

To arm you with information while guiding you with strength, courage and acceptance.

As a four-time lymphoma survivor, Donald offers up his real-life experiences for those newly diagnosed with cancer and their loved ones. An emotional rollercoaster, ***This Time's a Charm*** takes readers through what it's like to have cancer four times in just 5 years. In his book he points out that cancer is not a death sentence and cancer cells are normal cells that are immortal. All cells have a lifespan and are supposed to die off on schedule to retain the body's balance. But cancer cells never die, they just keep multiplying. They multiply until they get in the way of a normal organ or system. He ends his book by giving advice that he has given others in hopes that it will apply to individual situations.

Step One: Change the way you view your disease.

Release the fear you're holding inside. Don't spend energy trying to understand why or how you got cancer. Focus on the task at hand, getting better. Spend time thinking about how incredible the anatomy of your body is. How complex of a machine you really are. Admire your own engineering.

Step Two: Believe that you have the power to heal yourself with the right positive attitude.

Hippocrates, the father of modern medicine, explained that the body, specifically the mind, is its own pharmacy. He knew that patients had the power to heal themselves if they really believed they could. That's why graduating doctors today still take the Hippocratic oath. In a nutshell, doctors pledge: "Above all else, do no harm." Hippocrates wanted to make sure that the medical intervention doctors give never interferes with the patient's own ability to cure himself. That's a powerful philosophy that I believe has been lost in today's modern medicine.

Step Three: Do your own research about your disease.

Don't just rely on what your doctors tell you. A lot of doctors have their heads down and spend their day mired in the statistics of your particular cancer. Said differently, you are your disease to them and they go about treating you the way they were taught to and never deviate. That's why you need to be an expert in your disease. At times you will be called upon to make very important decisions in your treatment process. Make an informed decision.

Donald

Your Personal Promise™

Whether a survivor or an activist, contact Fight Pink™ for details on how to submit "Your Personal Promise™" on how **you** are saving lives and helping to end breast cancer forever!

We are looking for real women and men who are survivors, activists, and want to contribute to the Fight Pink™ cause. We will post Your Personal Promise™ story; tell us how you are getting the most out of making a difference!

We take the stories put into our hands and from them build a bridge into other less informed lives, so that daily we pass over it on errands of education and awareness for the purpose of saving lives!

Stacy

Fight Pink™



Top 10 Real Food Sources of Vitamin C: Super foods to Fight Disease

Guava

Red Sweet Pepper

Kiwi

Orange

Green Sweet Pepper

Grapefruit Juice

Vegetable Juice Cocktail

Strawberries

Brussels Sprouts

Cantaloupe

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