



Patient, advocate fights cancer homeopathically

By [Avicra Luckey](#) | New Mexico Daily Lobo

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Lexie Shabel said her biggest mistake in treating her breast cancer was choosing chemotherapy when she was first diagnosed. Even though cancer was found in only one breast,

doctors told Shabel she should have a double mastectomy, a hysterectomy, chemotherapy and radiation therapy to prevent cancer from returning.

She has been able to live with cancer and currently treats it homeopathically. She founded Breast Wishes- Fund, an organization that aims to provide access to breast cancer education and wellness for women of all ages. They also work to increase access to alternative cancer therapies not covered by insurance.

“People choose a couple different paths when they’re diagnosed. One possibility is to become a patient and feel confident in their doctor and have it paid for by insurance, and then some people look at it as a life wake up call,” she said. “You start to reflect on your life and try to understand what’s not working and what happens on many levels, not just the physical.”

Shabel said she believes her career as a photographer and being in darkrooms with various chemicals may have contributed to the cancer. She realized that her calling was to bring cancer awareness to all women, and share with them the importance of overall health.

Her work includes making women more aware of the harmful chemicals that are in the products and foods they eat and use every day, such as the chemicals in nail polish, BPAs in plastic bottles and the harmful materials that contraceptives may contain.

“At this point we know that there are many carcinogens in our environment (and) in our products,” she said. “It’s significantly more heightened than it was even a generation earlier and we’re wanting to help young people make decisions from a place of empowerment.”

Breast Wishes hosts the event “Speed Date with Wellness” in an effort to educate young women about these issues. The event is in conjunction with local non-profit organizations and businesses, including Self Serve adult store and Emerita, a feminine hygiene gel product.

One of the primary co-sponsors of the event is the Breast Cancer Resource Center (BCRC), an organization which provides support and information to people living with cancer.

Deborah Openden, program manager at BCRC, said one of the goals of the event is to increase awareness about all the various treatment options as well as how to take preventative measures.

Activities at the event include massage, organic make-up mini makeovers and yoga. Information on oral contraceptives, the lymphatic system and “well breast health” will be available from physicians, according to the event press release.

Shabel said awareness of one’s body is possibly one of the most important weapons to have when fighting illness, and this includes eating well.

“Staying on top of those basic functions, your digestion, your sleep, what you’re eating, I really look at food as medicine at this point,” she said. Shabel said she hopes Breast Wishes can partner with sororities in the future, which will offer young people, especially young women, an introduction the possible root causes of their health issues and offer solutions.”