

# Diane Klenke's "body clock" helped her beat cancer!

We all have ups and downs in our day. Now research shows that our bodies do, too. And timing treatment right can help fight arthritis, high blood pressure, even "incurable" cancer!

**F**our words. That's all it took to turn Diane Klenke's life upside down. The Green Bay, Wisconsin, mom heard her doctor say, "I have bad news"—and she froze.

It's just gallstones, Diane had shrugged when stomach pain had led to a CT scan. But the scan showed a mass the size of a grapefruit around her pancreas, and three smaller ones in her liver!

Stage four cancer, tests revealed. Too advanced for surgery or chemo. At 46, Diane had only three months to live!

Her daughter Beth was expecting; her daughter Lisa was getting married. I can't die now! Diane raged.

So when a chiropractor told her about an innovative treatment center, she raced to dial the number.

## "I have healing waves?"

At the Block Center for Integrative Cancer Care in Evanston, Illinois, doctors were helping patients like Diane beat cancer with healthy eating, yoga and chronotherapy: synchronizing chemo to their body clocks.

The idea behind chronotherapy: Just as we experience daily ups and

downs in energy and mood, we have biochemical peaks and valleys, too. And timing medical treatment to coincide with those body rhythms can make it more effective.

Chronotherapy was already being used to ease arthritis, high blood pressure and asthma. Now, doctors could determine when a patient's cancer was most vulnerable.

And studies showed chronotherapy patients were living longer than those given traditional chemo!

So after tests pinpointed Diane's "healing waves," she was fitted with a portable pump set to release chemo at the optimal times for her.

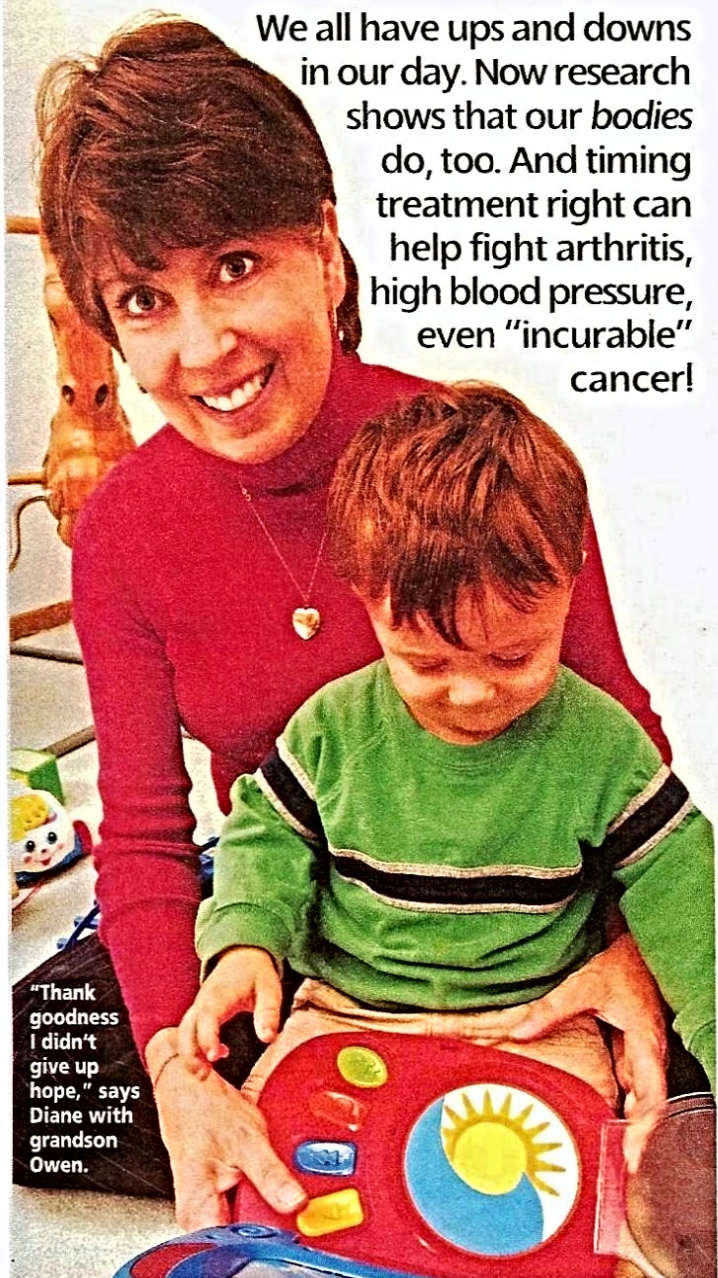
She had treatments every three weeks without any nausea or fatigue. Eight months later, scans showed her tumors were shrinking! Within two years, the cancer was gone!

In between, she held her first grandchild and danced at her daughter's wedding.

"Doctors told me I wasn't going to survive. But here I am!" Diane says. "I'm living proof that chronotherapy works!"

—Andrea Florczak

**Did you know?**  
Being exposed to a bright light can trick your body clock into overcoming jet lag! Traveling west: Sit in front of a bright light in the evening; traveling east, do so in the morning.



"Thank goodness I didn't give up hope," says Diane with grandson Owen.

### 5 ways to cancer-proof your body

<b>1 Quit smoking</b> It can make you 13 times less likely to get lung cancer!	<b>2 Eat five or more servings of produce a day to maintain a healthy weight.</b>	<b>3 Munch Brazil nuts</b> They contain selenium, a cancer-fighting nutrient.	<b>4 Get moving</b> A half-hour of walking daily can slash your breast cancer risk.	<b>5 Drink green tea</b> Regular sipping may significantly lower your risk!
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## How to make the most of your body clock

**When to eat**  
Within an hour of waking. Your body's calorie-burning power slows during sleep, and food revs it up!

**Another good time to eat?**  
About 30-45 minutes after exercising: Your metabolic rate is higher, so you'll burn calories faster.

**When to exercise**  
Late afternoon or early evening. That's when your heart, lungs, muscles, flexibility and coordination are at their best.

**When to study**  
Around 10 a.m. and 3 p.m. That's when alertness is said to be at its highest.

**When to take it easy**  
According to chronobiologists, 2 p.m. is the mental and physical low point of the day.

**When to sleep**  
Bedtime is your choice, but the key is getting up at the same time daily. This keeps your body clock regulated.

