

Tuesday, September 29, 2009

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[Getting Through the Grieving Process](#)

September 29, 2009 by [The Grief Blog](#)

Filed under [Dealing with Grief](#)

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By [Diana De Rosa](#) –

We lost my mom, Betty De Rosa, on September 28, 2008 after a three-year battle with cancer. She fought valiantly with both Western and Integrative medicine but eventually after the cancer spread to her brain it was too much for her. Since then we've focused on living life without mom and helping my dad to get through the love of his life for 65 years.

Before mom died we all fought with her to see if there was anything we could do to strengthen her core and hopefully allow her body to beat the cancer. While chemo and radiation are often the suggested solution they are hard on a person's body and so by doing things that would make her body stronger we hoped it would help her body do what it was designed to do – cure itself.

We did this successfully by following a number of simple guidelines which included detoxing to get the toxins out, creating an alkaline state because most cancers live in an acid environment, oxygenating her body because oxygen helps to kill cancer, strengthening her immune system and keeping her hydrated.

It's also important to keep a cancer patients weight up because often there are times when they are just not hungry either because of the effects of the chemo or just in general. When those times happen they can lose weight quickly and so better to maintain or even let them gain some weight rather than get too thin. However, that said there are sometimes exceptions because the use of steroids can encourage them to eat more and gain a bit.

In my mom's case we were able to maintain her weight until it was nearing the end. We felt that because of doing that it helped her overall health and well-being.

I'm going to conclude this first article but will be back again to explain each of the five elements we used to strengthen mom's core and give her a better quality of life while she was alive.

Future articles will also focus on the grieving process and how to help yourself get through it and what life is like after losing a loved one.

Two Sisters On A Mission (<http://www.twosistersonamission.com>) is about my mom's last wish and part of our goal is to help others get through the difficulties in their lives. Feel free to contact us at [<mailto:twosistersonamission@gmail.com>]twosistersonamission@gmail.com – together we can help each other. We always welcome input from other people and will gladly mention suggestions you may have in future articles. So, feel free to contact us and sign up on our web site <http://www.twosistersonamission.com>

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- [There is no time frame for grieving](#) (0)
- [It is still hard for me to comprehend my Mom is not here](#) (1)
- [I will never forget Nathan](#) (0)
- [Am I normal to feel so sad and feeling that part of my heart is missing?](#) (1)
- [You are not only giving me peace but allot of hope t](#) (0)

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[Sharing helps](#)

September 29, 2009 by [The Grief Blog](#)
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From Maya –

I can relate to some of your post. I also lost my mom in the spring. I feel fine, but then it all comes back. Yesterday and today are tough, for some reason. I'm a non-stop talker, but I don't talk about this-weird. But I am glad that I read your post because I relate and it makes me want to reach out & send a "cyber" hug! I told my mom that I'd be okay and I will (it helps to know that she would want that, and I think that your mom would, too). We have more strength than we imagine. In the meantime, sharing helps. God bless you.

Related posts

- [The grief, guilt, questions can be overwhelming](#) (1)
- [It is still hard for me to comprehend my Mom is not here](#) (1)
- [I am heartbroken](#) (1)
- [Your story stole my heart](#) (2)
- [You are not only giving me peace but allot of hope t](#) (0)

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[I find myself overwhelmed with grief on a daily basis](#)

September 29, 2009 by [The Grief Blog](#)
 Filed under [Death and Dying](#), [Today's Mail](#)

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From James –

Sharon, Scott, and Matty: I just ran on to this site tonight as I am still grieving deeply of my son James who died in an ATV accident on July 26, 2009. I am a physician and have seen a lot of death and many corpses and have signed hundreds of death certificates but I just cannot get the vision of my dead son out of my head and find myself overwhelmed with grief on a daily basis. My son was incredibly intelligent and going to college and also working with me part time in my practice and living with me. He was only 21 and I was a single parent raising him and his sister who is two years older. The three of us were quite close and since his passing, I feel so lost. James and I and his sister, Tina, started a nonprofit group in January of '08 and we went to Belize together on a medical mission and he went with friends in the summer of '08 to take supplies down. We were planning to go back this winter for a month or so and planning a trip to Cambodia as well. Now it seems hard to get motivated but I am trying hard to keep the plans.

It has only been two months and maybe this is normal for such difficulty coping. Tina is also having a terrible time as well. She is now 24 and runs my office. I have a very unique practice and travel a lot doing procedures and Tina just runs the business end of the practice. We are both finding it difficult to keep going each day. We are planning to scatter his ashes in Belize as he loved it there and this was his wish. We were also building a shop and home together on a small farm in Colorado where we live. I only work in the practice about two days a week and this gave us a lot of time to be together outside of work as well. We are building a totally off the grid home and grew a big garden together. Now my right hand man, loving son, best friend, and intellectual buddy is gone. He was part of my life every day and all day. Even when he was off to college in another city, we spoke every day at least once a day. So, much of my life along with many plans for the future passed with his passing. I find myself crying between procedures as he was even one of my assistants on the road. I have been told by many, including colleagues, that it gets better but it has seemingly gotten worse over the last few weeks. Maybe that is the stages of grieving but I have a hard time thinking now that it will get better.

I lost my mother when I was nine and this seems so much harder to cope with as we are not to be preceded in death by our children. Hopes and dreams and plans for the future just seem to vanish and thus the motivation that they give you. We too are planning a memory garden for James at the farm. At his death, his step brother bought an eight foot wooden cross and this will be there.

I have a fairly deep faith in Christ and since his passing, praying seems to help some and there is always the hope that I will once again be reunited with my loving son upon my death. Having a faith does certainly help one from going too deeply into a depression. I pray every day and now that I have read this site, I will include you that I have read in my prayers. Do take care and God Bless. JM

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- [Your story stole my heart](#) (2)
- ["Help me my son died"](#) (1)
- [We live life with love, laughter and fulfillment but our lives will never be free of grief](#) (0)
- [I was in tears as I read your letter and poem](#) (1)
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[I think it would help to have a grieving buddy](#)

September 29, 2009 by [The Grief Blog](#)
Filed under [Death and Dying](#), [Today's Mail](#)

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From Merris –

It has been a year and a half for me. My daughter, Sarah, died in March 2008. Just last night, I cried myself to sleep, and I lost it at work today. It hurts so much.

I wish I had someone to hang out with who knows what this does to us. I feel like “normal” people don’t want to hear about it anymore. Such a lonely feeling.

Is there anyone in here from the Dallas/Fort Worth, Tx area?

Sarah was 30 and died of a drug overdose. I didn’t even know she was doing drugs. I feel so guilty because she didn’t feel she could come to me for help.

We were very close, but she never wanted to disappoint me. I ask myself every day why she didn’t know my love was unconditional.

I know how each and everyone of you feel. It doesn’t get easier, but it gets different less immediate.

I think it would help to have a grieving buddy.

I may not know any of you personally, but I love you all.

Related posts

- [May our children be blessed and rest in peace](#) (2)
- [Losing a child is the most horrible thing for a parent to endure](#) (0)
- [I lost my daughter and granddaughter and feel so lost](#) (0)
- [I feel so terribly lost](#) (0)
- [I feel nothing but a big empty dark hole inside of me](#) (0)

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[My sincerest condolences to you](#)

September 29, 2009 by [The Grief Blog](#)
Filed under [Death and Dying](#), [Today's Mail](#)

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From Ana –

my sincerest condolences to you! Re: the above post; in approaching the media, be sure to have all of your husband’s doctor’s records. the hospital cannot keep that from you as the spouse. if they give you trouble, you may be able to get an atty to subpoena the records. However, usually they should give you the documents of your spouse. Research the law for your state in regards to getting med records—arm yourself.

Related posts

- [I thought I understood what people went through when they lost someone close to them](#) (1)
- [You will find your inner strength](#) (0)
- [When you lose the love of your life, you feel so very alone](#) (0)
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- [They don’t understand how absolutely destroyed you are](#) (0)

Tags: [Ana](#), [condolences](#), [doctor](#), [husband](#), [post](#), [sincerest](#), [spouse](#)

[Thursday, October 1, 2009 – Finding Your Way Through Grief](#)

September 28, 2009 by [The Grief Blog](#)
Filed under [Radio Show Guests](#)

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First Guests: Judy and Garrett Philbin realize the powerful way in which melody and lyrics can offer solace and healing following the death of a loved one. She has compiled many of these songs into a CD titled *Candle in the Window*. Judy and her son Garrett will discuss their music and how it has enriched their lives and the lives of others.

Second Guests: Art Daily and Allison Snyder. Art Daily was driving through Glenwood Canyon, s loss Colorado with his family when his car was hit by a boulder falling from the canyon wall. His wife and two boys were killed. After his loss Art had to make the decision whether and how to life on. He and Allison Snyder are co-authors of “Out of the Canyon.”

Related posts

- [Helping a Grieving Friend](#) (2)
- [You have already given comfort to others just be telling your story](#) (0)
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- [When You Experience Loss](#) (1)

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[Grief and Loss – Tips For Dealing With the Guilt and Regrets](#)

September 28, 2009 by [The Grief Blog](#)
Filed under [Dealing with Grief](#)

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By [Judi Cineas, Ph.D.](#) –

In the hustle and bustle of today’s society many things are often put on the calendar for later. In that respect sometimes people are too. The belief that there will be a later time to catch up and make up for lost time, often allows the flexibility for people to add more to their calendar than they are really available to do. Most often the most demanding (such as careers, and other outside or professional obligations) often take precedence, and the most understanding (i.e.: friends and family) are left for later. This is often done with the best intentions. The idea is that what is not done for or with friends and family will be done even better when it is “made up” to them.

Unfortunately, later is not always guaranteed. Many people who grew up with a religious grandparent may remember the statement “you don’t own tomorrow” or is being asked “is tomorrow yours?” These generally came after one makes a future oriented statement and failed to add “God willing”. That can serve as a reminder to people that tomorrow is not promised, but the message is not always received. In many ways, this has contributed in many instances to the guilt that people have experienced when they loose the chance of a tomorrow.

One of the things that is sure to happen during a time of loss is reminiscence. People talk about the deceased loved one and think of and share memories. Shared activities, fun sayings, quirky behaviors, instantly become so much more important and that much more treasured. It is also around these times when individuals think of the missed opportunities, also become more important because there will not be a make up opportunity. These missed opportunities can compound with the grief of the original loss and make it even more painful. The individual is feeling the grief of the loss of the loved one, the loss of a last moment they wished they spend with the loved one, along with the guilt of not having been there and available when the person was there and available to them. To an individual in this situation, it may feel like the only thing that could help is the opportunity to go back and redo things with the knowledge they now have. Unfortunately, there are no do-overs in this life. There are a few steps that can be taken to help the coping process.

Express your need for forgiveness — This can be done in the form of an unsent letter to the person or through journaling. In general, being able to express a feeling or concern is important in order to be able to work through it. This is an opportunity to say that last thing that was forgotten or the one thing that was never said. Loved ones generally know or at least have a fairly good idea that they are loved by friends and family, but sometimes the guilt of failing to say or do certain things can be overwhelming. That guilt is for the most part internal; the deceased is more than likely not

holding a grudge. So if they can forgive you, you can do it too; however, this is much easier to say than it is to do. With the right supports in place and when enough time is allowed, this is certainly possible.

Honor the loved one – For some people it may take more than the process of expressing to help them alleviate their feelings. In this case honor the individual through action is an excellent option. If it is a person who was involved with helping, carry on a project in their honor. Do some work with their favorite charity. This allows you to reconnect with the person in some ways by doing something they enjoy. It also allows you the opportunity learn a little more about this particular part of the person's life and add to your catalog of sweet memories through the stories shared by people who knew the person (if the volunteer experience or contact with the organization is new). As an added benefit, this is in a small way a gesture of making something up to the person.

Seek assistance – Sometimes emotions can be overwhelming, but when you combine emotions, (i.e.: grief and guilt) it is certainly more difficult. In times like that, seek assistance. This may be something as simple as talking to friends and family member and sharing your struggle. When people don't share, others around them, including those who want to help, don't know what is going on or how they can help. Another benefit of sharing concerns with others is that you often find that you are not alone. This brings us to the next avenue for assistance – support groups. These are a great way to find and connect with people who are experiencing similar challenges. Support groups help validate your concerns, and allow you to get some first hand tips from people who are coping with the same issue. If the need for service is more than can be benefited by a group, individual sessions are always a good resource. They allow for the opportunity to have assistance that focuses on you and resolving your need. For some people, individual therapy may be just what is needed. In other cases, enlisting the assistance of a life or personal coach may be the best method. When dealing with guilt after a loss, the individual is really looking for forgiveness of self. Their need is to come to terms with having missed opportunities. Working with a coach they can process this and find a way to positively move forward. It is very important that you do your homework, to ensure that where ever you seek assistance you are getting the right fit for you and if getting individual help, that the professional is qualified.

Prevention – As with all other aspect of life, prevention is better than treatment. It is more effective to live a balanced life and take care of all the different components then to make up for missed opportunities. Take time out from the business of life to take care what is most important to you. Make it a point to not put things before the people you care for. Be there, and be active part of your life.

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I am Dr. Judi Cinéas. I received a Ph.D. in Global Leadership where I specialized in Corporate & Organizational Management. After receiving my Bachelor of Science degree, I pursued and received a Master of Social Work degree, in preparation for my work as a therapist. I have more than 12 years of experience working with individuals, families and organizations providing Counseling and Behavior Modification services in South Florida. I use a combination of clinical counseling methodologies with Coaching Masteries and leadership skills and training to develop client-specific approaches tailored to the individual and the presenting goal. This method allows for versatility in services that can be beneficial to individuals or groups seeking personal or professional growth and development as well as organizations seeking to promote staff development and empowerment. My life coaching program assists clients in reaching their current goals, and prepares them to boldly tackle future challenges and realize their full potential.

Please visit <http://www.drjudic.com> for additional information.

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- [My sister died suddenly](#) (1)

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[Poetry Contest Entry – Lost](#)

September 28, 2009 by [The Grief Blog](#)

Filed under [Grief Poems](#)

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By Deborah Whittaker -

Longing Only for a Single Touch,
Caring, warm.
Touching lullaby, Song Of Love,

A bushel and a peck.
 Loving Openly, So Tenderly,
 Bright, brown eyes.
 Tough, Overwhelming, heart-Stabbing Love,
 For his own good.
 Listening Overtly with Sudden Terror,
 5:00 A.M. Policemen.
 Loss Overpowering, Sheer Torment,
 Endless gray days.
 Tortured, Sorrowful, Obscured Living,
 Lonely and cold.
 Lost Only from this Short Time,
 Alive within my heart.

In memory of my son, Edward Sabo 8/5/84 – 2/9/03

Related posts

- [We all grieve when we lose someone](#) (0)
- [This is all a part of the grief](#) (0)
- [We live life with love, laughter and fulfillment but our lives will never be free of grief](#) (0)
- [They don't understand how absolutely destroyed you are](#) (0)
- [The Neighborhood Gathering to Meet and Greet and Mingle](#) (0)

Tags: [bushel and a peck](#), [Caring](#), [Deborah Whittaker - LOST](#), [Deborah Whittaker - Longing](#), [Edward Sabo](#), [gray days](#), [Heart](#), [Longing](#), [Love](#), [lullaby song](#), [sabo](#), [Single](#), [touch](#), [whittaker](#)

[Be brave and remember that you are not alone](#)

September 28, 2009 by [The Grief Blog](#)
 Filed under [Death and Dying](#), [Today's Mail](#)

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From Desiree to Jesse –

Dear Jesse, I lost my mum suddenly on 11 May 2009. Our world fell apart that day and that's why I know exactly how you feel. I want my mum back not only for us her kids and grandchildren but for herself. I feel she should've lived a better life, she deserved more than we gave her. My mum only knew hardship, worked since she was 16, all she wanted was to retire and enjoy life with her grandchildren. Now she's gone and I can't bear this pain, this guilt. I can't grieve for her because I feel I deserve to suffer because I was never a good daughter. I come to this site every day to share other people's pain. I will keep you in my prayers. Please be brave and remember you're not alone. Luv Desiree

Related posts

- [Please be brave and remember you are not alone](#) (0)
- [I want you all to know that you \(we\) are not alone](#) (0)
- [There is no time frame for grieving](#) (0)
- [Poetry Contest Entry – The Door](#) (0)
- [My sister died suddenly](#) (1)

Tags: [because](#), [better life](#), [can't](#), [dear jesse](#), [Desiree](#), [Grandchildren](#), [Jesse](#), [life](#), [May](#), [never](#), [pain](#)

[When you lose the love of your life, you feel so very alone](#)

September 28, 2009 by [The Grief Blog](#)
 Filed under [Death and Dying](#), [Today's Mail](#)

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From Dianne –

After reading the messages from all the others, I realize I am not alone, I guess I knew I wasn't alone, but when you lose the love of your life, you feel so very alone. I lost my Husband in January on our Vacation in FL. We were on our way home and I left him in the boarding area to get us a drink for our flight back home. When I returned to him, he had had a Heart Attack. He had been ill for sometime with Diabetes, CHF, etc, but he was given the Ok to travel. Needless to say this was devastating. I too feel guilty although I'm aware it's not my fault, but you still feel the guilt that you