

## ADVOCATING AWARENESS



## “The 36C Cup is Half Full”

Aileen Magnotto of Hermitage

Co-owner with husband Michael of Magnotto's Shop 'n Save, Hermitage  
(Mom, Wife, Pasta & Soup Maker, Businesswoman & Entrepreneur)

**I**HAVE ALWAYS LED A HEALTHY LIFESTYLE, and there is no breast cancer in my family. I do not carry the breast cancer gene.

Suddenly I am forced to make huge changes in my lifestyle, and to educate myself so that my three children are not at risk. Both my husband and I have been diagnosed with cancer within the past three years. I research nutrition daily to keep our children healthy.

I began looking for a link and discovered that my “healthy” diet of milk, which I love, and dairy products included artificial hormones given to the animals to become more productive, and my crusade began. I am able to discern food sources, as well as the confusing labels placed on so called “healthy” foods.

I share my knowledge with hundreds of our customers daily. I even traveled to different farms around the Northeast to choose my “clean” fresh meat suppliers – Dean Foods milk now comes from cows

not given the artificial hormones.

Too many people look for the cheapest meal. I compare that to fueling your car – just because gas is expensive you wouldn't put cheap fuel in your car without causing engine damage. So why put chemically preserved, hormone laden, cheaply farmed, poorly handled meats and foods into your body? Cheap food has a very high health cost.

Over the past nine years, I have created a healthy meal alternative that is affordable and smart. Magnoodles is made of whole wheat pasta with vegetable. Good carbs plus healthy nutrients equals smart pasta.

Talking has led me to writing, and I have published my personal cancer journey in the book, “The 36C Cup is Half Full - an Optimistic View of Breast Cancer.” The Breast Cancer Pinky Ring has been a collaboration between myself and an artistic jeweler in Pittsburgh, – sales raise money for the Komen For the Cure

Foundation.

The ring was created to foster a special sisterhood among breast cancer survivors and is a symbol of support and awareness for all. By wearing the ring with the ribbon tails toward your heart, you show that you have survived breast cancer. Others wear the ring with the ribbon tails facing their fingertips.

I also invite you to an informative cancer awareness luncheon – “Your Environment & the Connection to Breast Cancer” – at 2 p.m. Oct. 19 at Tara – A Country Inn in Clark. The speaker is Dr. Maryann Donovan. The \$15 ticket price includes lunch. These are issues important to me and to sponsors UPMC Horizon Woman-care Center, The Breast Care Center at Sharon Regional Health System and Dean Foods in South Pymatuning Township.

I plan on staying healthy for years to come ... I have too much to finish!

Info: [aileen@breastcancerpinkyring.com](mailto:aileen@breastcancerpinkyring.com)