

“Even when bad things happen, you can turn them into something positive!”

Blaire Kessler had survived breast cancer. But, looking in the mirror, she hardly even recognized herself. Yet every beauty remedy she found was loaded with chemicals! She decided to take matters into her own hands—and is now helping thousands of women feel beautiful, too!

Sitting before her bedroom mirror, Blaire Kessler stared at her reflection through tear-filled eyes.

I look horrible! she wept. She knew she should be happy just to be alive. Yet the Raleigh, North Carolina, mom couldn't help but feel miserable that breast cancer had wreaked such havoc on her body, scarring her chest and leaving her long blonde hair looking and feeling like Brillo. And her skin was desert-dry and flaky, too.

I can't stand looking this way, Blaire thought sadly. I have to do something!

And she would. Something to not only help herself, but countless other women, too . . .

which led to an ultrasound. A biopsy followed, and then devastating news: She had breast cancer.

“This can't be happening,” she cried. “I'm only 31. I don't have any family history. I just had a baby!”

Dylan was there in the doctor's office with Blaire, nestled in her daddy's arms. Looking at her, tears streamed down Blaire's cheeks. Will I be here to see her grow up? she wondered sadly.

Just then, Dylan's tiny hand reached for her—and in that moment, Blaire knew: I will beat this. Dylan needs me. Whatever it takes, she vowed, I am going to be here for her.

“I want the cancer out *now*,” Blaire told her doctor. And, wanting to reduce the risk of a recurrence, “Take both breasts,” she insisted.

With surgery and chemotherapy, Blaire's prognosis would be “excellent,” her doctor told her.

To her relief, both went smoothly. She never even got sick during treatment! But while she felt okay, how she looked was a different story.

Surgery had left her chest scarred, and the harsh drugs had ravaged her hair and skin. Her modeling career came to an abrupt end.

I don't even recognize myself! Blaire sobbed.

Natural remedies

Every day, Blaire came home with another moisturizer or conditioner from the beauty aisle. But after battling cancer, she was extremely careful about



what she put in and on her body.

So before using any of them, she read the labels and researched the ingredients—and what she learned horrified her. Many products claiming to be “natural” contained toxic chemicals. Some were even suspected of causing cancer!

I can't use these! Blaire thought. But if she couldn't trust the products that were out there . . .

I'll just have to make my own, she decided.

What did women use before we had all of these harsh chemicals? Blaire wondered. She learned that many ancient cultures used things like jojoba and sunflower oils, and yucca root, shea and avocado butters. If so many different women used these, they must work, Blaire thought.

She found a local store that sold organic produce, then got busy playing chemist.

The first time she put a combination of ingredients in her blender and turned them into a cream, she squealed with excitement. This is so cool! she thought.

It took Blaire six months of trial and error, trying different percentages and combinations of ingredients, to develop a skin cream and hair conditioner that seemed like just the right

consistency and had a nice fragrance.

Then Blaire started using them religiously without telling anyone—not even Rod. And, slowly, she noticed her hair was getting back its luster, her scars were fading and her skin felt softer!

“You look really good, really healthy,” Rod commented one day. “What's going on?”

Smiling, Blaire proudly told him about her science project.

Pure success

“You're amazing!” he marveled. “I bet there are lots of women looking for natural products that really work.”

He's right, Blaire thought. So she launched Pristine Beauty (ShopPristineBeauty.com), and started selling her products.

Almost overnight, letters of thanks poured in. Not just from cancer survivors, but from women all over who were grateful to have found safe, all-natural products.

Thank you! they penned. I've never felt more beautiful!

Today, Blaire has added a sunless tanner, deodorant and shampoo to her line, and even has men's and baby products in the works! And, grateful for her success and good health, she donates a portion of her proceeds to charity.

But best of all, her business is helping teach Dylan, now five, an important lesson.

“I want her to know that even when bad things happen, you can turn them into something positive,” Blaire says. “Her mom is living proof of that!”

—Linda DiProperzio with Kathy Fitzpatrick

“Attitude is a little thing that makes a big difference”

—WINSTON CHURCHILL

One year earlier, Blaire was living a beautiful life. She was a successful model married to her college sweetheart, and she and Rod had just welcomed their first child, a baby girl named Dylan.

Then one night, while she was rocking her to sleep, Dylan kicked Blaire in her left breast. Wincing, Blaire gently rubbed the area. And that's when she felt it: an almond-sized lump.

Blaire went for a mammogram,

3 habits for healthier breasts

These lifestyle tweaks could lower your risk—and save your life! Experts recommend:

1 Staying hydrated!

Drinking at least six glasses of water daily could slash your odds of developing breast cancer by as much as 45%, research shows, by flushing toxins out of the body.

2 Taking a daily stroll!

Just four hours a week moving at a moderate pace can reduce a woman's level of cancer-fueling estrogen enough to lower her risk of breast cancer 50%!

3 Serving up broccoli!

Women who eat 1 cup of broccoli each week are 40% less likely to develop breast cancer than those who say “no” to the veggie!