

# BEATING CANCER Daily™

Bite-sized Podcast with  
Stage IV Cancer Survivor  
**Saranne Rothberg**

**Q.** Is the **Beating Cancer Daily** podcast free, and how may I hear it?

**A.** Beating Cancer Daily is a free podcast available on all major podcast apps including Apple, iHeart, Google Play, Spotify, and more.  
[Click here to listen](#) or to download a podcast app and subscribe to enjoy Beating Cancer Daily every day.

**Q.** Can anyone listen to **Beating Cancer Daily** or is it only for the cancer community?

**A.** Anyone who wants to feel more empowered and uplifted could benefit from the Beating Cancer Daily episodes. The content is relevant for patients, caregivers, healthcare workers or anyone going through a personal challenge. Since our creator and host, Saranne Rothberg, is a stage IV cancer survivor for several decades, she offers incredible insights and wisdom for fellow cancer patients and survivors.

**Q.** Why is the podcast called **Beating Cancer Daily** if Saranne has no visible disease?

**A.** Saranne believes that she makes many choices every day that keep her healthy and that give her the best quality day. She feels that certain daily habits helped her to physically, mentally, spiritually, and emotionally beat aggressive cancer. Saranne has proven this with her own survival, her survivorship research studies, teaching at major medical institutions and universities, and by helping so many others. Saranne is living proof that you can have an interesting life even with a serious cancer diagnosis. Saranne believes living with, or beating cancer, takes daily focus, stamina, strategies, faith, a sense of humor and a good team. She believes whether you are just trying to live a healthy lifestyle, just diagnosed, or actively on treatment, in remission, living symbiotically with your cancer or in hospice, that we are all, consciously or subconsciously, trying to beat cancer daily and have the best quality day.

**Q.** Why does **Beating Cancer Daily** drop an episode every day and why is it called a bite-sized podcast?

**A.** She also remembers what “chemo brain” felt like so she wants listeners to get “the gem” of the episode easily without listening to incessant minutes of podcast chatter. The episodes are daily because Saranne wishes she had this frequent check-in and wisdom at the time of her misdiagnosis, to diagnosis, during treatment and through decades of survivorship plus now as a caregiver.

**Q.** Do you accept grants, bequests, corporate matching, annuities, stocks, crypto, in-kind items to support **Beating Cancer Daily**?

**A.** Yes. Thank you for thinking of supporting our ComedyCures program and community. Please contact us [here](#).





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## Q. What does it mean to “subscribe” to a podcast and why should I?

**A.** Beating Cancer Daily releases a podcast episode every day so if you "subscribe" you are more likely not to miss a recording. When you subscribe to a podcast, you're telling a podcast app (like Apple Podcasts or Spotify) to automatically download the newest daily episode of our Beating Cancer Daily podcast as soon as it becomes available. This means you don't have to search for our new episodes or manually download them - they'll be waiting for you in the app whenever you're ready to listen. (You can save them, share them, or delete them at any time.)

By subscribing to our podcast, you also indicate to The ComedyCures Foundation that you're interested in this Beating Cancer Daily content. This can help us understand our audience and create more content that's tailored to our special listeners. It also tells our ComedyCures donors that this BCD podcast is worth supporting.

## Q. How do I subscribe to Beating Cancer Daily?

**A.** You can subscribe to the Beating Cancer Daily podcast directly from our [BCD about page](#) by clicking on an app icon under the subscribe button near the top left of the page. (Another way is to find a podcast app on your device. This could be Apple Podcasts, Google Podcasts, Spotify, or any other podcast app you prefer.)

- Open the podcast app and use the search function to find the Beating Cancer Daily podcast.
- Once you've found the podcast, click the "Subscribe" button. This will ensure that new podcast episodes are automatically downloaded to your device as they become available.

If you want to adjust the settings for the podcast, such as the number of episodes downloaded or the frequency of updates, you can do so in the app's settings.

Once you've subscribed to the podcast, you can listen to new episodes by opening the app and selecting the podcast from your list of subscriptions.

Remember, you can also subscribe to the podcast directly from [ComedyCures.org/bcdpodcast](https://www.comedycures.org/bcdpodcast) and follow above.

## Q. How may I purchase Beating Cancer Daily swag for a patient, survivor, caregiver, nurse, doctor, hospital, lab, or myself?

**A.** We have a few cool items in the works. Reach out to our Beating Cancer Daily team [here](#), and we let you know first when our **Beating Cancer Daily swag** is available.

## Q. How may I sponsor or dedicate a ComedyCures program or Beating Cancer Daily event?

**A.** We appreciate donations and sponsorship of **ComedyCures** programs and **Beating Cancer Daily** events and episodes. Please reach out to us [here](#) so that we can collaborate with you.





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**Saranne Rothberg**

**Q.** How do I collaborate with The ComedyCures Foundation, or interview or book Saranne, a ComedyCures comedian, or a BCD expert?

**A.** Saranne and our ComedyCures comedians and experts regularly collaborate. Please reach out to us [here](#) with a short overview, timeline, and budget and we'll get back to you soon.

**Q.** What was Saranne's diagnosis and treatment?

**A.** **Saranne's Diagnosis and Treatment Summary and Timeline**  
If you want to know much more about Saranne's Cancer Diagnosis & Remission Timeline, [click here](#).

- Misdiagnosed in 1993. Diagnosed in 1999 as stage II. In 2000, diagnosed with metastasis as early stage IV with no further chemotherapy or trials available. (We now know Saranne had Triple Negative Breast Cancer.) In January 2001, Saranne researched to improve her immune system using many strategies and a Tibetan Medicine protocol. In July of 2002, Saranne had no visible disease. She has been in remission since.
- Saranne had 3 surgeries and many biopsies
- 44 radiation treatments
- 2 years of chemotherapy (ACT and CMF)
- Tibetan Medicine - Protocol specific to Saranne
- Followed by a NY Oncologist but without any cancer treatment for over two decades

**Q.** How do I get Saranne's Tibetan herbs described in the two New York Times best sellers, Oprah's "Live Your Best Life" and Dr. Turner's "Radical Remission"?

**A.** As you can understand, Saranne cannot endorse any medical professional or treatment for another person. Her experience with Tibetan Medicine is personal and not affiliated with The ComedyCures Foundation. However, each person's protocol within Tibetan Medicine is unique. Saranne was treated for a "disturbance and imbalance in her immune system" - not the disease of cancer. Saranne's primary Tibetan Doctor Yeshi Dhonden, passed away at age 92 after "igniting and rebalancing her immune system" and followed her wellness for almost two decades, until 2019. Saranne is presently under the care of another Tibetan doctor in the New York area at this time in addition to her NY oncologist. Saranne knows Tibetan and Chinese Medicine professionals in NY and California but is not affiliated with them.

**Q.** How may I learn more about the host of Beating Cancer Daily, Saranne Rothberg, a stage IV cancer survivor?

**A.** You can find lots of info in these FAQs. Saranne's short Beating Cancer Daily bio can be found on the [ComedyCures website](#) as well as [Saranne's website](#) where you can read about Saranne's many recognitions and groundbreaking live events, research studies, and digital collaborations. She was instrumental in helping Dr. Kelly Turner with New Times Best Seller "Radical Remission" and the subsequent documentary.

Oprah named Saranne as her "Hero", in The NY Times Bestseller "Living Your Best Life". You can watch videos on [The ComedyCures YouTube page](#).

Saranne was born and raised in Philadelphia. (Yes, she just went to The Superbowl as an Eagle fan!) She has lived in Italy, Greece, California, New York, and New Jersey. She has several undergraduate and advanced degrees. Saranne is remarried. Her daughter is a TV writer/producer who helped co-found their non-profit. Follow Saranne on social media to learn even more. [@saranelive](#)





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**Q.** Where is The ComedyCures located and what areas do you serve?

**A.** The ComedyCures Foundation:  
122 East Clinton Avenue  
Tenafly, New Jersey 07670

[www.ComedyCures.org](http://www.ComedyCures.org)

We have traveled and collaborated on four continents plus many ComedyCures programs across the United States. Virtually, we have participants from all over the world and many time zones. Our past research study had participants from 10 countries and 24 states

**Q.** Where do I find information on ComedyCures research studies and how do I get on the waiting list?

**A.** Please click on each study to read more:

- [ComedyCures Mindset and Metastatic Cancer Research Study](#) and
- [The ComedyCures Cancer Health Coach Impact Study](#)

Our ComedyCures Mindset and Metastatic Cancer Research Study abstract is being presented at the American Association for Cancer Research Annual Meeting (AACR 2023).

**Q.** How do I find Saranne and ComedyCures on social media and/or tag them?

**A.** You can find us as:

- [@Saranelive](#)
- [@ComedyCures](#)
- [#BeatingCancerDaily](#)

**Q.** I need more laughter! How may I call the free 24/7 ComedyCures LaughLine for daily humor or tell a joke and explore Saranne's 31-Day Tumor Humor Challenge and Gallery?

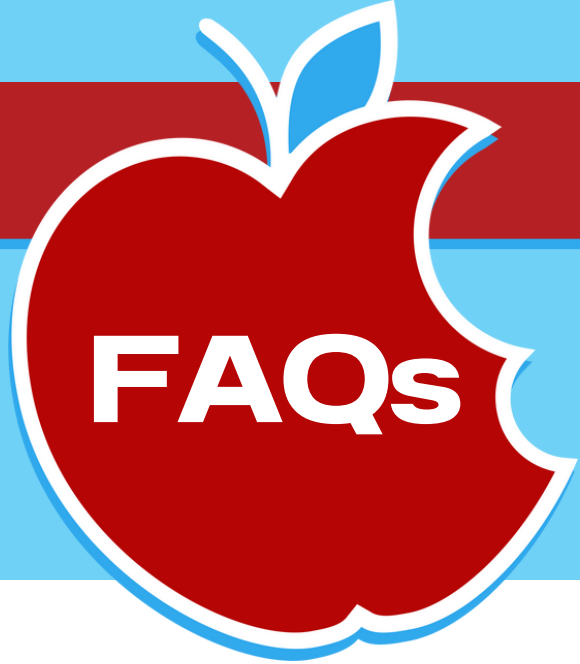
**A.** ComedyCures LaughLine: Dial **1-888-Ha-Ha-Ha-Ha (1-888-424-2424)**

**Press 1:** To hear a professional comedian  
**Press 2:** To hear an amateur joke teller  
**Press 3:** To record your joke

[Click here](#) to explore Saranne's 31-Day Tumor Humor Challenge and Gallery and develop your comic perspective.

Visit us daily on Social Media for daily humor [@ComedyCures](#).





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## **Q.** How may I donate to support Beating Cancer Daily and/or refer a friend?

**A.** Thank you for thinking of our programs. Since Beating Cancer Daily is a listener and donor-supported podcast and community, your donation is so important. Ninety percent of all contributions to The ComedyCures Foundation directly support our innovative programs including the production of the 365 Beating Cancer Daily episodes. Your donation also helps us manage the enormous requests from patients, and produce the other free ComedyCures programs that we offer. Please make a helpful donation [here](#).

You can also refer Beating Cancer Daily to anyone you think could benefit by sharing the podcast [home page](#) or by completing this [form](#).

You can also make a donation by mail, wire transfer, through your crypto account, or through a donor-advised fund. Please don't forget your employer match, if available. Please contact us for instructions.

**Donation Mailing Instructions:**

The ComedyCures Foundation  
122 East Clinton Avenue  
Tenafly, New Jersey 07670

## **Q.** How may I suggest a new episode, topic or give feedback?

**A.** Go to the [BCD about page](#) and scroll down until you see "**BCD Hotline**" on the left side of the page. Click on the red "**Record**" button to leave an audio message or click the blue/white "**Write Us**" to send a written message. If your suggestion is not confidential, you never know, your idea may end up in an episode or on our social media, or in our ComedyCures newsletter. (You may also tell Saranne that your comment is confidential.) Saranne really reviews and considers your input every day. Please note that it is generally not possible for Saranne to reply personally. If you need a personal reply from our BCD Team, please let us know.

## **Q.** How do I get the ComedyCures Newsletter to my inbox?

**A.** Click on [contact us](#) on the [ComedyCures website](#) or email [SaranneR@comedycures.org](mailto:SaranneR@comedycures.org) and request to receive a monthly Newsletter notification. Please add the address to your address book and check your spam filter.

You can also find our online "[newsletter](#)" link in our website menu under "[news](#)". Thanks!

