

# NASHVILLE

LIFESTYLES

43 TOP MOBILE MEALS  
COMPLETE GUIDE TO  
**FOOD TRUCKS**

NASHVILLE  
LIFESTYLES  
**FOOD TRUCK**  
-GUIDE-  




RAW  
kale  
-SALAD-  
FIRST OF THE SEASON  
CUCUMBERS  
-Soaked in good nesses!  
**STRAW**  
berries  
w/ balsamic



THE TASTIEST  
menus on wheels

**+** THE BEST  
**HEALTHCARE**

THE SKINNY ON LOCAL MEDICINE

June 2012  
nashvillelifestyles.com





Mike Heimerdinger  
in June 2011



Titans former head coach Jeff Fisher gets help lining up his putt from Mike Heimerdinger and friends.

# A Road to Healing

Drive for Dinger Golf Tournament hopes to aid cancer patients BY STEPHANIE STEWART-HOWARD

EVERYONE IN MUSIC CITY KNOWS MIKE HEIMERDINGER'S name, unless they've been living under a rock for the past 12 or 13 years. The legendary quarterbacks coach and offensive coordinator for the Tennessee Titans and Denver Broncos worked closely with Steve McNair, Derrick Mason, Jay Cutler, Vince Young and Rod Smith, making a name for himself as a guy who got things done. The city was shocked when Heimerdinger was diagnosed with a rare form of cancer that attacked the lymph system in November 2010, and praised him as a hero when he opted to continue coaching even as his aggressive chemotherapy treatments began.

Now, his family has decided to give back to cancer patients, their families and caregivers in a unique way, with the start of the Heimerdinger Foundation and the Drive for Dinger Golf Tournament June 28-29.

"We were told that there wasn't a lot of research done for his particular type of cancer," says Heimerdinger's wife Kathie. "They were only using the old chemotherapy drugs for his disease. He trusted his doctors; being a football coach he usually dealt with game plans, winning, losing, facing the odds and adversity."

"Dinger" started chemotherapy, along with the first phase of a research drug and hoped for the best. The chemo, as it always does, took its toll, especially as Dinger opted to keep his insanely busy coaching schedule as much as he could. Knowing the draining nature of chemotherapy, as well as other aggressive treatments, he met with the folks at the Minnie Pearl Foundation and discussed ways in which his diet could help him deal with the chemo.

The Drive for Dinger Celebrity Golf Tournament takes place **June 28-29**, beginning with a kickoff dinner and silent auction on Thursday evening and concluding with the golf tournament on Friday at the Vanderbilt Legends Club.

"We realized we needed to do everything we could to make the body as strong as possible to help combat both the disease and the treatments he was receiving," says Kathie Heimerdinger. It started with limiting red meat, alcohol, sugars and soft drinks; soon the family was spending hours researching cancer and planning meals, shifting to wholly organic eating practices and building a body of information by speaking with health practitioners traditional and alternative, as well as friends who had cancer.

It all appeared to be working, and two months into treatment, his tumor markers fell. He continued the chemo for an additional two months. The research drug was administered for a further month, and the family, including Dinger's adult children Brian and Alicia, hoped for the best. As with all such

treatments, the chemo and drugs took their own toll on Dinger's body.

Unfortunately, the tumors stopped shrinking, and the family vowed to prove the doctors' scenario wrong. They made endless calls to other medical professionals and alternative medicine sources, doubling down on research, eventually discovering and turning to a different and new list of alternative practices to help Dinger deal with the debilitating chemo and drug treatment, rebuild his damaged immune system, and add to his battle against the fearsome disease.

"A whole new world of treatment options were presented to us," says Kathie, reflecting on the potential complementary alternative therapies offered, including acupuncture, lymphatic massage, vitamin IV supplements, nutrition counselling and more. The family was frustrated knowing that there was so much out there they hadn't been



Vince Young and Mike Heimerdinger in 2008

told of, knowing it might have helped. “Why wasn’t all the information about these options presented at the beginning so we could make an informed decision?” they wondered.

Tragically, no treatment was enough, and Mike Heimerdinger passed away in September 2011, nearly a year after his diagnosis. Whole cities mourned his passing, but the family knew something important had to be done in his memory.

In the wake of their grief, Kathie, together with children Alicia and Brian, formed the Heimerdinger Foundation, Inc. The foundation aims to support both cancer patients and their caregivers as they search for detailed information on a variety of treatment options, and additionally provide crucial information regarding nutrition, plus the possibility of healthy meal options, delivering nutritious organic meals to patients free of charge.

The reality is that there are many patients in the community who have found alternative treatments aid and relieve them from the side effects of the more common conventional treatments. Patients often report for themselves that getting additional treatments, from massage therapy to acupuncture, as well as changing their eating habits, has an extremely positive effect on the way they feel, energy levels and speed of recovery.

For example, Keith Coley, L.Ac, an acupuncturist who practices at the Rejuvenation Group in Brentwood (317 Seven Springs Way, (615) 830-2343), works with cancer patients and those in remission on a regular basis. One of his patients at the moment suffers from a rare case of multiple myeloma. She’s just had one of the more severe conventional treatments, in which bone marrow is harvested and reintroduced, but doctors have been pleased because she’s barely suffered any of

the side effects.

That’s quite possibly because she’s been working with Coley and his current mentor since her diagnosis, but no study has been done. Nor did her Western medicine doctors discuss with her what she’d done to alleviate her discomfort, let alone propose acupuncture as a method to help her deal with it. This disappoints Coley, and it underlines the hopes the Heimerdinger family has of helping cancer patients find the best ways for them to combat the awful disease, including marrying conventional and alternative therapies to create the best possible road to recovery and to comfort during rough treatments like radiation and chemotherapy.

“The diagnosis of cancer affects the whole family, not just the patient battling for their lives,” says Kathie Heimerdinger. “It’s our hope that our services and support will allow caregivers, family and patients to spend more quality time together and less time searching for answers.”

Want to help out the Heimerdinger Foundation? Dinger truly loved golf, and the Drive for Dinger Celebrity Golf Tournament takes place June 28-29, beginning with a kickoff dinner and silent auction on Thursday evening at the McConnell house in Franklin and concluding with a golf tournament on Friday at the Vanderbilt Legends Club. Discount accommodations will be available at the Marriot Cool Springs.

This is a perfect opportunity to help out and make a difference for the patients, families and caregivers who must deal with this fearsome disease on a daily basis. Come out and support the Drive for Dinger! *Find more information at [drive4dinger.com](http://drive4dinger.com). For more on the Heimerdinger Foundation and how you can help, visit [heimerdingerfoundation.com](http://heimerdingerfoundation.com).*

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