



COVER STORY

Bridging Science, Prevention, and Integrative Healing

Christine G. Anastos has spent over 30 years investigating environmental hazards, uncovering systemic failures, and developing solutions that protect public health, safety, and the environment. As an environmental engineer, she has conducted more than 1,000 compliance audits, due diligence assessments, and management systems evaluations across global heavy industries, including aerospace, oil and gas, petrochemical, pharmaceutical, and power generation

Her work placed her in high-profile cases, confidential investigations, and enforcement actions where corporate responsibility and public safety were often at odds. She became known for her ability to navigate complex regulatory landscapes, uncover the root causes of industrial pollution, and assess the long-term effects of environmental toxins.

She saw firsthand how these pollutants infiltrate air, water, and soil, creating conditions that increase disease risk. Despite decades of studying industrial pollutants and regulatory failures, she could not have predicted that she would one day be examining these issues from an entirely different perspective. She was no longer the investigator but the patient.

From Environmental Investigations to Personal Impact

Christine's work advocating for patients over the years revealed a pattern she could not ignore. Across hospitals and healthcare systems, she often saw people struggling to navigate a fragmented and reactive model of care. While conventional medicine offered critical interventions, it frequently overlooked the need to restore the body, mind, and spirit following treatment. For many patients, especially those without access to leading institutions, there was little support for prevention, healing, or long-term wellness. They were often left to find their own path,

piecing together options, shouldering financial burdens, and seeking therapies that were not covered by insurance.

At the same time, Christine witnessed what was possible when integrative care was prioritized. When her mother was diagnosed with Non-Hodgkin's Lymphoma, Christine became her advocate. Over the course of 17 years, her mother received care from the most advanced hospitals in the world, care that combined clinical excellence with deep compassion. Years later, when Christine herself was diagnosed with breast cancer, she turned to another top-tier cancer institute that offered not only life-saving treatment but also access to integrative therapies focused on nutrition, movement, energy balance, and emotional well-being.

Their experiences stood in stark contrast to the fragmented care Christine had observed elsewhere. Both she and her mother received thoughtful support from teams who understood that true healing required more than eliminating disease. They experienced the value of restoring balance, reducing inflammation, and rebuilding resilience, not just surviving but truly recovering.

Still, Christine recognized that this level of care was not the norm. While they had access to institutions that embraced integrative medicine, most patients did not. Her mother's cure through an allogeneic stem cell transplant, a procedure that replaces the immune system with that of a healthy donor, underscored the importance of thinking systemically. It was not just about eradicating cancer cells. It was about creating the conditions for lasting health.

Christine's role as an advocate, both for her mother and for countless patients over the years, sharpened her understanding of what was missing from standard models of care. It also strengthened her resolve. She saw the power of integrative support and believed that everyone, not just those treated at elite centers, deserved access to healing modalities that nurture the whole person.



CONNECT & thrive

The Creation of Connect & Thrive (CAT)

Recognizing that patients needed more than just treatment, Christine founded Connect & Thrive (CAT) to bridge the gap between conventional medicine, integrative therapies, and prevention-focused care. Through KittyFunds™, patients can raise funds for evidence-based healing modalities that are not covered by insurance. CAT's Marketplace connects them with vetted practitioners and wellness products, ensuring that integrative therapies are more accessible. Whether focused on cancer recovery, prevention, or overall well-being, CAT provides the tools, funding, and resources to help individuals take control of their health. Christine saw firsthand how patients struggled to afford integrative care. Some were forced to choose between essential treatments and everyday expenses. Others never had the opportunity to explore healing options beyond conventional medicine. CAT removes those barriers, creating a model where financial limitations do not dictate access to care. More than financial support, CAT provides education and guidance so that women are not left to navigate the complexities of holistic healing on their own. Patients and caregivers can access information on environmental health, nutrition, detoxification strategies, and stress reduction techniques. Healing is not just about surviving cancer. It is about reclaiming well-being, reducing inflammation, and building resilience.

You can learn more about CAT at <https://connect-and-thrive.com/>

A Holistic Approach to Healing

Christine believes that true healing is about more than just eliminating disease. It is about supporting the body, mind, and spirit in ways that promote lasting wellness. Research confirms that factors like stress, nutrition, environmental toxins, and lifestyle choices play a significant role in disease progression and recovery.

Yet, many of the therapies that address these factors remain inaccessible under traditional healthcare models. Treatments such as detoxification, energy medicine, massage, mindfulness and meditation, nutrition and diet, and yoga can be valuable components of healing but are often considered outside the scope of standard medical care. CAT challenges that mindset, ensuring that prevention and whole-body healing are not afterthoughts but essential parts of care.

A Vision for the Future

Christine envisions a future where preventive care, root-cause healing, and integrative therapies work alongside conventional medicine to create a more comprehensive and supportive healthcare model. She believes that systemic change is possible. By reshaping the conversation around healing, CAT can influence how healthcare is approached on a broader scale. The impact is already tangible. Women who once struggled to afford holistic care are now able to access the therapies they need. Practitioners who were once bound by insurance limitations can now offer their services to those who need them most. CAT is not just a company. It is a movement.

Empowering Women: Take Control of Your Health

Christine's journey, from environmental investigations to healthcare advocacy, has always been rooted in the same core belief. Systems can be improved, and individuals deserve better. If there is one message Christine wants women to take away, it is this: **You have options. You have power. You deserve to heal in a way that supports your entire being. Healing is about more than survival. It is about thriving, reclaiming wellness, and having the support necessary to move forward with confidence. True healing is not just about fighting disease. It is about reclaiming strength, restoring balance, and embracing a future where prevention, root-cause healing, and well-being are at the heart of healthcare.**

