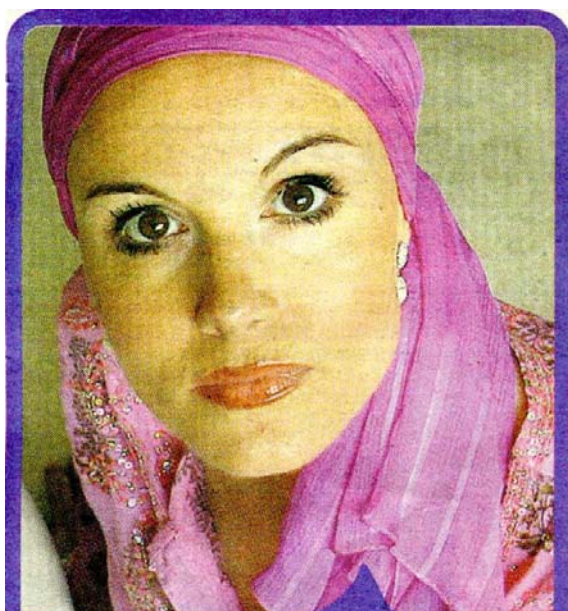


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REBEKAH'S JOURNEY

Former Casualty star Rebekah Gibbs, 35, was diagnosed with breast cancer in April, just 10 weeks after giving birth to her daughter Gigi. This week in her exclusive diary Rebekah reveals how her hair is growing back...



It's been a good week so far. My body is feeling normal again, with only the tiredness and odd headache to remind me that the chemo is still doing its job.

Of course the fact I'm feeling better signals that here comes another bout of chemo. I'll be wired up again tomorrow. Where on earth did the last three weeks go?

Considering the days have disappeared in a haze of hospital visits – thanks to an extreme reaction to the anti-sickness drugs and my temperature soaring to 38 degrees – I'm feeling a little anxious about the looming dose.

This has been my most turbulent recovery yet.

But having said that, something exciting has happened. A little bit of hair has grown back!

Perhaps it's because the type of chemo has changed, but I definitely have a light sprinkling of soft, downy hair – just like Gigi in fact!

This week I've started taking a special honey. It's called Life Mel and at more than £37.50 a pop it isn't cheap, but it's supposed to work wonders. It's made by honey bees fed on a unique diet that includes herbs such as Siberian ginseng, echinacea and uncaria tomentosa.

Apparently it can benefit the key blood cells affected by chemo, and can also help with side affects including low blood counts, tiredness and mouth ulcers.

I'm taking two teaspoons per day and so far so good. I figure there's no harm done as it's so natural.

That's one thing positive about this journey – it's made my fiance Ash and me open our eyes to all

sorts of new things. We certainly don't sweat the small stuff any more.

Ash has been a real rock recently. The chemo can leave me feeling so weary that I don't want to go out and socialise. Instead of heading out without me, even though I push him too, Ash often makes the decision to stay in and keep me company.

It's above and beyond the call of duty and I

YOUR MESSAGES FOR REBEKAH

I read the Mirror every week especially to see how you are doing. You are a real inspiration and I really admire your positivity :) Beth

You are truly amazing – well done. I read your diary first every Thursday – was so pleased you managed the Race for Life – even though you ended up in A & E! x x x Mandy

always

appreciate it.

Meanwhile Gigi and I celebrated the fact she is six months old with afternoon tea on Tuesday.

She's growing bigger every day and took her first spin in her gorgeous pink baby walker this week.

It's her very own little Penelope Pitstop car with white flowers on it and the registration "Gigi". She looks so cute!

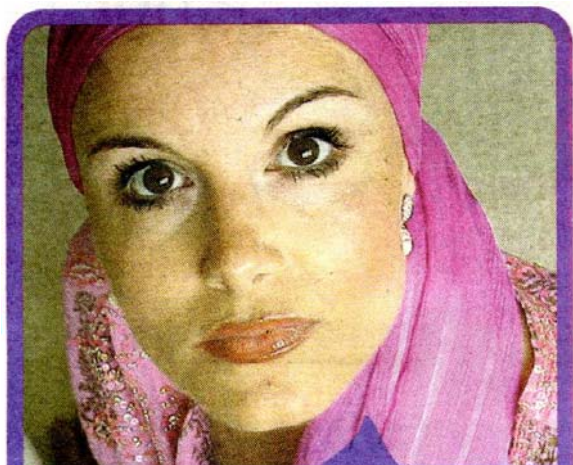
I say "spin" but she just stood up in it with her little mouth open and eyes wide, looking stunned. The shock of being the right way up was quite something.

I can't wait until she starts dashing around. I just hope I can keep up!



If you want to send a message of support to Rebekah or see her exclusive online diary, you can log on to www.mirror.co.uk/rebekahsjourney

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REBEKAH'S JOURNEY

Former Casualty star Rebekah Gibbs, 35, was diagnosed with breast cancer in April, just 10 weeks after giving birth to her daughter Gigi. This week in her exclusive diary Rebekah reveals how she's feeling optimistic...



I'm feeling so much happier this week.

I've mentioned before how I'm obsessed with August 22 – the date my chemo ends and my new life begins – and now my friend Madeleine has made it all the more poignant.

She had breast cancer too and sent me something thoughtful in the post this week.

It was a page from one of those calendars where you tear off a new date every day to find an inspiring message.

The one she'd sent me featured a quote from French scholar Michel de Montaigne. It read: "The value of life lies not in the length of days but in the use we make of them."

And the date? August 22 of course! It totally sums up the way I feel about life at the moment and reading it uplifted me. I feel like it's a sign that things are on the up. Soon the chemo will be over and I'm looking forward to making the most of my life.

I think the special honey I've been taking, Life Mel, is having a positive affect on me. It's supposed to benefit the key blood cells affected by chemo, and can help with side effects including low blood counts and tiredness. I'm definitely feeling chirpier and have more energy. I also don't have mouth ulcers this time which is a relief!

The chemo still makes me feel exhausted and clammy but I feel like the honey has taken the edge off a bit – which can only be a good thing.

As I'm feeling so much better I decided to give in and accompany Ash, my fiance, to a classic cars fair near our home.

There are hundreds of things I'd rather do and usually I'd cry off, but instead I smiled and tried to feign enthusiasm.

We put Gigi in her pram and met Ash's sister, his

and little nephew, George, there.

Ash looked like a kid in a sweet shop. I lost him about 10 times only to find him drooling over an old Ferrari like it was a leggy blonde. He's such a boy.

While I was trying not to look bored a couple of Mirror readers spotted me and came up to say hello.

It's the nicest thing. When I was in Casualty people used to come up and I'd feel embarrassed as I was just someone pretending to be a paramedic on TV. But now I find it so touching. It means the world to me

YOUR MESSAGES FOR REBEKAH

REBEKAH, I went to school with you and heard about your awful breast cancer battle.

You seem the same as I remember you – positive, upbeat and smiley. I'll never forget playtime with you directing us all in The Sound Of Music – great times.

It would be lovely to hear from you, and I wish you and your family well. Tara x

that people can relate to this column, are so supportive and so sweet about Gigi.

Talking of the little madam, this week we treated her to a pink baby bouncer. Her little legs dangle through and she bounces up and down giggling with her limbs flailing madly.

Hilariously her new moves are a chip off the old block. Ash does this kind of comedy 80s thing on the dancefloor and I've noticed Gigi's the same!

So the pair of us can't get enough of sitting there, laughing, as she does her best daddy dancing, and erupting into cute baby giggles. It's priceless.



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