Celebrate Wellness

Fall care, comfort and the healing power of hope

September 13, 2021 By Kate Ferguson

Bras that are easier and more comfortable to wear are a godsend for women recovering from breast cancer surgery. The Battle Cry Pink Bra (various colors, $54) by bra and activewear maker Handful includes free foam inserts that can serve as prosthetic breasts. The company offers cancer survivors a 30% discount on all purchases and donates 12.5% of the revenue from sales of the bra to the Young Survival Coalition, an international nonprofit dedicated to young adults affected by breast cancer.

Cancer treatment can make sleeping hard. Made of special fibers and filled with a designer down alternative, the Body Chemistry SoftCell Comfy Reversible Pillow (queen size, $59.99; king size, $64.99) supports restful slumber, while the Bedsure Healing Thoughts Throw Blanket (various colors, $19.99) will keep you cozy.

Body Chemistry SoftCell Comfy Reversible Pillow

Bedsure Healing Thoughts Throw Blanket

Soothe and rejuvenate skin stressed from cancer treatment with Violets Are Blue’s Beloved Face & Body Lotion (8 oz., $48). This nongreasy and easily absorbed blend of natural oils provides skin left dry and damaged from chemotherapy with vitamins A, B-1, B-2, D and E. The lightly scented product was developed by New York City realtor Cynthia Besteman two years after her breast cancer diagnosis. Her company includes the lotion in a package of Beloved products gifted to patients on their first day of chemo at the Dubin Breast Center in New York City.

Violets Are Blue’s Beloved Face & Body Lotion

Is chemo making your stomach do flip-flops? Strap on the Reliefband Classic Anti-Nausea Wristband (fits wrist sizes 4.5 to 9.25 inches, $129.99). The device features an adjustable nylon strap and five intensity settings that work to normalize messages running from the brain to the stomach via the nerves to quickly relieve symptoms of vomiting and nausea. It comes with preinstalled batteries for 150 hours of continuous use.

Reliefband Classic Anti-Nausea WristbandCourtesy of reliefband

Chemotherapy and radiation can aggravate men’s sensitive facial skin. Formulated with nourishing ingredients, Kiehl’s Beard Grooming Oil (1.0 fl. oz., $30) is reputed to keep your beard supersoft as

well as hydrate the skin to help protect it from redness and irritation.

Kiehl’s Beard Grooming Oil

Years of engaging with cancer patients taught naturopathic physician and scientist Paul S. Anderson, NMD, that individuals could improve the quality of their lives. In his book, Cancer: The Journey from Diagnosis to Empowerment (Kindle, $6.49; paperback, $14.01), Anderson explores hope, a sixth stage of healing grief that he believes can help patients take control of their health and transcend their diagnosis.

“Cancer: The Journey from Diagnosis to Empowerment”

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