

Cancer Health Good Stuff: Fall Favorites 2023

Products that promote healing, especially for those dealing with breast cancer

September 11, 2023 By Laura Schmidt

The Luckiest Unlucky Person I Know: A Practical Memoir (available on Kindle, \$.99) chronicles one woman's journey with metastatic breast cancer and provides helpful exercises to guide others toward attaining balance and clarity in the face of life's obstacles. Author Kristin Smith Westbrook, the founder of Calm City, a mobile meditation studio, was diagnosed with breast cancer 12 years ago and has had four subsequent recurrences. "Life with cancer is often characterized as a battle, but I don't want to see my life as a fight," she writes. The memoir pairs personal storytelling with simple breathing techniques and mantras to cultivate calmness.

"The Luckiest Unlucky Person I know"

Prosperity Candle sells inspiring candles handmade by female artisans and refugees seeking a brighter future in the United States. The Courage Collection (\$27 per candle; on sale at press time for \$18), available in "Thrive," "Rise" and "Dare," reminds women and girls of their strength as

they battle breast cancer. Each candle includes a special card telling the story of the woman who crafted it, and 10% of sales from every candle is donated to the Breast Cancer Research Foundation. Free of dyes and enhancers, the candles are made with coconut soy blend wax that burns up to 45 hours, natural wicks and premium scents, including apple and black tea, amber and bergamot, and palo santo and sandalwood. Plus, the ceramic containers can be reused or repurposed.

"Courage Collection" Candles

Two-time breast cancer survivor Fran Dunaway and her wife, Naomi Gonzalez, founded TomboyX, a gender-neutral, size-inclusive clothing brand. After undergoing a bilateral mastectomy, Dunaway struggled to find a basic non-lacy bra for those who have had mastectomies. She and her team created the Holdster bra (\$40), a one-sided bra that can be worn over either breast, has an adjustable band that sits below scar lines and fits sizes XS to 4X. What's more, its smooth flatlock seams won't irritate tender areas. Available in black, silver or cream, the Holdster provides light support with no stiff underwire or thick padding.

Holster Bra

Need to calm your mind and lift your spirits? Crocheting can serve as a therapeutic and soothing distraction. The Woobles, a beginner-friendly crochet company, offers delightful crochet kits for all ages. Each kit has everything needed to begin, including pre-started yarn and step-by-step video tutorials. Join the more than 250,000 people who have tried The Woobles and start your crochet collection using the Penguin Crochet Kit(\$30) or Easy Peasy Beginner Bundle (\$100), which includes a penguin, bunny, fox and chick. Choose from a wide selection of fun kits!

Crochet penguin, bunny, fox and chick

Perfect for postmastectomy recovery, AWD Medical Silicone Tape (\$17.99) helps soften and smooth scars. Its silicone is medical-grade, breathable, flexible and gentle. The tape mimics the natural skin barrier to promote skin tissue formation and repair collagen. It also reduces itching, redness and discomfort and can be reused.

