Getting Healthy

Just in time for spring: gadgets, gear, products and stories to help heal your mind, body and spirit

March 15, 2021 By Kate Ferguson

MyndSet Debut Collection

Each product in the introductory MyndSet Debut Collection is intended to help those with chronic illnesses practice mindfulness and reduce anxiety and stress. Pictured here: a 90-day journal with pencil, a lavender face mask spray, mindful moments exercise cards, an air plant in a handmade clay pot, a natural soy candle and an inspirational word stone ($59.99; contents may vary). This is a great gift for anyone undergoing a personal health journey. One of the business's founders, Kristin Westbrook, is a breast cancer survivor.

ComfyChemo Chemowear

Many cancer patients require regular infusions as part of chemo treatments. To make chest port implants more accessible, oncology nurses designed ComfyChemo Chemowear, a line of shirts for men and women (long- sleeved, $34.99; short-sleeved, $34.95; available in sizes S, M, L, XL, 2XL and 3XL in various colors). Made from a comfortable blend of cotton and polyester, these stylish, functional T-shirts sport nifty left and right zippers on the front.

Motast P22D Fitness Smart Watch

Staying active is key to recovery. Make doing so easier with the Motast P22D Fitness Smart Watch (1.4-inch touch screen, compatible with Bluetooth 4.0, iOS 9.0 or above and Android 5.0 or higher; $39.99). This ergonomically designed, multifunction, waterproof watch tracks a variety of exercises, including walking, running, cycling, hiking and climbing. It also monitors heart rate,

hours slept and calories expended by activity and features a soft silicone strap for comfort and a matte watch face that’s easy on the eyes.

“Beating the Odds: In Hockey and in Life”

At 17, Eddie Olcyzk was a member of the 1984 U.S. Olympic ice hockey team. Later, he played with some of the country’s most outstanding ice hockey teams. He eventually became a U.S. Hockey Hall of Famer and a popular hockey analyst on network TV. An absorbing and entertaining tale for hockey fans, his book, Beating the Odds: In Hockey and in Life (Kindle, $15.99; hardcover, $19.59; paperback, $16.95), is also an inspiring account of his battle with Stage III colon cancer that helps to raise awareness and offer support to people fighting this illness.

Hydro Flask Insulated Water Bottles

Dehydration is a common side effect of cancer treatment. The solution? Carry your beverages on the go in the Hydro Flask Insulated Water Bottle (various colors, styles and sizes; from $22.46 to $64.95). This quality portable container keeps liquids cold or hot for extended periods and is perfect for staying hydrated during therapy—and when you resume your busy life.

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