Spring Forward

Get outside, grow a garden or get comfy.

March 16, 2020 By Meave Gallagher

Hudson Valley See Co.’s Self-Watering Microgreens Kit ($59.95)

Bring the restorative power of healthy gardening indoors with Hudson Valley Seed Co.’s Self-

Watering Microgreens Kit ($59.95), which includes a 5.25-inch-square terra-cotta pot, organic soil pellets for four plantings and packets of seeds to grow radishes, beets, arugula and komatsuna Asian greens. You only have to water your seeds once a week (helpful for new or absentminded gardeners) to grow a steady supply of deeply flavorful, nutrient-dense baby greens to add to your meals.

Australian Gold X-Treme Sport Spray Gel ($11.46, 8 oz.)

Ready to go outside? Not without good sun protection! Australian Gold X-Treme Sport Spray Gel ($11.46, 8 oz.) is one of Good Housekeeping's 10 Best Sunscreens for its value and reliability. The broad-spectrum formula is SPF 50, water resistant up to 80 minutes and includes antioxidants and moisturizers for extra protection and care. It's also PABA-, dye-, alcohol- and gluten-free and never tested on animals. Spray on a good coat, and safely enjoy the spring sunshine. Tip: To protect your face, spray it on your hands first before rubbing it on.

“Malignant: How Bad Policy and Bad Evidence Harm People with Cancer” ($32,95, Johns Hopkins University Press)

In Malignant: How Bad Policy and Bad Evidence Harm People with Cancer ($32.95, Johns Hopkins University Press), Vinayak K. Prasad, MD, MPH, a hematologist-oncologist, tackles the thorny topic of cancer drugs—how they’re developed, why they cost what they do and whether they provide real benefits. Prasad’s critique of drug policy and practice also includes a chapter on how people with cancer can advocate for their own best care and treatment. (See "Asking the Right Questions" for more.)

EZbra (from $150 for five) (Model(s) used for illustrative purposes only)

Designed by a breast cancer survivor in consultation with physicians, the EZbra (from $150 for five) is a sterile, disposable, breathable post-surgery bra. It’s easy to put on and adjust to your desired level of compression without help. It’s also absorbent and adhesive-free (to avoid risk of skin injury), allows for simple drain management and can be worn discreetly.

Bager Sore Muscle Rub ($9.99, 2 oz.)

Ease aches and pains with Badger Sore Muscle Rub ($9.99, 2 oz.), made with cayenne pepper and ginger to warm the skin and rosemary and extra-virgin olive oil to soften it. This certified organic natural balm can soothe muscle soreness caused by stress, cancer treatment or cancer itself and is nonirritating for sensitive skin. Apply it via a gentle massage to stimulate circulation and loosen tight muscles.

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