Winter Comforts

Stay warm and healthy with soothing creams, stylish fashions, home-delivered meals and a soulful book.

December 14, 2020 By Kate Ferguson

A meal from Bistro MD

BistroMD, a doctor-designed meal delivery service, makes a great gift for cancer patients undergoing treatment or those with restricted diets. Choose from among different plans, or let the experts help you build your own. Dishes undergo strict protocols in kitchens certified by the United States Department of Agriculture to ensure food safety. Meals designed around whole foods, high-quality protein and vegetables arrive frozen but can be ready to eat in five minutes. Weekly plan memberships start at $98 (five lunches/five dinners) and include support from a registered dietitian at no extra cost.

Between Two Kingdoms: A Memoir of a Life Interrupted

Emmy Award–winning writer, speaker and cancer survivor Suleika Jaouad spent three and a half years undergoing extensive chemotherapy and a bone marrow transplant. When she left the hospital, she was cured of leukemia but profoundly adrift. Her book Between Two Kingdoms: A Memoir of a Life Interrupted ($28) chronicles a road trip she took in search of several strangers who'd written to her in the hospital. By the end of her journey, she's learned much about the tenuous connection between sickness and health and, finally, how to start living life again.

Ann Elizabeth

Grace B. Gold is a luxury fashion collection founded by designer Megan Sullivan. Her mom—diagnosed with Stage III breast cancer at age 42—needed a garment to conceal the surgical drain she wore after a mastectomy. The Ann Elizabeth ($120)—with its concealed, fitted drain pocket—and Eileen ($118) blouses feature wrap closures with a draping asymmetrical front panel. Perfect for women who've had breast-conserving operations, radiation treatment and upper-body surgeries.

Tommy Hilfiger Adaptive

Tommy Hilfiger Adaptive is a stylish line of functional clothing for those with disabilities. Price

ranges are $30 to $250 for men, $35 to $250 for women and $20 to $100 for children. The collection of pants, shirts, shorts, dresses and jackets features one-handed zippers, adjustable hems, side-seam openings, adjustable waists, magnetic buttons and Velcro fasteners that make dressing infinitely easier.

Reléveum and Aloe Glide

Desert Harvest products include Reléveum (4 oz., $27; 8 oz., $50), an all-in-one skin repair cream containing organic aloe vera, other healing botanicals and 4% lidocaine that treats pain, peeling skin and other symptoms of radiation dermatitis. Vitamins C, E and zinc support healthy tissue,

help heal wounds and reduce discoloration. Aloe Glide (2 oz., $6; 4 oz., $10; and 8 oz., $18), a vaginal moisturizer and sexual lubricant, relieves dryness and burning, which can make sex painful and can be side effects of certain gynecological cancer treatments.

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