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**Tip that helped us while we went through Cancer, Chemo, and All that Jazz.**

***(Cure & Co. is not stating that using or doing any of these will cure cancer. We just wanted to share what helped us along with treatment. This was printed out for the sole purpose of sharing information and should be discussed with your doctor before altering your diet or taking any of these Prescriptions)***

**Wigs & Scarves & Hats OH MY!!!!**

Losing your hair can be a scary thing. But it is something you can have control over. What we mean is consider cutting your hair short before it starts to fall out (typically on day 12-14 after your first chemo treatment)

Come in to Cure & Co. and let us help you not only find a comfortable medical grade wig while you still have hair (we will color match you) and get some stylish hats, sleep caps and head covers. Empower yourself by being ready! Don’t wait until you lose your hair.

**Surgery??**

Once again, come in a week or two BEFORE surgery and let us help you get ready. WE went though it too! We can help you by giving you plenty of options that will help you heal in comfort.

**Cleaning For A Reason** (Woohoo a clean house for free!!)

Cleaning For A Reason is a nonprofit organization partnering with maid services to offer **free** professional house cleanings to improve the lives of women undergoing cancer treatment. Find the link on our website to sign up

**Triamcinolone Dental Paste** (RX for Canker Sores!)

USES: This medication is used for the temporary relief of symptoms from mouth sores/Canker Sores due to injury & chemo. This drug comes in a dental paste that allows it to stick to the inside of the mouth/cheeks/gums. It works by reducing the swelling and pain that can occur with mouth sores. This medication is known as a medium-strength corticosteroid but will nix those suckers in 24-to 48 hours!

**Wheatgrass** (Flash frozen found at Whole Foods or fresh from Juice bars)

Wheatgrass contains healthful properties, which advocates claim are beneficial for systemic health. It increases red blood-cell count and lowers blood pressure. It cleanses the blood, organs and GI tract of debris. It also stimulates metabolism and the body's enzyme systems by enriching the blood. Wheatgrass juice is 70 percent chlorophyll, which may help prevent the growth of bacteria in the body. Wheatgrass contains amino acids, which aid the development of muscle tissue, cell repair and blood clotting

**Claratin**

30% of people who take Pegfilgrastin (Neulasta)get bone pain. Studies have shown that taking Claratin can help manage the common side effects of bone pain. Ask your Dr. about taking Claratin for bone pain due to Neulasta. Try this remedy only with his approval since some antihistimines can be dangerous for certain people, especially if you have high blood pressure

**Buy the book Chemo: Secrets to Thriving!!!**

It is a must-have book for **anyone** going through chemo. It’s very straight to the point full of facts, tips and helpful information to get you through chemo (We sell it at Cure & Co.)

**How to Alkalize Cancer** (LIVESTRONG.com)

Cancer survives and thrives in a body that is acidic, not alkaline, according to "The Acid Alkaline Balance Diet" by Felicia Drury Kliment. Alkalizing your body can lead to optimal health, so your body's immune system is strong enough to fight illnesses, including cancer foods, which cause your body to become acidic. Consult your physician before you reduce any medications or prescribed therapy. Eat raw organic vegetables, because they contain a high pH level and contain vitamins and antioxidants. Avoid vegetables with higher acidity levels like tomatoes, which are technically fruits. Meat tends to raise your acidity levels. Take purified fish oil supplements to avoid chemicals and toxic metals that some fish contain. Eat ground flaxseed and flax oil for other forms of omega-3 fatty acids. Eliminate sugars from your diet. If you cannot eliminate all sugars, replace refined sugar with unrefined sweeteners like **stevia** or **raw honey**, which have a lower impact on your acidity levels and can provide you with antioxidants. **Raw manuka honey** is known to have antimicrobial and anti-inflammatory properties

**Naturalnews.com**

Natural News is a science-based natural health advocacy organization led by activist-turned-scientist Mike Adams, the Health Ranger.The key mission of Natural News is to empower consumers with factual information about the synthetic chemicals, heavy metals, hormone disruptors and other chemicals found in foods, medicines, personal care products, children's toys and other items.Natural News covers holistic health, nutritional therapies, consciousness and spirituality, permaculture , organics, animal rights, environmental health, food and superfoods , and performance nutrition.

**For more great tips& tricks log onto** [**www.cureandcompany.com**](http://www.cureandcompany.com)

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