

CURE & Co.

A Wig & Cancer Recovery Boutique

Tips 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 through it too! We can help you by giving you plenty of options that will help you heal in comfort.

Radiation??

Come in at least **2 weeks** before your radiation and let us show you some alternative radiation creams. We have water based creams that will help you burn less and SAVE YOUR SKIN!!!

Edema??

If you've had any lymph nodes taken out, talk to your doctor about any swelling that might occur and compression garments that can help reduce the swelling. (We carry them.)

Buy the book Chemo: Secrets to Thriving!!! (We sell it at Cure & Co.)

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.

Claritin-D:

Some people who take Neulasta shots get bone pain. Studies have shown that taking Claritin-D can help manage the common side effects of bone pain. (more information in chemo secrets to thriving)

Manicures and Pedicures:

Keep your nails short, hydrate cuticles with Lindi Skin duo balm (we carry this). No fake nails or shellac!! Make sure your nail polish is 3 free (free from: Formaldehyde, Dibutyl Phthalate (DBP) and Toluene) Keep nails clean by soaking them in warm water and white vinegar, then rinse.

Do Not go to nail salons while undergoing treatment!!!!

Skin: Lindi skin products (We carry the whole line)

Chemo induced acne? can be remedied by using our Lindi skin serum and face moisturizer (will also help chemo rosacea). **Got super dry skin?** Don't use heavy moisturizers that will leave your skin feeling greasy, instead use our customer favorite the Lindi body wash and body lotion. **Body or head rash, red bumps, or itchy scalp?** DO NOT use baby shampoo; Wash your head with Lindi body wash then apply soothing balm.

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 medication is known as a medium-strength corticosteroid but will nix those suckers in 24-to 48 hours! (ask your doctor)

Arnica Cream: Might help with neuropathy of hands and feet (ask your doctor)

Wheatgrass:

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.

Cleaning For A Reason (Woo Hoo a clean house for free!!)

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.

Meal Train:

A crowdsourcing platform that helps organize home-made meal giving for a friend around a surgery or illness <https://www.mealtrain.com/>

Lotsa Helping Hands:

Quickly schedule care calendar tasks for your loved one. Allow others to send encouragement and stay in the loop during your journey.

How to Alkalize Cancer:

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.

For more great tips & tricks log onto www.cureandcompany.com

Follow us and LIKE us on FACEBOOK

