



Northwest Hope and Healing Weekend of Wellness 2021

Hair & Beauty Tips for Treatment/Post-Treatment

Nails

We recommend that anyone beginning taxane-based chemotherapy use cooling therapy on your nails during treatment and use Poly Balm 2-3/day on your nails and nail beds.

We also suggest taking a biotin supplement during treatment to strengthen hair and nails.

Here are some useful resources to check out:

[Study re: nail care](#)

[Poly Balm for nails](#)

[Nail Changes during Chemotherapy](#)

[Natrol Biotin 5000 mcg., 250 Fast Dissolve Tablets | Costco](#)

Hair

Whether you have a full head of hair or you are trying to grow one, scalp health is always important. Circulation and gentle stimulation keep the scalp environment conducive to growing hair. Things to try:

- Massage your scalp with the pads of your fingers to encourage blood flow
- Make your own essential oil blend to nourish and stimulate the scalp:
 - Mix the following essential oils together
 - 10 drops cedarwood
 - 10 drops rosemary
 - 5 drops peppermint
 - 5 drops clary sage
 - 5 drops lavender
 - In a 2oz bottle mix your carrier oil (leave some room at the top)

- 1oz castor oil
- 1oz jojoba oil
- Other good options are avocado, evening primrose seed, and hemp seed oil
- Add the essential oil mixture to the bottle of the carrier oil
- Apply the oil to the scalp and let sit for at least 30 minutes or overnight, then shampoo/cleanse as usual
- Gently brushing the scalp with rounded bristles helps to exfoliate dead skin cells, improve circulation, and distribute natural oils. Try an all [bamboo brush](#) for a great eco-option.

Cold Capping: Penguin is a well-established Cold Cap Therapy provider that offers portable, pro-performance scalp cooling direct to individuals.

<https://penguincoldcaps.com>

Body

Epsom Salts: Try a hot Epsom salt bath every day to increase your tolerance to chemotherapy. This is a great way to absorb magnesium as proven by a [study from the University of Birmingham](#). You can buy Epsom salts on Amazon or your local drug store, make sure its magnesium sulfate.

Many people are able to work out throughout chemotherapy and radiation. For immunity reasons, you may cautious about going to the gym, but there are many on-line options. In addition to searching YouTube, here are a few that we recommend:

<https://www.joandandeneau.com/>, <https://bulldogonline.com>.

Skin Care

Three eco-friendly companies to check out are:

[Wise Woman Herbals](#) offering a comprehensive botanical product line comprised of superior liquid extracts, solid extracts, glycerites, capsules, teas, salves, essential oils, syrups, and elixirs.

[EcoNatura](#) is dedicated to pure, hormone-disruptor free products and their [Manuka Healing Cream](#) may be applied to all body areas and is excellent for chemo and radiation therapy skin discomfort, people with multiple chemical sensitivities, and a perfect complement to any detoxification program. EcoNatura also has a kid-friendly product line: [Ruby Blue Bunny](#)

[Primally Pure Skincare](#): Primally Pure exists to get natural skincare products into the hands of people all over the world, and even more importantly, to equip people with the knowledge they need to improve their skin and live healthier, more fulfilled lives. Our

personal favorite product is their deodorant line - a natural deodorant that actually works!

Adjunct Support

Seattle Integrative Oncology

“From prevention to palliation, each of our providers work with patients at all stages of health and disease. Our extensive knowledge on current treatment and supportive options allow our patients to make educated and individualized decisions regarding their condition and care. Initial visits typically last approximately 60 minutes, allowing time for thoughtful discussion to take place and custom treatment plans to be designed. Family and loved ones are welcome and may be involved in each visit to the degree that each patient wishes. Our ultimate goal is to empower his patients and to facilitate maximum wellness.”

Services offered at Seattle Integrative Oncology:

- Education about your specific disease and current treatment options
- Nutritional analysis and extensive diet counseling
- Physical activity and exercise counseling
- Laboratory testing to assess numerous health and disease parameters; ranging from thyroid studies, vitamin D levels and sugar/insulin balance to comprehensive digestive and nutritional assessments
- Botanical and nutrient therapies
- Comprehensive and coordinated naturopathic care to minimize adverse effects and maximize efficacy of standard therapies, including:
 - Before and after surgery
 - Before, during and after chemotherapy
 - During and after radiation
- Customized, detailed and dynamic treatment plans
- Communication and collaboration with all physicians involved in your care
- Referral to local resources for emotional and spiritual support
- Referral to further services as appropriate, including medical and radiation oncology as necessary
- Longterm survivorship care and wellness support

[Advanced Integrative Medical Science Institute | AIMS Institute](#) particularly, Leanna J. Standish - [Leanna J. Standish, PhD, ND, LAc, FABNO | Bastyr University](#)

Eastside: Laura James - <https://www.laurajamesnd.com/laura-james/>