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GOOD ALTERNATIVES

CHEMO RELIEF

PRODUCTS THAT MAY HELP

Living well during chemotherapy is a challenge. But here are some products available South of Boston that could make life a little easier.

Jazzy Johnny

For your next medical appointment, wear a Healing Threads examination jacket, which has access panels on each side of the chest, a back opening with a Velcro-like closure and interior and exterior pockets. Featuring a high Mandarin collar and Kimono sleeves, the stylish top was developed by cancer survivor Peg Feodoroff of Easton and her sisters Patty and Claire. It sells for $70.95 at www.healingthreads.com and the Cottage Shop of South Shore Hospital in Weymouth.

Crème de la crème

To prevent your skin from being burned by radiation, apply Jean's Cream immediately after treatment and before bedtime. Developed by cancer patient Jean Sodios of Peabody, the radiation cream contains vitamin E and aloe, but no perfume, petroleum or lanolin. It's available at Patricia & Co. in Weymouth, where a 2-ounce tube for 10 to 15 treatments sells for $21; a 3-ounce tube for 30 to 35 treatments is $45.

Go on a head

New England Medical Fitting in Weymouth carries a wide assortment of products for cancer patients, including wigs, wig styling products, hats, head scarves, turbans, jewelry, breast prosthetics, lingerie and swimwear.

Helping hands

A side effect of certain types of chemotherapy is red and irritated hands. For relief, use Camille Beckman Glycerine Hand Therapy, containing Glycerine, vitamin E, aloe vera, wheat protein, almond oil and botanical extracts. The Friendly Shop in the main lobby of South Shore Hospital in Weymouth sells the 1.35-ounce tube ($4.95) and 6-ounce tube ($10.95).

Hair's relief

Patricia Queeney, owner of a wig-fitting company for cancer patients in Weymouth, worked with a California laboratory to develop a line of skin care products that would help oncology patients retain moisture and maintain a healthy appearance. The SudzRx shampoo and conditioner, $16 each, and the lotion and bath gel, $22 each, are available at Patricia & Co. in Weymouth.

Lush lash

RapidLash Eyelash Renewal Serum contains polypeptides, proteins and vitamins to replenish eyelashes and eyebrows that have become sparse and brittle after chemotherapy. With daily application, results may be seen in three to four weeks. A .1-ounce bottle lasts three to six months and sells for $45 at Bella Derma Aesthetics in Braintree. For instant eyebrows, get Brows in a Bag (eyebrow stencils, brow brush, brush-on powder, matching eyebrow pencil, pencil sharpener and instructions) for $29 at Patricia & Co. in Weymouth.

Amazing feet

Soothe chapped feet with It's the Balm!, an all-natural product containing soy oil, beeswax, Shea butter, sunflower seed oil, camellia seed oil, vitamin E, cocoa butter, wheat germ oil, and the essential oils of lavender, Mandarin and helichrysum. Made by the Soy of Life Co. in Plymouth, a 2-ounce tin sells for $14 at Healthy Appetites in Plymouth and www.Thesoyoflife.com.

Scentsless

Ideal for people battling cancer is the Naturally Fresh Deodorant Crystal, which kills odor-causing bacteria with natural, fragrance-free, non-staining mineral salts. It's available in a 3-ounce roll-on or stick ($6.50-$7.50) and 4.25-ounce crystal ($8) at Patricia & Co. in Weymouth.

Taste bud turn-on

Why make cookies from scratch when there's Better Bakes ready-to-bake refrigerated cookie dough, containing all natural ingredients, organic flour and sugar? Made by the Immaculate Baking Co. in Wakefield, Better Bakes is available in Chocolate Chunk and Vanilla Sugar ($3.99) at Shaw's Supermarket in Weymouth.

Hot flash hiatus

If cancer treatments are causing night sweats, you'll love the moisture-wicking fabric of Wicking J. Sleepwear. The nightgown ($54), pajama short set ($55) and pajama Capri set ($56) are available at Patricia & Co. in Weymouth.

– *VALERIE A. RUSSO*
For Living Well

Sleep success

Trust your tresses to the Pillowrap, a smooth satin pillow cover that won't damage fragile, brittle hair. Invented by Karen Mooney of Hanson, the machine-washable cover has elastic gathering on the back, so it fits any size pillow – like a shower cap fits any head. It sells for $16.95 and $19.95 through Pillowrap.com.