

Small Steps, Big Support.

YOUR BEDSIDE FRIEND



Try them before saying, “No... my problems are bigger and this might not help.”

This is the story of Radha—a brave woman who faced cancer with courage, care, and small steps every day. Along her journey through chemo, surgery, and radiation, Radha learned that healing is not a single leap but a series of gentle, steady steps. She combined mental care, emotional support, nourishing food, and gentle movement to help her body and mind grow stronger.



Mental Hygiene Boost

Radha's mind raced the night she found a lump in her breast. Fear of the worst gripped her, and sleep became impossible. Her doctor gently said, “Your mind needs care every day, just like brushing your teeth.”

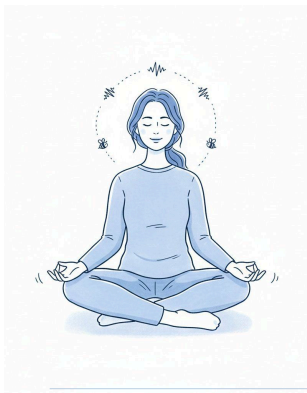
At first, Radha felt unsure. But little by little, she began small practices

- Naming her feelings each morning helped her carry them lightly:
“I feel worried... I feel tired... I feel hopeful.”
- When fear hit hard, she softly breathed in thinking, “I am safe”, and out, “I am strong”, repeating three times to steady herself.
- She created a calm corner near the window, with a blanket, a photo, and a plant — a safe space to sit quietly and reset.
- Instead of worrying all day, she gave herself just 15 minutes to think of her worries, then gently said, “That’s enough for today.”
- She began moving her body lightly, stretching arms or walking to the balcony, even when exhausted.
- Her inner voice grew kinder over time: “I’m doing my best” replaced harsh words.
- Most importantly, when things felt too heavy, she asked for help.

These small daily acts didn’t erase the struggle, **but they made her mind clearer, calmer, and a little stronger.**

Emotional Wellbeing - Gentle Ways to Feel Calm

Radha often felt her mind racing or her body restless from pain. She wanted simple ways to feel calm.



One day, she tried the **Humming Bee Sound (Bhramari)**.

1. Sit comfortably in a chair or cross-legged.
2. Relax your shoulders, place hands on your knees.
3. Inhale slowly. Exhale while making a soft humming sound, like a gentle bee buzz.

The sound helped her feel calmer.

She did this 5 times — or fewer, if that felt better.

Another time, when she felt anxious or in pain, Radha tried **Steady Count Breathing**.

1. Sit or lie down comfortably.
2. Inhale slowly, counting 1–2–3–4.
3. Exhale slowly, counting 1–2–3–4.



She kept this steady rhythm for 5–7 rounds, or as long as it helped to ease **anxiety and restlessness**.

These small steps didn't take away the pain, **but they gave Radha a moment of calm — a way to feel steadier.**

Note: You might want to try these simple practices when your mind feels restless or your body feels heavy.

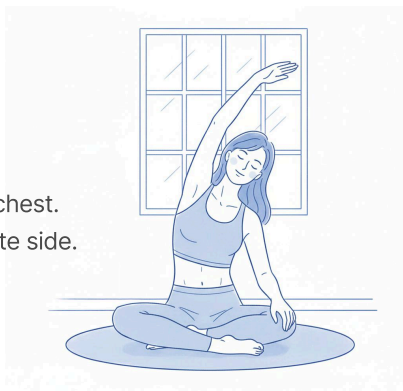
Gentle Movement — Small Steps Toward Ease

During chemotherapy, and just after surgery, Radha sometimes felt exhausted even while lying down, and her body felt stiff.

She chose gentle movements to bring ease to her spine and a little mobility to her body, helping her feel more space in her breath and softness in her heart.

1. Seated Side Stretch with Breath Awareness

- Sit cross-legged or on a chair, comfortably.
- Place your right hand on your left knee.
- Inhale slowly — lift your left arm up, opening your chest.
- Exhale softly — feel a gentle stretch on the opposite side.
- Breathe here for 7 slow breaths.
- Repeat the same steps on the other side.



2. Cat–Cow Movement

- Sit cross-legged or on a chair, comfortably.
- Place your right hand on your left knee.
- Inhale slowly — lift your left arm up, opening your chest.
- Exhale softly — feel a gentle stretch on the opposite side.
- Breathe here for 7 slow breaths.
- Repeat the same steps on the other side.

This helped Radha feel more space in her breath and softness in her body.

A Gentle Warning

If you feel pain, dizziness, or discomfort, pause and rest. There is no rush — only gentle care, one breath at a time.

Eat Well, Stay Strong: A Cancer Nutrition Guide

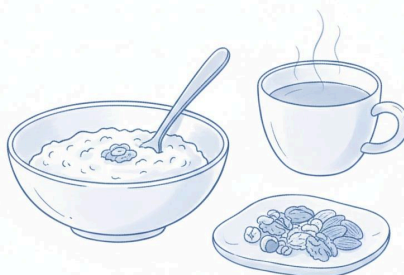
Why Nutrition Matters During Treatment

Radha's cancer treatment—chemo, surgery, and radiation—put extra stress on her body. She needed more calories and protein than usual to stay strong, repair tissues, and keep immunity up. Along with yoga and counseling, she made food part of her healing plan, eating small meals, choosing nourishing foods, and taking light walks.

Smart Eating Tips from Radha, if...

Your Appetite is Low

- Eat when you feel most hungry (often mornings)
- Snack on nuts, cheese, granola bars, peanut butter crackers.
- Add butter or desi ghee for extra calories.
- Light walks helped boost appetite.



You're Dealing with Nausea

- Choose bland, room-temperature foods: toast, crackers, bananas.
- Chew ginger candies or smell ginger wrapped in muslin.
- Peppermint tea can calm the stomach.
- Sip clear fluids slowly.
- Avoid strong smells.



You have Dry Mouth & Mouth ulcers

- Sip water often.
- Sugar-free gum or tart drinks (like lemonade) help saliva flow.
- Add sauces, gravies, or broths to moisten food.
- Soft and cool foods: yogurt, smoothies, scrambled eggs, fruit-based ice cream.
- Avoid spicy, citrus, or crunchy foods.



You have Sore Throat / Swallowing Trouble

- Choose soft, pureed, or moist foods.
- Sit upright while eating.
- Use straws for liquids.
- Severe cases may require tube feeding.

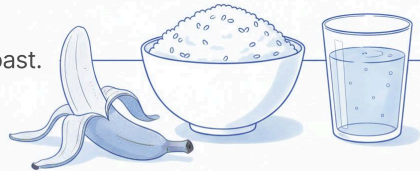


You experience Taste & Smell Changes

- Use herbs, marinades, or tart flavors.
- Cover foods to reduce strong odors.
- Herbal teas between meals can help

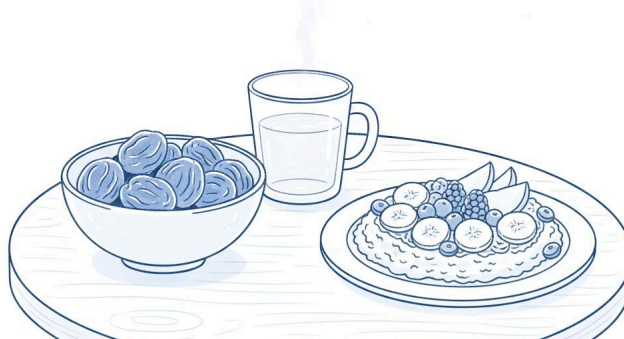
You have Diarrhea

- Eat low-fiber foods: rice, bananas, applesauce, toast.
- Rehydrate with electrolyte drinks or broths.
- Avoid dairy if it worsened symptoms.



You have Constipation

- Prunes & Raisins: 2–3 prunes or 5–6 raisins soaked in warm water overnight.
- Whole Grains: Well-cooked oats and barley.
- Fruits: Small portions of apples or pears (with skin, if tolerated).
- Vegetables: Lightly steamed carrots, pumpkin, and mung sprouts.
- Flaxseeds: 1 tsp soaked in water overnight.
- Hydration: 8–10 glasses of water daily, warm drinks helpful.
- Limit tea/coffee to small amounts.



Hydration Tips Radha Followed

Best Drinks

- Water (plain or lemon-infused)
- Clear broths or soups
- Coconut water or oral rehydration drinks
- Herbal teas (ginger, peppermint, chamomile, licorice root, lemon balm)
- Milkshakes or smoothies

How to Drink

- Sip small amounts throughout the day.
- Drink between meals to avoid feeling too full.
- Keep a water bottle handy.



What to Avoid:

- Alcohol and caffeinated sodas.
- Very hot, acidic, or fizzy drinks.



Smart Tricks

- Ice chips or fruit popsicles if drinking feels hard.
- Chilled drinks if tastes or smells are bothersome.
- Ginger tea or lemon water eases nausea.



Helpful Herbal Teas:

- Ginger – Soothes nausea
- Peppermint – Calms stomach and bloating
- Chamomile – Helps relax and sleep
- Licorice Root – Soothes sore throat, aids digestion
- Lemon Balm – Eases anxiety, improves appetite



Desserts, Salads & Smoothies & More.
Scan for Nourishing Recipes

Radha's Final Thought

Nutrition, movement, mental care, and emotional support didn't erase the struggle, but they helped Radha feel stronger, calmer, and more in control. Every small step matters. Trust your strength and your journey. You are never alone in this fight.



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