



Neelia's Journey Tips and Support

Disclaimer: We're not medical professionals—just folks who've been through it or learned from those who have. Always check with your doctor for medical advice.

This page is personal experiences, shared wisdom from support, and tips picked up along the way. Hope these ideas help you navigate your cancer journey a bit more smoothly.

Medical Stuff

Stand Up for Yourself

- **Pick Your Doctors Carefully:** If you're not vibing with your doctor or specialist, get a second opinion. Check out reviews online and ask for referrals.
 - **Know Your Insurance:** Get familiar with your HMO/PPO, what they cover, and how to use their apps (ie. MyChart).
 - **Stay Organized:** Keep track of appointments in a calendar and hang on to your receipts—you might be able to write off some expenses.
 - **Double-Check Bills:** Don't pay medical bills right away. Make sure they've gone through your insurance first. Medical costs can add up fast, so be smart with your money.
 - **Look for Financial Help:** If you need it, GoFundMe can be a lifesaver. There are also grants and programs available—ask the social worker at your oncologist's office for help.
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Home, Family, and Emotions

Let People Help You

- **Accept Help:** Don't be shy about letting others pitch in with meals, groceries, or whatever you need. MealTrains are awesome after surgery.
- **Find Your Support:** Whether it's a support group, a counselor, or family, talking it out can really help. Social workers know all sorts of resources, so don't hesitate to ask.

Managing Expectations

- **Don't Expect Too Much:** People might react in ways you don't expect. Some might back off, while others step up. Try not to take it personally.
- **Set Boundaries:** It's okay to say "NO" to people or activities. Protect your immune system and energy.

Stay Positive (Or Try To)

- **Mind Over Matter:** Keeping a positive mindset can make a big difference. Avoid negativity as much as you can.
- **Try Meditation:** Apps like Headspace offer guided meditation can be a big help.

One Day at a Time

- **Be Easy on Yourself:** Emotions can be a rollercoaster, and that's okay.
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Chemotherapy Tips

Some Handy Tips

- **Prunes for Constipation:** Cancer meds can mess with your system. Prune juice can help with constipation.
 - **Drink Up:** Stay hydrated—stock up on water and your favorite sparkling water.
 - **BRAT Diet:** Bananas, Rice, Applesauce, Toast—these can be easy on a queasy stomach.
 - **Take Notes:** "Chemo Fog" can make it hard to remember things. A journal can help keep track of everything.
 - **Anti-Nausea:** If you're taking Zofran, take it an hour after eating, then take your chemo an hour after that.
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Radiation Tips

Getting Through It

- **Arrive Early:** Radiation appointments are usually the same time every day, and getting there early can sometimes mean getting done earlier.
- **Avoid Negativity:** Stay away from anyone who's spreading bad vibes. Bring something to read or do while you wait, and if possible, wait outside.

Bloodwork Tips

- **Make Blood Draws Easier:** Drink water before your appointment, and try to go in the afternoon when it's less crowded. Staying warm and active can help make the process smoother.
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Health & Wellness

Taking Care of Yourself

- **Vitamin D:** Consider taking Vitamin D3 5000IU in the morning, but check with your doctor first.
- **Protect Your Immune System:** Your immune system might be weaker.

Eating and Moving

- **Eat to Feel Good:** There are all kinds of diet advice out there, but the key is to eat what makes you feel good. Wash your produce well and focus on healthy, satisfying meals.
- **Stay Active:** Make physical activity part of your daily routine. Even light stretching or a short walk can boost your mood and energy.

My Personal Routine during treatment

- **Diet Choices:** I leaned towards a high Alkaline plant-based diet.
 - **Daily Routine:** Take walks, and avoid watching TV during the day, keep my mind and body engaged.
 - **Supplements:** I take AHCC Platinum for immune support and Vitamin D3 every morning.
 - **Morning Ritual:** I started my day with warm lemon water—it's a small thing, but it sets a positive tone.
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You're Not Alone

This can be a tough road, but remember, there are others who have been through it and come out the other side. If you ever need to talk, vent, or get advice, reach out. We're all in this together.

Find your Mantra

“JIGPW”

- **Joy:** You can find Joy in almost anything.
- **Impermanence:** Nothing is permanent, the good and bad.
- **Gratitude:** What am I grateful for today.
- **Personal:** Don't take things Personally, you never know what.
- **Wonder:** Avoid judgment and come from a place of wonder.