

# Ayurveline

## Braving Chemo

Getting cancer is like a bomb going off in your life. Having chemotherapy can feel like another bomb. If you're getting ready for chemotherapy, you probably have many questions-but searching for answers on the internet can be overwhelming and the pamphlets from your oncologist don't begin to tell you all you need to know. You may be scared, confused or exhausted. You'll want to know what to expect and how to prepare for chemotherapy - and so will your loved ones who are supporting you. In her concise and easy-to-read guidebook, *Braving Chemo*, Harvard-educated physician and breast cancer survivor Beverly A. Zavaleta MD cuts through the confusion to provide you with clear answers to your most urgent chemotherapy questions. ¿Can I keep my hair from falling out? ¿What should I eat? ¿How can I keep my spirits up when I'm worried about dying? Combining her medical expertise with a survivor's experience and insight, Dr. Zavaleta provides practical advice on topics such as where to find reliable information about your treatment regimen, what you should take to your chemo session, and how to keep up your strength. *Braving Chemo* also confronts the challenges of cancer recovery and coping with fear of death. Whether you are a chemotherapy patient or a cancer caregiver, *Braving Chemo* is a valuable resource about what to expect during chemo, how to minimize the side effects, and how to live life as normally as possible when life itself is on the line.

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