



Breast Cancer Support Group Sussex

Dates For Your Diary

Hello Ladies

Thanks to you all who came to our last meeting to listen to a talk by Nicki Edgell Clinical Psycho-neuro-immunologist and Nutritional Therapist which was really informative and to which we welcomed 2 new ladies.

I asked Nicki if she would put together some notes which you'll find on Page 2. If you are receiving this by email, there's also an attachment to the Nikken product brochure.

At our next meeting on Monday we have a talk by specialist breast cancer surgeon, **Mr Samy Shaheed**. I hope that we'll see lots of faces as you all know how busy our surgeons are and therefore how valuable their time is to give up for us.

And a reminder that we need **PINK STUFF** please for our November stall at the Racecourse. If you have any pink gifts to donate or unwanted items that we can wrap up, could you please bring them along to our meeting on Monday that would be great, All items will be gratefully received! Many thanks

Last but by no means least, I'm sorry to say that as some of you are aware Joyce is very poorly. I am sure that you will want me to pass on your good wishes and to let her know that we are all thinking of her. And our best wishes too to all of our ladies who are currently undergoing treatment or who are not feeling 100%. We hope that you feel better soon and remember, we're here as a shoulder to lean on

Kind regards

Gwen

October 16

Our Monthly Group Meeting with guest speaker, specialist surgeon Mr Samy Shaheed

November 4

Cathalaity Fair – **Our Pink Stall** at Brighton Racecourse

November 20

Our Monthly Group Meeting with a makeup demonstration by Helen Clifton from Elizabeth Arden.

NEW - Family & Friends **Support Meeting** with **Cancervive** at every Group Meeting

Our Group Meetings are held at the **Macmillan Horizon Centre**, Bristol Gate (opp A&E at the RSCH)

NOTE change in time to 6.15pm to 8.15pm



I am a qualified clinical Psycho-neuro-immunologist, Metabolic Balance Coach and Natural Nutritionist. I practice in Brighton helping individuals and groups towards the health and vitality they want for themselves.

I have a passion for sharing my knowledge and so write articles, give talks and run short cookery courses in nutritional healing (you can find details of forthcoming events on this website). You can also join my discussions on facebook and twitter.

I work under the principle that wellness depends on a balanced approach to living, in all areas of your life: your body, mind, family, community and financial health all have an impact on your wellbeing. A healthy home environment is a vital support for your health and so I recommend the Nikken Wellness Home (see link).

I see a range of people, children and adults of all ages, men and women, people who want to lose weight, improve their energy, sleep better, relieve pain, reduce anxiety or depression, people with digestive problems and women with hormonal issues.

Nicki Edgell www.nutritionandhealing.co.uk

Gwen asked me to email you to give you feedback on my talk and send you my notes and links for the Nikken products that the ladies on Monday experienced as she felt that the rest of your group would welcome the chance to take a look.

I really enjoyed meeting the ladies on Monday. We had a positive and experiential evening where I demonstrated some innovative supportive magnetic products that help the body find balance and energy for better sleep, digestion, hydration and alkalinity, all important for good health.

Many of the ladies had very positive results with the things that they were trying out during my time with them and wanted to know more especially about the alkaline, structured pimag water filter and the sleep products that have the greatest effect on health.

I have written a blog about the pimag water: 17 reasons to drink pimag water <http://nikkenenergy.blogspot.co.uk/2017/02/17-good-reasons-to-drink-nikken-water.html>

and the sleep products <http://nikkenenergy.blogspot.co.uk/p/nikken-kenko-sleep-products.html>

and there's lots more general information on the blog <http://nikkenenergy.blogspot.co.uk>.

They can also take a look at the whole range of magnetic, nutritionals and natural skin care products at <http://nikkenearth.com> and in the online brochure attached.

I am always happy to come along to share my knowledge and experience in supporting the body and mind in naturopathic ways and would love to come and speak on any topic the ladies would find helpful in future. I can share top tips for nutrition/ immune boosting. Or a session on looking at simple ways to reduce psychological stressors. I love teaching and it would be a delight to come again.

If anyone wants to ask any questions or have an experience of the Nikken products if they missed coming on Monday, I'm always happy to have people over to my home where I have all the products so do let them know I'm happy for them to get in touch direct.

All best wishes

Nicki

Nicki Edgell Dip cPNI DNN fntp

Clinical Psycho-neuro-immunologist
Nutritional Therapist
Nikken Wellness Consultant

<http://www.nikkenearth.com>

http://issuu.com/nikkeneurope/docs/uk_product_brochure

<http://nikkenenergy.com/youtube.htm>

[Don't Drink the Toxic Water](#)

<http://nikkenenergy.blogspot.co.uk>

[Nikken Call to Action](#)

<https://www.facebook.com/groups/291408764209136/>

<http://www.nutritionandhealing.co.uk>

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Please see one of Nicki's recipes on Page 5

ALMOND MILK SMOOTHIE RECIPE



This makes a great breakfast or snack and can be kept in an airtight container in the fridge for 24 hours.

50g (handful/a cup) almonds

1-2 cups water

Avocado

Raw honey

Apple

Banana

Handful of strawberries, raspberries, blueberries

1. Soak a handful of almonds overnight (or for 12 hours), drain and rinse.
2. Put almonds in a blender with 1 cup water
3. Whizz up for 2-3 minutes.

Option1: add $\frac{1}{2}$ an avocado and a chopped apple. Blend until creamy. Sweeten to taste (1 tsp raw honey) Makes 1 large glass. (This makes a good base smoothie which is lovely on it's own or you can add extra fruit as for option 2.)

Option2: add a banana and summer strawberries, raspberries and or blueberries (if you can't get fresh, you can use organic frozen berries). Blend for a further minute. Add up to 1 more cup water to thin to desired consistency.

Makes 2 large glasses.

When hair grows back after chemotherapy

PUBLISHED BY BREAST CANCER CARE ON: 4 APRIL 2016



Jasmin Julia Gupta – a specialist hairdresser, hair care expert and founder of hair loss support charity Cancer Hair Care – shares her styling tips for hair regrowth after chemotherapy.

Over the last decade, I've personally given over 5,000 free hair care services to people before, during and after cancer treatment. I always say: You don't need to give up on looking good. You just need some super tips that are right for you and your hair. Even if half of it is shorter than the rest, there's always something we can do.



'I wore my wig over my hair until it was back to my blonde bob' Marian

5 styling products for you

You'll be amazed at how a little bit of product can create texture and calm unruly hair – even if it's very short.

1. Leave-in conditioner

Leave-in conditioner is a great extra protective layer for dry hair. Most formulas are light enough that you can layer your styling products on top as well.

2. Hair oil

Use hair oils rather than serums. Hair will absorb essential and natural oils, whereas some serum-base products can sit on the hair, making it feel sticky and gooeey.

3. Soft mousse

Soft mousse is ideal for fine hair that's static and for helping to tame new and longer lengths of hair. A stronger mousse may have a higher alcohol content or feel sticky and tacky, though, which can make your hair feel dry.

4. Wax

Wax is good for really unruly hair. It's strong and can help to mould and manipulate your style and hold it in place. It's also good for controlling frizz and curls.

5. Pomade

Pomade is lighter than wax and gives the hair a gentle sheen. It's ideal to add to dry hair and will help define and add light texture into your style. It's also great for taming frizz and dry ends. Great for new hair growth and finer hair types to get rid of static and add a gentle shine.



Jasmin with Sara, who uses leave-in conditioner to help tame her curls

Don't let hair drying weigh you down

You're not alone if holding a heavy hairdryer causes your arm to feel stiff and uncomfortable. Many women tell me that after surgery, or if they have lymphoedema in the hand and arm, using a hairdryer can be a problem.

Try using a travel dryer – it's around half as heavy as a regular dryer. Alternatively, place a plump pillow under your elbow and lean on a table for support.

Colour

As long as your hair and scalp are healthy, and you do a skin-sensitivity test for colour, there's no specific length required to apply all-over colour to hair.

I'd recommend you allow at least an inch of hair to grow before colouring it, so you can be sure that the hair is of a good quality. Visit the Cancer Hair Care website for information and tips on colouring hair.



'It can seem worrying to colour new hair, but with some good advice it can be an adventure' Emma

Scalp cooling – when to return to the hairdresser

Some women have scalp cooling to try to prevent or reduce hair loss. It's effectiveness varies, and if you do keep your hair it can be patchy or thinner. About six weeks after the last chemotherapy and scalp cooling treatment, a haircut to blend in the layers and snip off any dry and brittle ends can make a big difference.

Cancer Hair Care

For more support, visit the Cancer Hair Care website www.cancerhaircare.co.uk

Or call 01438 311 322.