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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

How You Can Look Good And Feel Better During Cancer Treatment

By News Canada

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(NC)-Tips:

Use warm (not hot) water and a mild facial soap or creamy cleanser that tissues off. A non-stimulating alcohol-free freshener will remove all traces of cleanser.

Apply moisturizer to protect against dryness and relieve irritation, and create a smooth surface for your makeup. A moisturizer containing sunscreen with a SPF of 15 or higher, is a good way to protect your skin from the sun's damaging rays. You might also consider a special eye cream, designed to moisturize the sensitive under-eye area, while reducing and helping to prevent puffiness.

Use a cream or stick concealer under foundation to minimize dark circles under eyes, blemishes or discoloration.

Choose a shade of foundation that closely matches your normal skin tone, to even out your complexion and give it a soft, natural-looking glow. You may need a moisturizing foundation formulated for dry skin.

A light application of translucent powder will help to set your foundation.

No cosmetic does more to produce a vibrant, healthy look than blush. Apply along your cheekbone. Temporary weight gain or loss, due to chemotherapy, may be particularly visible in the face. Contouring with brownish powder can help minimize the look of puffiness due to weight gain, while using a light-coloured concealer cream can help enlarge areas on a too-thin face.

While some women only need to fill in thinning eyebrows, others find that they need to recreate an entire brow. To recreate your natural eyebrow line, a) match the colour to your hair b) begin the eyebrow by holding the pencil straight up against your nose and draw a dot c) place the pencil parallel to the outside edge of the iris of your eye . Place a dot where the highest point of the brow line show be

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and finally, d) to define the outer edge, place the pencil diagonally from the bottom corner of your nose past the outside corner of your eye and draw a dot. Once you have a basic shape, connect the three dots using short, feathery strokes, making the inner brow fuller.

Use eye shadow to help brighten your eyes. Apply highlighter, the lightest shade, just below the arch of the brow. Lid colour, the primary colour accent, should be swept across the entire lid. Add a deeper or contouring shade in the crease to emphasize the natural eye shape. Blend well to soften the effect. On days when your energy is low, apply a wash of light to medium shadow to the entire lid area to brighten your eyes.

You can define the lash line and recreate the look of lashes with eyeliner. Brush on liquid eyeliner or use an eyeliner pencil to apply a thin line along upper and lower lids. To recreate the illusion of fuller lashes, use an eyeliner pencil to make tiny dots around the eye, close to the lash line.

Mascara will help make sparse eyelashes seem fuller. Apply mascara first to the top side of lashes, then to the underside. Brush the tip of the mascara wand lightly back and forth across the lower lashes. Remember to remove all mascara and eye makeup every night with a gentle, non-oily eye makeup remover.

Define your lips by outlining them with a soft lip liner that complements your lipstick, to keep lip colour from "feathering".

Lip colour balances your face. Choose a creamy, moisturizing lipstick from the same colour family as your blush.

For more information on Look Good Feel Better, call toll-free 1-800-914-5665 or visit

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Solution To Breast Cancer!

By Camry James

How long should a patient take tamoxifen for the treatment of breast cancer?

Patients with advanced breast cancer may take tamoxifen for varying lengths of time, depending on their response to this treatment and other factors. When used as adjuvant therapy for early stage breast cancer, tamoxifen is generally prescribed for 5 years. However, the ideal length of treatment with tamoxifen is not known.

How Often Should I Take Tamoxifen?

Two studies have confirmed the benefit of taking adjuvant tamoxifen daily for 5 years. These studies compared 5 years of treatment with tamoxifen with 10 years of treatment. When taken for 5 years, the drug reduces the risk of recurrence of the original breast cancer and also reduces the risk of developing a second primary cancer in the other breast. Taking tamoxifen for longer than 5 years is not more effective than 5 years of therapy.

What is Tamoxifen

Tamoxifen is an oral selective estrogen receptor modulator which is used in breast cancer treatment, and is currently the world's largest selling breast cancer treatment. It is used for the treatment of early and advanced breast cancer in pre- and post-menopausal women. It is also approved by the FDA for the reduction of the incidence of breast cancer in women at high risk of developing the disease. It has been further approved for the reduction of contralateral (in the opposite breast) breast cancer.

Tamoxifen and Cancer

Tamoxifen is used to reduce the risk of breast cancer for women who:

1. are at high risk of breast cancer but have no personal history of the disease
2. have non-invasive, hormone-receptor-positive breast cancer, or DCIS (ductal carcinoma in situ)
3. have hormone-receptor-positive invasive breast cancer at any stage.

Tamoxifen is sometimes used to treat gynecomastia in men. Tamoxifen is also used by bodybuilders in a steroid cycle to try and prevent or reduce drug-induced gynecomastia caused by steroids that are used in the same cycle.

Tamoxifen is also used to treat infertility in women with anovulatory disorders. A dose of 10–40 mg per day is administered in days 3–7 of a woman's cycle.

Tamoxifen has been proven to be the cure to Breast Cancer. We urge you to find out more about Tamoxifen at

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