

SELF-CARE TOOL KIT DURING CANCER TREATMENT

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WELCOME

During my more than 10 years of experience as an Oncology Clinical Nurse Specialist, I've seen how the fear of the unknown can feel just as heavy as the treatment itself. Many patients worry about the long list of possible side effects, and understandably so.

The truth is — while not everyone will experience every side effect, some do happen more often and can really affect daily life. That's why I created this Self-Care Toolkit: to bring clarity about the most common side effects, and to share practical strategies that you can use alongside your prescribed supportive medications.

My hope is that this resource helps you feel more prepared, more in control, and less alone as you go through treatment.

Phasia

Introduction

In this guide, I'll walk you through eight of the most common side effects and emotional challenges people often experience during chemotherapy — from fatigue, nausea, and neuropathy to changes in mood.

Each section is designed to explain what these side effects might feel like and to reassure you that you're not alone if they happen.

For every challenge, I'll share practical, everyday tools — small adjustments, self-care strategies, and mind-body techniques that many patients find helpful.

These tips are not a replacement for the treatments prescribed by your oncology team, but a way to complement your care, giving you extra comfort, confidence, and a sense of control during treatment.





Everyone's experience during cancer treatment is unique. If you'd like to talk through your own situation, or explore how these strategies could be tailored to your needs. I offer a free, no-obligation discovery call.

This is simply a chance for us to connect, answer any questions you may have, and see how personalised integrative support might help you.

Click below to book your complimentary call today.

[Book Here](#)



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8 Cancer Treatment Side Effects You Should Know About

and How to Manage Them

01.

FATIGUE

Gentle strategies to balance rest and activity so you can get through your days without burning out.

02.

DIGESTIVE ISSUES

Evidence-based tips — from acupressure to food choices — to help ease nausea, vomiting, diarrhoea, and constipation.

03.

BRAIN FOG

Small but powerful changes that can support focus, memory, and mental clarity when your brain feels foggy.

04.

MOUTH SORES & TASTE CHANGES

Ways to protect your mouth, soothe discomfort, and adapt foods to make eating easier.



05.

APPETITE LOSS

Simple tricks to keep your energy up with nutrient-dense snacks that are easy to digest and easy to prepare.

06.

PERIPHERAL NEUROPATHY

Practical tips to protect your hands and feet, improve circulation, and reduce discomfort

07.

HAIR LOSS

Options to prepare, protect your scalp, and explore supportive choices like wigs, scarves, or scalp cooling.

08.

EMOTIONAL WELLBEING

Mind-body strategies to calm stress, lift mood, and support resilience during treatment.



Want to go further?

This sample is part of the wider Holo Health Self-Care Toolkit, which includes more in-depth recommendations.

If you'd like to explore our free resources further, we'd be delighted to help you.

Please book a complimentary no-obligation call to see how personalised support could help you feel more confident and supported on your journey.

[Book Here](#)





SAFETY NOTE & DISCLAIMER

This guide is based on current available evidence for general information and education only. It is not a substitute for medical advice, diagnosis, or treatment. Always follow the advice of your oncology team.

If you notice new, severe, or worsening symptoms (such as but not limited to, sudden fatigue, fever, uncontrolled nausea, bleeding, or severe pain), contact your oncology team or healthcare emergency services as needed.

Some strategies in this guide (such as nutrition tips, movement, or complementary therapies) may not be suitable for everyone, depending on your specific diagnosis, treatment plan, or other medical conditions. Please check with your medical team before making any changes.

This resource is intended to complement standard cancer care — not to replace it. By using this guide, you agree that Holo Health and Maria Vega provide it for educational purposes only and cannot be held responsible for any outcomes resulting from its use.



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