

## Sharon's Boob Balm For Radiation Burns

I developed this two-part, all-natural application to counteract the effects of radiation "sunburn" during my six-week radiation treatment. I used it every day and, by the end of treatment, my skin showed no signs of discoloration or damage. To my advantage, I am half Italian and rarely sunburn, so this formula might be best for those with a similar skin type. My friend Charlotte, who has extremely sensitive skin and burns very easily, took this formula and added a topical medication to it. Her variation follows mine.

**Before proceeding: Please consult your radiation oncologist.** Test for skin sensitivities by dabbing a small amount of each ingredient on the underside of your wrist. *This report of personal experiences should not substitute for the professional advice of your healthcare provider.*

**Step 1: Apply pure lavender essential oil** (must be all-natural, preferably of the *Lavandula angustifolia* variety)

*Immediately* following radiation—before getting re-dressed—sprinkle 4 to 6 drops (per breast) on your fingers and spread lightly over the entire radiated area, including your armpit. It will absorb almost instantly. (If your hands are extra dry, you may wish to use disposable gloves, so your fingers won't drink the oil!) The lavender essential oil should quickly soothe any burn-like effects and the scent will be calming. **Caution:** Essential oils are very concentrated. Always use sparingly.

**Step 2, at least 1 hour after Step 1: Apply "All Good Goop"** by Elemental Herbs. (available at PCC, Whole Foods, Super Supplements, Pharmaca, or visit [www.elementalherbs.com](http://www.elementalherbs.com))

Smear a thin layer of "Goop" over the affected area—a little goes a long way! Because this can be a bit messy, you may want to apply the salve after you've gotten home and out of your nice clothes. If "All Good Goop" is not available, look for an all-natural, organic salve (not a cream) with similar ingredients, including calendula (particularly healing)—all in a base that serves as a protective layer on your skin and will not absorb or disappear too quickly.

## Charlotte's 3-Step Variation for Extra-Sensitive Skin

### Directions:

Follow Sharon's Boob Balm formula but **add an extra step *between* Steps 1 and 2.** Although Sharon recommends waiting at least an hour between each step, Charlotte's schedule wouldn't allow it, so she applied each step immediately after the other and still saw excellent results similar to Sharon's.

▪**After Step 1:** Apply about ½-1 tsp. of the over-the-counter medication, **Miaderm Radiation Relief** by Aiden Industries ([www.miaderm.com](http://www.miaderm.com), 877-642-7727). Your physician may be able to secure a free sample for you. Although not a natural product, two of its top ingredients are the traditionally healing botanicals calendula and aloe vera.

▪**After using the Miaderm, proceed to Step 2 of Sharon's Boob Balm.**

*Sharon Faiola-Petersen and Charlotte McGary are both breast cancer survivors and former patients of radiation oncologist Eric W. Taylor, MD, of EvergreenHealth, Kirkland, WA. They are co-authors of the uplifting science fiction/fantasy novel, **The Dream Crystals of Gandara**, available through [Amazon](http://Amazon). Sharon and Charlotte insist that the two radiating suns above the world of Gandara were part of the book long before either author had to deal with their own "glowing" orbs!*