



# Does any of this feel familiar ?

- Lying wide awake at 3:00 AM, worrying about the future & family
- Food on your plate, but no taste or appetite
- Constant hospital visits and worry of calling the doctor for even the smallest concern
- Searching online for answers that only raise more questions
- Wanting to do simple things, but running out of energy too soon
- Missing the "you" that existed before treatment began

**If even one of these made your heart skip, take a breath. We've got you!**

# EVERY ROAD, NO MATTER HOW LONG, IS EASIER WITH **SOMEONE TO LEAN ON**

## FOUNDERS NOTE

When my mother was diagnosed with cancer, I became her primary caregiver and a silent witness to her everyday struggles — the fear she carried quietly, the fatigue, the endless questions no one seemed to have the time to answer.

I realized that while doctors fought bravely for her life, so much more was left unseen and unsaid, the emotional battles, the loss of strength, the isolation; And as her caregiver, I too carried a weight that often felt invisible.

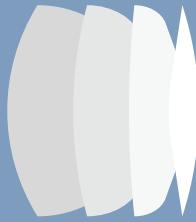
It was during those moments that I made a promise to myself: ***no one should have to go through this journey alone.***

**easemycancer** was born out of that promise, to create a safe space of support, healing, and strength, not just for patients but also for the ones who stand by them. Because cancer care is not only about surviving treatment, but about living fully with dignity, hope, and compassion.



PARUL AGARWAL  
Onco Yoga Specialised



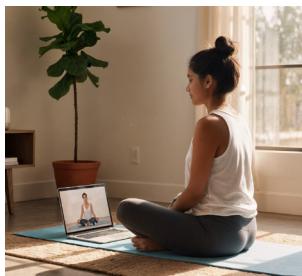


# ease my cancer

*We are not a hospital, nor an alternative therapy center.  
We are a complete support system built around your  
needs through this journey.*

## Guided by experienced Doctors and Oncologists

We bring for you holistic care built by those who understand and delivered by onco- specialists in yoga, nutrition, psychology and psychiatry, and shaped by insights from the journey of patients that walked this very path.



### Onco Yoga & Rehab

Live, structured sessions to ease side effects, restore mobility, manage pain, and rebuild strength. With unlimited access, join anytime you are ready — because no two treatment days are the same.



## Emotional Wellbeing

**Emotional Wellbeing** Weekly live sessions of **mindfulness, breathwork, and relaxation practices**, guided by experts, backed by research to reduce stress, improve sleep, and bring balance, helping you stay calm and supported through your journey.



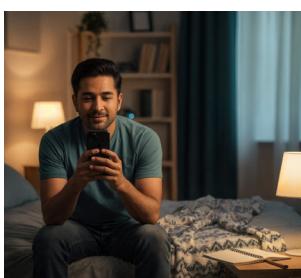
## Psycho Oncology

Cancer journey brings fears and emotions that are hard to share, even with loved ones. **That's why we offer a safe, supportive space guided by psycho-oncology experts** - where you can ease emotional stress, talk openly, and dont feel alone.



## Onco Nutrition

Personalised nutrition plans that help you feel stronger and recover faster. **A 30-min call once every 10 days with an Onco-nutritionist will ensure** your questions are answered, and your plan fits your taste, needs, and treatment phase.



## Care Beyond Sessions

**Support is just a message away — from 8 AM to 9 PM**, our program coordinator is available to answer questions and support both you and your caregivers, whenever you need.





## HOW IT WORKS?

# No travel, No hassle.

Join in from the comfort of your own space. All you need is a stable internet connection, a device with a screen, and your trust in us.

**LIVE SESSIONS  
AT HOME**  
From your home or wherever you are

**ON-CALL SUPPORT**  
Help is just a call away.  
Available 8am–9pm.

**REAL COMMUNITY**  
Connect with people and find strength together.

## WHAT WE UNDERSTAND

# From diagnosis to recovery

Every cancer journey is personal, with its own challenges. No matter your stage of treatment, we're here to offer the care and support you truly need.



### **While you prepare for surgery...**

We help you build strength, calm your mind, and face surgery with confidence. Gentle Yoga, breathing, nourishing foods, and mindful practices support smoother healing and faster recovery.

### **Just got done with surgery?**

We help you gently restore comfort, manage pain, and improve mobility, with nutrition and restorative practices focused on tissue repair, reducing inflammation, and boosting energy.

### **Undergoing Chemotherapy?**

We support you with restorative movements, tailored nutrition, and emotional care to ease fatigue, mood swings, and gut issues, helping you stay strong through the tough days.

### **During Radiation...**

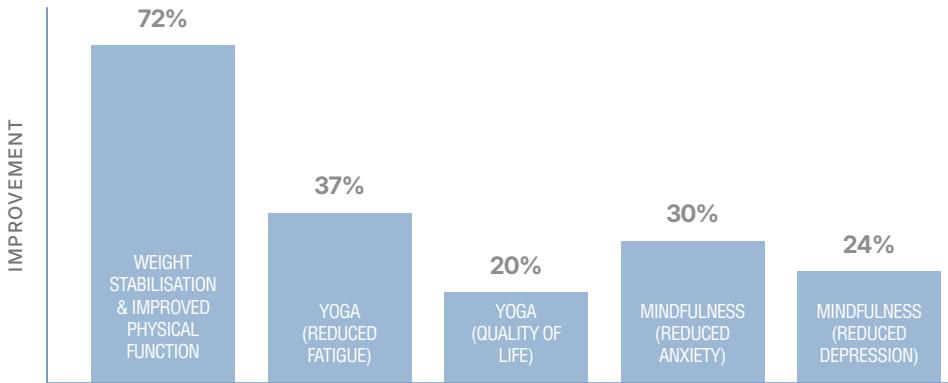
We will help you soothe your body and skin with simple yoga, skin care and emotional guidance to keep you supported and comfortable through treatment.

### **Post Treatment Care & Recovery**

After your treatment we help you rebuild strength, immunity, and confidence through yoga, nutrition, emotional and community support, guiding you toward a healthier, empowered life.

## EVIDENCE BASED HEALING

**Backed by research,  
tailored for you.**



VERIFIED IMPACT OF NUTRITION, YOGA & EMOTIONAL WELLBEING IN CANCER SURVIVORS

Some things even study cannot capture: the comfort of being truly heard, the little joys that return to your day, and the quiet strength of knowing you are not alone. It is more than care - it's comfort, laughter, and connection.

*I began my yoga journey after my cancer surgery, and it has been truly fulfilling. Yoga has helped me regain both physical and mental strength. With every session, I feel more confident and energetic*

KEERTI, 39 Years  
Cancer Survivor



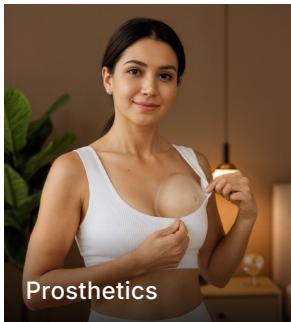
# That's not it!

We understand handling everything on your own can be exhausting, hence our support goes beyond just medical treatment - guiding you with solutions that are dermatologist-approved and patient-focused.

We care for your body and mind as you rebuild the life you want to live.



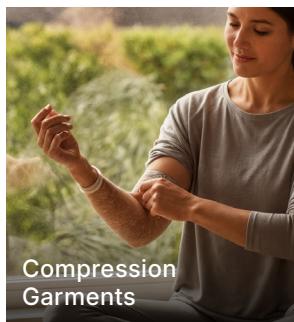
Wigs



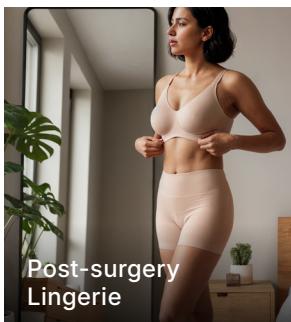
Prosthetics



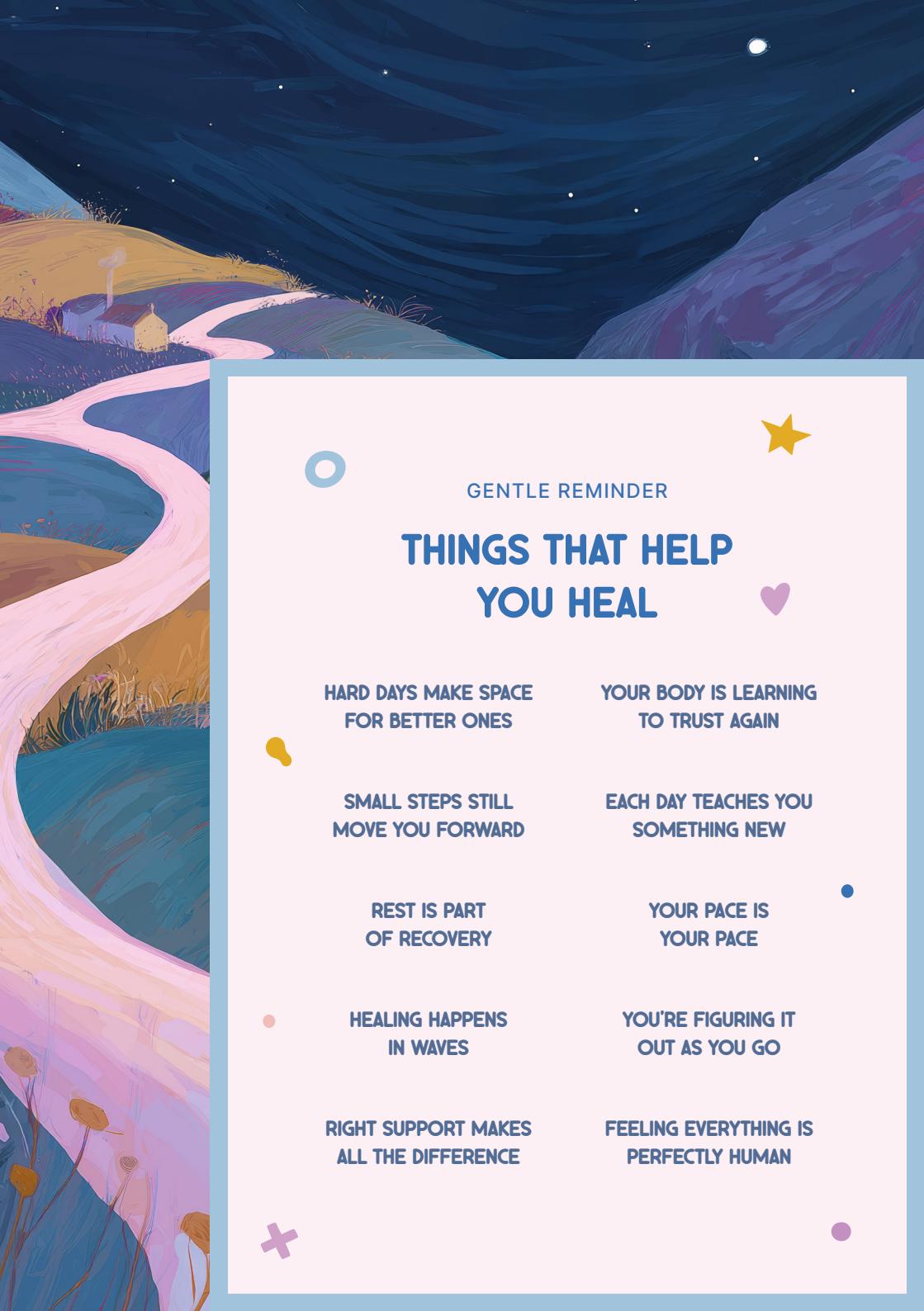
Post-radiation  
Skin Care



Compression  
Garments



Post-surgery  
Lingerie



GENTLE REMINDER

## THINGS THAT HELP YOU HEAL



HARD DAYS MAKE SPACE  
FOR BETTER ONES



YOUR BODY IS LEARNING  
TO TRUST AGAIN

SMALL STEPS STILL  
MOVE YOU FORWARD

EACH DAY TEACHES YOU  
SOMETHING NEW

REST IS PART  
OF RECOVERY

YOUR PACE IS  
YOUR PACE



HEALING HAPPENS  
IN WAVES

YOU'RE FIGURING IT  
OUT AS YOU GO



RIGHT SUPPORT MAKES  
ALL THE DIFFERENCE

FEELING EVERYTHING IS  
PERFECTLY HUMAN



# **Convenient and affordable!**

Our programs are designed to be accessible and affordable to all, with flexible options to suit your needs without compromising on quality.

Don't Hesitate to get in touch - No pressure, lets just talk

**[hello@easemycancer.com](mailto:hello@easemycancer.com)**

No judgement, no false promises,  
just support that empowers you to  
stand stronger.



**You didn't choose  
Cancer.**

**But you can choose  
how you heal.**



**ease**mycancer