



# 40th Birthday Year!

# HANDS ON

## New Approaches to Cancer



SPRING /SUMMER NEWSLETTER 2009 Reg. Charity Number: 285530

**New Approaches to Cancer** is a UK registered charity promoting the benefits of holistic treatment for cancer patients & their carers. Working alongside conventional medical treatments, provide free information on wide ranges of gentle complementary therapies & recommends experienced local practitioners & support groups throughout the country.

**New Approaches  
to Cancer**  
PO Box 194  
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ASHFORD, MIDDX  
WOKING, SURREY  
BRIGHTON,  
WORTHING,  
SUSSEX  
TUNBRIDGE WELLS,  
KENT  
HUNTERFORD, BERKS

**Contact:**  
**0800 389 2662**

**help@anac.org.uk**  
**www.anac.org.uk**

**facebook**



Name:  
New Approaches  
Email:  
newapproachestocancer@gmail.com  
Status:  
None

Please  
Raise  
Funds  
for our  
40th  
Birthday  
We need  
your help!

REMEMBER TO BUY YOUR BOOKS AND PRESENTS ON AMAZON USING THE LINK THROUGH OUR WEBSITE—WE RECEIVE DONATION EVERY TIME YOU DO, AT NO COST TO YOU. TELL YOUR FRIENDS! THANK YOU [anac.org.uk](http://anac.org.uk)

MANY THANKS FOR ALL OUR DONATIONS. WE ESPECIALLY APPRECIATE THE ONGOING SUPPORT OF OUR TRUSTEES & VOLUNTEERS. THANK YOU TO D.P Worldwide Freight Limited



### WELCOME TO ANYA LAYCOCK

OUR TREASURERS NEW DAUGHTER BORN IN APRIL 2009, SISTER TO ELIOT. pictured



### ARTICLE FROM DAILY MAIL 9TH APRIL 2009

Yoga can halve symptoms of depression in women with breast cancer. Recent studies found yoga classes improved patients' emotional health and increased feelings of peace. A new study in the journal Psycho-Oncology investigated the effect in almost 50 women with breast cancer, some of whom were undergoing treatment.

 Yoga can help ease depression felt by women with breast cancer. Half the women were given a ten-week programme of classes in Restorative Yoga, which uses cushions and blankets for physical support. The remaining women were put on a waiting list. All completed questionnaires at the beginning-and end of the study to evaluate quality of life. Women doing yoga classes gained mental health benefits, including a 50 per cent reduction in depression and a 12 per cent increase in feelings of peace. 'Evidence is quite strong that mind-body therapies improve mood, quality of life and treatment-related symptoms in people with cancer,' says researcher Suzanne Danhauer, at Wake Forest University School of Medicine in the U.S. 'Yoga is one mind-body therapy that is widely available & involves relatively reasonable costs.'

### KALE SALAD DELUXE

#### Ingredients

- 1 handful of Pumpkin Seeds
- 1 Avocado, 1 Tomato
- 50g Sprouted Lentils or Alfalfa sprouts
- 50 –100g Kale & 2 Tspn Olive Oil



**Method:** Grind the pumpkin seeds then chop the kale finely. Cut the tomato and mix into the remaining ingredients.  
*Theresa Webb*  
Kitchen Buddy Culinary School

## CANCER SUPPORT GROUPS

### ASHFORD, MIDDLESEX

at Community House,  
2 Laburnum Way, Ashford, Middx

1st & 3rd Wed 2.00 - 4.00pm

Visualisation and Meditation

2nd & 4th Wed 2.00 - 4.00

### BRIGHTON

at the Dyke Road Clinic,  
274 Dyke Road  
Monthly 2.00 - 4.00pm .

May 19, June 30, July 28, Aug 25, September 29, October 27, November 24, December tbc

### WORTHING

Monthly 2.00 - 4.00pm

May 21, June 18, July 16, August 20, September 17, October 15, November 19, December 17<sup>th</sup>

### WOKING, SURREY

at Woking Borough Council Depot,  
Monument Way East  
1st Monday in the month

## FREE GENTLE YOGA & RELAXATION CLASSES

### ASHFORD

Wednesdays 11—12

### WOKING

Wednesdays 12.30—1.30

### TUNBRIDGE WELLS

Fridays 11.00—12.00



A BIG THANK YOU TO TRUSTEES BILL AND GILL FOR DONATING THEIR TEACHING FEE TO OUR 40TH BIRTHDAY FUNDRAISING!

CAN YOU HELP US RAISE MONEY THIS YEAR?  
See [www.anac.org.uk](http://www.anac.org.uk) for ideas!

## COMPROMISE AND ACCEPTANCE



In November 2008, I was diagnosed – out of the blue – with a rare form of cancer called Sezary Syndrome. This is a Cutaneous T cell Lymphoma. The

cancer cells are in the blood and affect the surface area of the skin, colouring the skin red, like a bad day at a fake tanning parlour. My lymph nodes are also affected. The medical prognosis is short and treatment is palliative.

A normal person's White Blood Count (WBC) is 8-10,000; mine on diagnosis was 77,000. I was persuaded into hospital because the consultant was so concerned at my high WBC. I had been adamant at our first meeting 2 days earlier, that I was not keen on medical intervention if I could manage this disease myself.

As an Herbalist and Hypnotherapist, I have spent the last 15 years supporting many patients living with cancer and I have seen the downside to hospital treatments. I was in hospital for 8 days and seemed to receive bad news every day from the medical team. I took steroids; they didn't bring my count down. Eventually, I had a one shot intravenous dose of Vincristine (Chemo) to shock my blood cells into dying – they didn't! I came out of hospital on oral chemotherapy, steroids, self administered heparin injections, tablets to protect my kidneys, tablets to protect my stomach lining. I tell you, I would have taken more as long as I got out of there and home!!! Oh yes, and a hefty dose of antibiotics for the skin infection I picked up on the specialist dermatology ward.... (I hadn't



had antibiotics for over 30 years). There was simply no time to think about herbal treatment or any other 'complimentary' approach. I was scared and panicked into facing my own mortality and vulnerability. Once home, I was able to calm down and start to relax and think more clearly. I underestimated the trauma of getting such a diagnosis and it's taken me a couple of months to settle.

My oncologist is brilliant. He genuinely wants to help me and is patient and answers my myriad questions, often more than once. He is willing to adjust chem. doses to the lowest possible effective amounts. He asks me each month about my Integrated Care Package. I tell him that he tells me what he would like to treat me with, we discuss it and then I tell him what I'm prepared to accept. Then he laughs. Then I tell him what else I'm doing to help myself and he stops laughing and starts making notes.

At the moment, I'm having chiropractic, cranial sacral therapy & healing from New Approaches to Cancer every week, which treat my physical, emotional and spiritual needs. I'm also having radionic treatment along with homeopathy and various tissue salts and supplements. I also take Essiac, Milkthistle, Astragalus and a herbal mix, as a tea which includes Calendula, Viola and Hypericum.

I drink 3 litres of water daily plus my herbal teas and eat a mainly organic vegetarian diet with occasional fish or chicken. I do not eat red meat, any dairy or gluten. I feel well, although tired. I've stopped work for now but I still walk the dogs and TRY to meditate.

I've spent hours, especially in the middle of the night, thinking



about why I have cancer. What switched it on and how to switch it off. I don't think 'why me?' because why not me? I'm not angry that I have cancer. There's so little known about Sezary Syndrome that any information on the web and from my medical team is doom and gloom.

At the moment, I'm not responding to the oral chemotherapy and my WBC is around 100,000 and I've been offered combination oral and IV chemo.

You know what? What I've learned is, that living is a compromise. I try and live day to day and count my considerable blessings. I never thought that I would accept chemo but I have learned to accept selected drugs with grace and positivity.

**Boy, has it been a steep learning curve!**



Daily meditation will lead you to the peace you've been seeking so long. The peace of your soul awaits you at the centre of your own being."

—Swami Kriyananda

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.

-- Buddha

I trust that everything happens for a reason, even when we're not wise enough to see it. -- Oprah Winfrey

Why fear when I am here.  
—Sai Baba

"If ye have faith...nothing shall be impossible unto you." (Matthew 17:20).