



New Approaches to Cancer

HANDS ON

SPRING NEWSLETTER 2010 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
Chertsey, Surrey
KT16 OWJ
0800 389 2662



Recipe Corner

ALMOND MILK

Almonds are rich in calcium and protein.

They assist lung function and alleviate coughs. The skin may be acidic and irritate the gut lining, so after soaking, pop the almonds out from their skins before use. This makes a light and frothy milk.

Ingredients: 40g/20 almonds per person & half a pint water.

Method: Soak almonds in water and leave overnight. Peel skins off. Place in a blender and blend almonds and fresh water together. For thicker milk, add extra almonds or use less water.

Theresa Webb

kitchenbuddy@hotmail.com



Save the planet, go veggie, says climate chief Lord Stern

Britons should turn vegetarian to help beat global warming, according to one of the world's top experts on climate change. Lord Stern said methane emissions from cows and pigs were putting 'enormous pressure' on the world. The peer, who wrote an influential review of climate change in 2006, advocated a meat-free diet and called on people to think more about the effect of what they eat. He predicted people's attitudes to eating meat would change so much with time that it would eventually become unacceptable - in the same way as drink driving. And he also forecast the price of meat and other foods that generate a lot of greenhouse gases could rise after December's pivotal climate change conference. He said that:-

'Meat is a wasteful use of water & creates a lot of greenhouse gases. It puts enormous pressure on the world's resources. A vegetarian diet is better.'

Read more:

<http://www.dailymail.co.uk/news/article-1223247/Global-warming-Climite-chief-Lord-Stern-urges-Britons-vegetarian-save-planet.html#ixzzOmCWN93A3>

GROUPS CLASSES AND HELP IN
ASHFORD, MIDDX WOKING, SURREY
BRIGHTON & WORTHING, SUSSEX
TUNBRIDGE WELLS, KENT

TALC LINK TO RAISED WOMB CANCER RISK

Using talcum powder just once a week to keep fresh can raise the risk of womb cancer by up to 24%, a study has claimed. It warned that powder particles applied to the genital area can travel into a woman's body and trigger inflammation, which allows cancer cells to flourish.

Daily Mail, April 28th 2010

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

Dates: Tuesdays: May 25, June 22, July 27, Aug 24, September 28, October 26, November 30, December 14

WORTHING

Monthly 2.00 - 4.00pm

0800 3892662 for details

WOKING, SURREY

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



IN LOVING MEMORY OF AILSA LAWRENCE

When you see the sunshine you think of Ailsa. In the garden laughing. Tending her roses. Sitting peacefully reading. Or in

the midst of a family tea party or cancer support group, surrounded by people and telling jokes. Sunshine was Ailsa's very nature she was always filled to the brim with its light and just like the sun; she shared her warmth and healing spirit with everyone. Ailsa always loved nature and truly had a green thumb. She grew her own vegetables and was a lifelong vegetarian. She always managed to grow amazingly large and fragrant sweet peas, flowers & plants of all kinds responded to her loving touch. She gave her healing light to all without even thinking about it. Ailsa passed peacefully away in January.

Thank you Ailsa!



freephone: 0800 389 2662 email: help@anac.org.uk www.anac.org.uk

A SCAN FINDS A LUMP IN YOUR BREAST. THE SURGEON INSISTS ON A MASTECTOMY. A LIFESAVER...OR COULD IT BE A TERRIBLE MISTAKE?

Article extracts from the Daily Mail
by Jane Feinmann & Jenny Hope



When Eileen Conn was given a mastectomy after a routine mammogram eight years ago, she felt so unhappy about it that she has since refused to have any more breast scans. It's not that the 67-year-old writer doesn't fear cancer as much as anyone else. But the type revealed during her scan was ductal carcinoma in situ (DCIS).

This is a relatively newly-discovered cancer that grows inside the breast duct and can be picked up only through a mammogram - there are rarely lumps or other symptoms. As long as it remains within the breast duct, DCIS is harmless - and experts admit they still don't know what proportion of cases become deadly invasive cancers, or how and when this is likely to happen.

When her mammogram revealed the characteristic tiny white dots of DCIS, Eileen assumed that a small excision would suffice, leaving the rest of her breast. 'It was a profound shock to be told I would need a mastectomy, given that I'd obediently turned up for my mammogram every three years with the promise that they would catch any cancer early so I would need less surgery,' she says. 'Yet the exact opposite happened. I didn't have any symptoms. I didn't even have a lump. I felt fit and fine until this diagnosis, but I felt ill for a long time after my treatment. 'But I am furious that I was given a mastectomy without getting better information about the disease and my options.'

Eileen's experience is at the heart of a debate raging in breast cancer medicine over whether routine screening, which is offered to all women over 50, is a good idea. Around 1.8 million women have the scan every year.

The main argument against screening is that it exposes women to unnecessary and often drastic surgery. This is because when DCIS is found, cutting it out is the only option offered.

However, some experts believe that a

principle of 'watchful waiting' - which is often recommended for prostate cancer patients - is just as appropriate.

One of the critics of the screening programme is Michael Baum, emeritus professor of surgery at University College London. A top breast cancer specialist, he was involved in setting up the national screening programme 20 years ago, but is now not convinced it should continue.

His major criticism of national screening is what happens with DCIS. He claims that fewer than half of cases become invasive cancer, and that screening is leading to 'dangerous over-treatment of harmless lesions that, if left unperturbed, would not progress to a disease with lethal potential'.
Read more:

<http://www.dailymail.co.uk/health/article-1184277/Is-mastectomy-breast-lump-ALWAYS-lifesaver-terrible-mistake.html#ixzz0mChdma94>

"Breast cancer screening makes little difference to death rates and may lead to needless treatment, a study has found. Women given mammograms and those who had none had remarkably similar chances of survival. And the dramatic fall in breast cancer deaths in recent years is probably due to improved treatment rather than screening, it concludes."

Daily Mail March 24th 2010

FREE GENTLE YOGA & RELAXATION CLASSES



ASHFORD

Wednesdays 11—12

WOKING

Mondays 12.30—1.30

TUNBRIDGE WELLS

Contact 0800 389 2662

My Circle of Friends

When I'm feeling down
When I don't understand
What's happening to me
When I need to hold a hand
I go to my circle of friends

When all hope is gone
And family cannot be found
When angels are flying too high
to call
And I need someone here on
the ground
I go to my circle of friends

Yes my circle of friends
All different yet the same
Who cancer has touched
And we know not who to blame
I go, I go to my circle of friends

My circle, my friends
You saved me over and
Over again
For the world as we know it
Does not understand our pain
My circle, my circle
Of friends

So, I uphold thee
As my sacred, my beloved
Brethren
Changed by cancer
But not ending by amen
Reborn to teach
The world what it yet
Cannot see
All ye for the first
Time to let be
What should be
I praise thee
I embrace thee
My circle of
Friends...

*Dale Lemure, Boston USA
September, 2009*

If you're feeling low, don't despair. The sun has a sinking spell every night, but it comes back up every morning. The way I see it, if you want the rainbow, you gotta put up with the rain." Dolly Parton