

HANDS ON



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PO Box 194, Chertsey, Surrey KT16 0WJ

www.yolisamazinghemp.com



Yoli's natural hemp products can help with pain relief, anti-ageing, skin conditions and much much more. But how do they work? Hemp Seed Oil works from the inside out - Hemp Oil is a natural transmitter through the skin directly to the bloodstream, allowing these amazing plants to take effect quickly at a cellular level. It is also very high in protein and contains a perfect 3: 1 ratio of all the Omega essential fatty acids - both are essential for our bodies to function well. Nature above all is the primary healer. The body of man must be kept clean Inside and Out to perform his daily task efficiently and smoothly, our body being the house of both the spirit and force of life, the spirit commands a good clean structure, smoother and happier housing. Scripture tells us that God will not dwell in an unclean Tabernacle. Diet is the basis of blood formation, and the quality of blood is the river of life for our cells. The internal un-cleanliness of the human organism is caused by in part devitalised, demineralised, refined, chemically filled, fake foods of our time. Autopsies clearly show through arterial plaque and intestinal waste the body is in a state of un-cleanliness. Foul odour of the bowels and bad breath, are indications of impurities. Cleansing out the body vehicle, getting a tune up allows the body to operate smoothly. With science we learn the wisdom of nature; The laws of nature are unchanging. Eating right, purifying our lives with the knowledge of the principles that govern nature, my goal is to have optimum health long life free of disease. A mucusless diet consists of all kinds of raw & cooked fruits, starch less vegetables, cooked or raw and mostly green leaf vegetables. See Yoli's website for product information and details

About our Charity

New Approaches is a registered charity offering holistic services and support for cancer patients, carers, friends and family members. To help people stay well through education, information and practical demonstration. We provide free information on a wide range of complementary therapies and can recommend experienced local practitioners and support groups throughout the country. The charity relies on your support and donations to keep helping those in need.



Many thanks for your love & support

"He was a much valued volunteer, supporter and helper of the charity for many years"

New Approaches to Cancer



Colin Ryder Richardson
1929 - 2012

Colin was a survivor in every sense. In 1940 he was one of only 13 children of 90, to survive the sinking of the City of Benares. He survived stomach cancer and spent much of his life helping fellow sufferers. He lived for 83 years.



Dr Milo Siewert
Passed peacefully
December 2012

Dr. Milo Siewert started the Colonic International Association in 1987.

He ran the Dorset Natural Health Clinic and was a good friend and supporter of New Approaches to Cancer. He believed that "the human being must always be considered and treated as a whole,"

Support Groups, Talks and Classes for your diary

Ashford Middlesex

Community House,
Laburnum Way,
Ashford, Middlesex

Support Group

2nd Wednesday in
the month 2 -4pm

Gentle Yoga

Wednesday 11-12
weekly

Woking, Surrey

Council Depot
Monument Way East.
Woking, Surrey

Support Group

1st Monday in the
Month at 2-4

Gentle Yoga

Weekly Thurs 11-12

Brighton & Hove

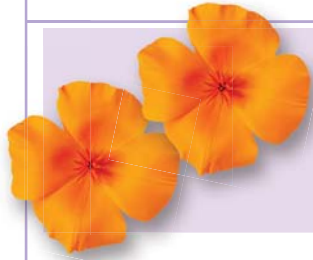
0800 3892662

for information Support Group

Third Tues in the
month 2- 4 at Hove
Address

Wk-ends & Thursdays

Yoga, Meditation
& Therapies



A Natural Way to Well-Being by Hayley Corcoran



I was introduced to alternative therapies in a very dramatic way, during a difficult period of my life. My late husband Michael who was my best friend, unfortunately passed away last April 2011. Michael was diagnosed with Prostate Cancer, we were given two years to spend the remainder of our time together. At the beginning we completely lost control of ourselves, we were extremely frightened; we really didn't know what to do. Our whole lives were thrown into complete disarray but there was one person who changed this in a 360 degree turn, that person was Dottie. We called her our amazing Dottie she had a gift. She was able to pull Michael and myself away from our fears and focus on what was important. Unbeknown to us, she was reaching out on a less conventional level but more of a spiritual, emotional and physical one. I am aware that both Michael and I were extremely vulnerable and in desperate need of hope, she gave us that hope and a sense of well being, instead of complete helplessness.

We both embraced her into our world and we soon discovered she belonged to an organization/charity called New Approaches to Cancer, offering holistic therapies. When my husband died, there was a time when no therapies helped, my mind and body went into shock, too numb to feel anything and I completely shutdown. Michael was so young, only 48 years old, he was my world and now he was gone. At the time I was only 41 with two young girls, how was I ever going to get my girls and I through this?

It was quite some time before I could cope with the day-to-day normality's. For example, getting up each morning, facing school runs, the energy to do housework, dinners and simply caring for my two girls. It was a poignant moment in our lives and we were all suffering terribly. We were offered counselling, but my personal experience didn't amount to much, I wished my counsellor shared the same amount of enthusiasm when

booking my next session as she did booking her next holiday! But, it was at that time I had a sudden realisation, a life changing epiphany had come to light. Nobody else could help me, I had to believe in myself and pull on all what was familiar, to heal my mind, body and soul, just as I had learnt from Dottie. Using a gentle holistic health approach seemed the most natural and obvious way forward.

I opened my mind to seeking more natural ways to help myself; it was time for a change. I started taking gentle exercises, experiencing yoga to help restore the body with healing chemicals, producing a feeling of well-being. After visiting a spiritualist I became aware we all have a special gift and that's life itself, which was a very uplifting and profound moment for me. By generally leading a healthier lifestyle through diet, exercise and new beliefs, gave me an inner strength. This strength was the platform to a new, energised ME. This was transferred across to my daughters because they saw a change in their Mum, they too started to feel a more positive approach to life. To smile and look forward to the future seemed a lifetime away after we lost Michael, we climbed a mountain and reached a place where we can enjoy the view.

We have learnt a lot about ourselves through our incredible journey and adopted wonderful practices to feel happy and smile again is truly amazing.

Thank You Dottie
(and New Approaches)



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www.a-miabeauty.co.uk

**The Science of skin care does not have to be
chemically derived (article in next newsletter)**

"Happiness cannot be traveled to, owned, earned, or worn. It is the spiritual experience of living every minute with love, grace & gratitude." - Denis Waitley