

# HANDS ON

Spring Newsletter 2017 Charity number: 28553

help@anac.org.uk Tel: 0800 389 2662 www.anac.org.uk

PO Box 194, Chertsey, Surrey KT16 0WJ

## WE URGENTLY NEED FUNDS TO CONTINUE TO RUN THE CHARITY FOR 2017

Your donations enable us to help so many others free of charge.

Thanks to all of you who have already helped the work to continue and to those who will support us this year!



## EXTRACTED FROM "WHY YOU DON'T NEED DAIRY"

by Juliet Gallately (Founder of Viva!) order from [www.whitelies.org.uk/materials](http://www.whitelies.org.uk/materials)

(\*Note from New Approaches: [www.vegusto.co.uk](http://www.vegusto.co.uk) do great line in vegan cheeses)

**IGF wot not?** IGF-1 stands for insulin-like growth factor-1. It is a growth hormone that controls growth both cows and people but each species has very different rates of growth. IGF-1 in cows' milk survives pasteurisation and can cross the intestinal wall and enter the blood. It is thought that it makes us produce more of our own IGF-1. Even small increases in our levels of IGF-1 increase the risk of several common cancers, including breast, prostate, lung and colon. Higher intakes of milk and dairy products are linked to raised levels of IGF-1, whereas vegetable consumption, particularly tomatoes, are linked to lower levels of IGF-1. Increasing cows' milk intake from 200 to 600 ml a day produced a 30 per cent increase in IGF-1 in young boys. The research is clear – cows' milk and dairy products increase levels of IGF-1, which in turn increase the risk of many cancers (Butler, 2014).

**Pus in milk** Another undesirable in milk is pus (yes, that creamy-green stuff that oozes out of infections)! Milk containing up to 400 million pus cells per litre is legally allowed to be sold for human consumption – even higher levels in goats' milk. Why so much? Because modern, intensive dairy farming ensures that 30 per cent of British dairy cows have mastitis – a painful infection of the udders – at any given time. Pus is a product of the cow's almost constant fight against bacterial invasion and some of it finds its way into her milk.

**CONCLUSION: MILK – THE WRONG STUFF:** Drinking milk is cruel – it's also unnatural. Only humans drink it after weaning – and milk from a different species at that. It's no more natural than drinking badgers' milk or cats' milk. Designed for calves, many humans find milk hard to digest and the result is discomfort and pain. Hormones in milk are linked to cancers such as breast and prostate cancer as well as the teenage scourge, acne. Its proteins are linked to type 1 diabetes and allergies. The saturated fat, cholesterol and, again, animal protein it contains are linked to heart disease, Alzheimer's, type 2 diabetes and many other diseases. Despite relentless claims by the dairy industry, milk is neither the only nor the best source of calcium and even increases bone fracture rates. Beans, lentils, broccoli, kale, watercress, nuts, seeds, soya and other plant foods are better and healthier sources. Ditching dairy products has never been easier as supermarkets and health food shops now stock a wide selection of delicious and nutritious dairy-free alternatives to milk, yogurt, ice cream and cheese.\*

## Support Groups, Talks and Classes 2017

### Ashford Middlesex

**Gentle Yoga**  
Wednesday 11-12  
Weekly at the

Community Centre  
Chestnut Court, Mulberry  
Avenue,  
Stanwell

### Woking, Surrey

Council Depot  
Monument Way East.  
Woking, Surrey

### Support Group

1<sup>st</sup>/2<sup>nd</sup> Monday in  
the Month at 2-4

**Gentle Yoga**  
Thurs 11-12 Weekly

### Brighton & Hove

0800 3892662  
for information

### Support Group

1<sup>st</sup> Tues in the  
month 2- 4 at  
Hove Address.  
Phone for future  
dates



## Who are we?

**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.

## CAN SUGAR REALLY GIVE YOU CANCER?



Edited extract from article in Daily Mail/ Gary Taubes (book "The Case Against Sugar")

Research dating back to the Sixties, but consistently ignored by dietitians and food regulatory authorities, has directly linked sugar with metabolic syndrome, a cluster of problems which includes putting on weight round the middle and chronic inflammation.

This is how it happens: sugar in the diet, along with other refined carbohydrates, raises blood sugar which then triggers the release of insulin, to move it into cells where it can be burned for fuel. Everyday table sugar (known as sucrose) is actually made up of two carbohydrates — glucose and fructose — and it's the fructose that makes sugar particularly damaging. Unlike other carbs, fructose is mostly processed in the liver, where it is turned into fat and seems to trigger a sequence of events that eventually leads to cells becoming resistant to insulin. As is the case with many drugs, the body needs more insulin to have the same effect..... (edited)

But why should cancer, which happens when cells grow out of control, be affected by high levels of insulin?

It's because insulin does many things in the human body, including stimulating cells to multiply and tumours to grow. And it can have another effect that benefits the cancer. Insulin together with a related hormone called insulin growth hormone turns off one of the programmes that normally kicks in to kill off cells that have turned cancerous (technically known as apoptosis, or cell suicide).

If the high levels of the sugars we consume cause insulin resistance, then it's hard to avoid the conclusion that sugar causes or at least promotes cancer, radical as this may seem, and even though this suggestion is rarely if ever voiced publicly.

Read more: <http://www.dailymail.co.uk/health/article-4082450/Can-sugar-really-CANCER-Diet-author-reveals-smallest-trigger-health-problems-heart-disease-diabetes.html#ixzz4WnUDZz2F>

You can order the book and all your gifts through the Amazon Link on our website and we will get a small donation – it all helps!



Could eating curry treat breast cancer? Spicy ingredient helps to slow the growth of aggressive tumours Link to article -

<http://dailym.ai/2hN1vBG>

This vegan lentil curry is absolutely amazing. It's simple, exotic, spicy, tasty, creamy and has an intense coconut flavor.

Author: Minimal Eats

Recipe type: Curry, Lentils

Cuisine: Vegan, Gluten-free, Indian

Serves: 4

### INGREDIENTS

- 1 cup lentils (220 grams)
- 1 cup basmati rice (200 grams)
- 2 cloves of garlic
- ½ onion
- 1 tablespoon extra virgin olive oil
- 16 ounces tomato sauce (450 grams)
- ⅔ cup coconut milk (150 grams)
- ½ teaspoon garlic powder
- ½ teaspoon ground ginger
- ½ teaspoon turmeric
- 1 teaspoon garam masala
- 2 teaspoons curry powder

1. Cook lentils according to package directions. We cooked them for 40 minutes over medium high heat. Drain and set aside.
2. Heat olive oil in a frying pan. Add the garlic and the onion (finely chopped) and cook them until golden brown. Add the tomato sauce, coconut milk and spices and cook for about 5 minutes. Stir occasionally.
3. Add cooked lentils, stir and cook for at least 15 or 20 minutes over medium heat.
4. Cook basmati rice according to package directions. We cooked them for 12 minutes over medium high heat. Drain and set aside.
5. Serve the lentils over the basmati rice. You can add cilantro on top.



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A range of skin re creams from hand & foot, to nourishing shampoos. Cleansers, toners, moisturisers all made from natural & organic ingredients

(Highly recommended by ANAC)

The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet, and in the causes and prevention of disease. ~Thomas Edison