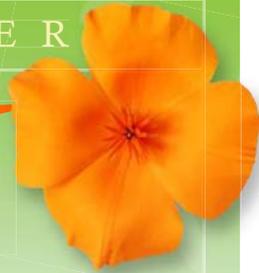


NEW APPROACHES TO CANCER

# HANDS ON



NEWSLETTER SPRING/SUMMER 2011

CHARITY NUMBER: 285530

help@anac.org.uk 0800 389 2662 website: anac.org.uk

PO Box 194, Chertsey, Surrey KT16 0WJ



## ALCOHOL ALERT

**'a major cause of cancer'**

Extracted from Telegraph & NewsCore 2011

Alcohol "causes 13,000 cancer cases a year", *The Daily Telegraph* has reported. The newspaper says that in the UK drinking is responsible for 2,500 cases of breast cancers, 3,000 bowel cancers and 6,000 cases of cancers of the mouth, throat or windpipe. The research used data from a large European study which looked at how current and former alcohol consumption related to the development of cancer in more than 350,000 people from eight countries. The researchers extrapolated the results to the general population and estimated that, across Europe, 10% of all cancers in men and 3% of all cancers in women could be attributed to alcohol consumption.

*"A fresh analysis of cancer rates published in Australia suggests alcohol is to blame for many more cases than previously thought—with 5.6 percent likely to be triggered by regular drinking even at moderate levels."*

## Through Positive Self Help



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.



## SUPPORT GROUPS, TALKS AND CLASSES FOR YOUR DIARY

ASHFORD, Mddx  
Community House,  
Laburnum Way,  
Ashford, Middlesex

### Support Group

2<sup>nd</sup> Wednesday in  
the month 2 -4

### Gentle Yoga

Weekly Wed 11-12

WOKING, Surrey  
Council Depot  
Monument Way East.  
Woking, Surrey

### Support Group

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

### Gentle Yoga

Weekly Thurs 11-12

BRIGHTON & HOVE  
East Sussex  
0800 389 2662 for info

### Support Group

Third Tues in the  
month 2- 4 at Hove  
Address

### Wk/ends & Thursdays

Yoga, Meditation  
& Therapies

Thankfully we have received a large donation through one of our patient/friends of ANAC on her passing - it-has enabled us to open a centre in Brighton/Hove area where people can stay for 2/3 days for respite. There is no charge- so anyone who feels the need of sea air and healing food please contact Dottie at

0800 389 2662.

We look forward to meeting you in Hove!

## COULD MISTLETOE HELP TO HALT SKIN CANCER?

[www.dailymail.co.uk/health](http://www.dailymail.co.uk/health)

### MESSAGE FROM CHAIR

*"Thank you so much all those supporters who donate by direct debit. We sometimes have problems with addresses of donors - so if you haven't received a thank you letter lately for your donation-contact us to confirm your address"*

*Blessings and Love  
Dottie*

(contact details on front page)  
Linda, Sue and Dottie pictured



**There is only one caste**  
**THE CASTE of HUMANITY**  
**There is only one language**  
**THE LANGUAGE of the HEART**  
**There is only one religion**  
**THE RELIGION of LOVE**  
**There is only one God**  
**AND THAT IS OMNIPRESENT**  
*Sri Sathya Sai Baba*

Mistletoe holds the secret to beating skin cancer, new research suggests. A study by German scientists shows the plant can halt the growth of malignant melanoma — the most lethal type of skin cancer — when combined with the diabetes drug rosiglitazone.

Scientists at the University Hospital of Hamburg combined mistletoe with rosiglitazone because, although the diabetes drug has recently been dogged by fears that it may raise the risk of heart attacks, some studies suggest it may be able to tackle cancer.

When the combination was applied to melanoma cells in the laboratory, the rate of cancer growth was slashed by up to 79 per cent.

It's thought mistletoe helps the body's immune system fight tumours and speeds up the disposal of toxic 'debris' left behind from chemotherapy.

Previous German research using mistletoe extract found patients had fewer side-effects from toxic chemotherapy and radiotherapy and survived



Glucosinolates are very powerful anti-cancer acting molecules found exclusively in crucifers. Crucifer vegetables include those of the cabbage family, broccoli, cauliflower, dale, curly kale, and Brussels sprouts. Research demonstrates that regular consumption of these vegetables significantly lowers the risk of developing a number of cancers that include bladder cancer, breast cancer, lung cancer, and cancers of the gastrointestinal system (stomach and colon cancers)

Many cancers are directly related to the absence of important detox systems; however, the consumption of at least three weekly servings of vegetables from the cabbage family improves the performance of these systems, by reversing this tendency. In short, these vegetables prevent carcinogenic substances from causing the type of genetic damage that leads to the onset of cancer and the growth of cancerous tumours in our bodies. **FOR BEST PREVENTION RESULTS:** Eat a steady diet of vegetables from the cabbage family; for glucosinolates to do their job, they must be consistently included in one's diet, preferably three or more times per week. Do not overcook these vegetables, as overcooking tends to cause many of the anti cancer benefits to "go up in smoke." Steam, stir-fry, or use in soups for best results, and remember, the vegetables should still be crisp and crunchy, not limp and overcooked. <http://hubpages.com/hub/THE-ANTI-CANCER-KITCHEN-ITEMS-YOU-MIGHT-NEED-ON-HAND>

*Extract from online article by Valerie Belew*



### High Blood Pressure: dark chocolate can ward off hypertension

We all know that fresh vegetables and fruit are good for us, but so is a little dark chocolate. Even just one square a day can reduce blood pressure, researchers have discovered.

They did the chocolate test on 44 people aged between 56 and 73 years who had the first signs of high blood pressure (hypertension). Half were given 6.3g of dark chocolate, containing 30 mg of polyphenols, every day for 18 weeks while the rest were given polyphenol-free white chocolate. The dark chocolate group saw a fall in the prevalence of hypertension from 86 per cent to 68 per cent, and systolic BP fell by 2.9 and diastolic BP by 1.9. There was no improvement in the white chocolate group.

*(Source: Journal of the American Medical Association, 2007; 298: 49-60)*