

HANDS ON



Summer Newsletter 2017 Charity number:28553
 help@anac.org.uk Tel: 0800 389 2662 www.anac.org.uk
 PO Box 194, Chertsey, Surrey KT16 0WJ

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.

URGENT APPEAL FOR FUNDS – PLEASE HELP THE CHARITY TO CONTINUE!



DID YOU KNOW?

The most powerful medicines known to man are not in the doctor's office, the pharmacy or the science lab. They are in your brain. Chemicals in the brain can help facilitate healing. We have access to these healing chemicals 24/7 and that should give us hope. Our beliefs and expectations - the foundation in which hope is built - can trigger the release of these healing chemicals.

Feeling hopeful can enhance mood, take away pain, and help us live life with more vitality. And best of all, hope has no side effects.

"Hope is the thing with feathers that perches in the soul, and sings the tunes without the words, and never stops at all." Emily Dickinson

The Holiday

(Stop, relax and enjoy everything around you)

A reminder by Ness Harrison

It's time for a holiday
 Time to have some fun
 Enjoy your recreation
 It's only just begun.

Visit friends and family
 Get some well-earned rest
 When you've had some time to play
 You will feel so refreshed.

Allow your imagination
 To go a little wild
 Do all the things you loved to do
 When you were a child.

Enjoy some tasty food to eat
 Go on nature walks
 Take some peaceful time alone
 Where you do not need to talk.

Think about your future
 About all the things you'd like to do
 When your thoughts turn into action
 All your dreams come true.

Observe Mother Nature
 Watch the moon at night
 It will feed your intuition
 Bringing lots of light.

When your holiday is over
 You will feel like a new you
 Filled with lots of energy
 For all you need to do.

The Cosmic Christ as space, is the pattern that connects all that exists and the scientific quest for such a pattern offers hope of the power of the human mind to experience personally this commonality among all things. Applied science in all fields has now been so developed that it has entered the realm of energy and of pure metaphysics. The mystery of electricity is unfolding gradually before our eyes and the electrical nature of man and the cosmos is being slowly proven and will later demonstrate that, throughout the human structure and form, man is composed primarily of light atoms, and that the entire Hierarchy is a great centre of light enabling us to understand somewhat the meaning of the words of Christ "I am the Light of the world." *Lucis Trust*

Support Groups, Talks and Classes 2017

Ashford Middlesex Support Group

now meets at Woking

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

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

Gentle Pilates
 Thurs 11-12

Brighton & Hove

0800 389 2662

for information

Support Group

Tues in the month

2- 4 at Hove

Address.

Phone for future dates



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Highly recommended by the New Approaches to Cancer Team



Pets and protecting your health

- 1) Avoid very close contact, such as kissing, snuggling, or sleeping in the same bed.
- 2) Wear waterproof disposable gloves to clean the fish tank, bird cage, cat litter box, or to pick up dog droppings.
- 3) Bird cage liners should be cleaned every day.
- 4) Don't handle the outside of your gloves after you use them. Remove gloves by pulling off from the inside surface at the cuff, then discard them.
- 5) Wash your hands after petting, caring for, touching, feeding, or cleaning up after pets (even if you wore gloves).
- 6) Wash your hands before taking medicines and handling food, dishes, or other things in the kitchen.
- 7) Ask others to clean fish tanks and cages of birds or other pets.
- 8) Avoid contact with animals you don't know, especially strays or those that look sick.
- 9) Avoid contact with reptiles, their cages or terraria, and objects from their cages.
- 10) Wear gloves when gardening to avoid contact with animal droppings

Pets should not stroll on counters or table. They should eat out of their own dishes, not yours. They should not sleep on your bed. The bedroom should be off limits to pets. Don't kiss your pets. Wash your hands after playing with your pet. NEVER, NEVER share food with your pet. Don't keep a cat box in the house; install a cat door. Wear a dust-mask when you change the cat box.

Extracted from the American Cancer Society Website
www.cancer.org

Nearly half of all households have some type of pet, but many pet owners are unaware that animals come with some level of risk for spreading bacterial and parasitic infections. Most healthy people won't pick up bacteria or pathogens from contact with a pet. However, young children, pregnant women, seniors and people with a weakened immune system -- including those undergoing treatment for cancer -- are typically much more vulnerable.

PLEASE TAKE NOTE

Hidden Sugars in Alcoholic Drinks Are Often Overlooked

Some of the self-professed 'healthiest' eaters, people who are vegetarians or vegans and believe they are effectively managing their sugar intake, make a serious mistake by drinking alcohol in any form and thinking this is not having an impact on their risk for developing diabetes and other health problems. Most people have absolutely no idea how much sugar lurks inside those alcoholic drinks. And despite what some of you may choose to believe, it's not just beer that provides the highest sugar content and calories to inflate your waistline. A March 2014 report released by the World Health Organization advised adults to consume no more than 25 grams of sugar a day from all sources, about six teaspoons. Many people absorb more than that in the alcohol they consume on a daily basis as a so-called 'social' drinker.

- *Apple cider (alcoholic): 20.5 grams of sugar in a pint.*
- *Port wine: 20 grams of sugar per glass.*
- *Bailey's Irish Cream: 19.5 grams per 100ml*
- *Sherry: 9.5 grams per 100 ml.*
- *Gordon Gin: 14 grams per 250 ml.*
- *Ale beers: 5 grams per 500 ml. bottle.*
- *Merlot wine: 2 grams per glass.*
- *Champagne: 1.5 grams per glass.*

The human body treats the presence of alcohol as if it were a nasty chemical toxin; that helps to explain why inebriation produces headaches, fatigue and other symptoms in the body after this alcohol has been absorbed. After drinking an alcoholic beverage, your blood sugar levels drop. This can be particularly dangerous if you exercise before drinking alcohol because exercise also lowers blood sugar levels. What this effect does is to produce cravings for sugary and carbohydrate-laden foods, making alcohol a trigger for repeated cycles of overeating and addictive sugar consumption. www.hippocratesinst.org



Sea Salt is better than Rock salt because it contains a large percentage of bio-available minerals and trace elements -- these organic minerals are the basic food for our cells and glandular system. It can contain natural iodine which is food for the thyroid system which controls growth of the body and nervous system. It is especially important for children.