



HANDS ON



NEWSLETTER WINTER 2011/2012

REGISTERED CHARITY NO. 28553

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STOP PRESS

'What the Doctors Don't Tell You'

Breast cancer spreads more aggressively in women who are stressed. Fear, anxiety and isolation all play a part in determining just how quickly the tumour grows, researchers have discovered.

More than a half of women who don't have breast cancer are told they do have the disease because of a false reading from a routine mammogram screening, new research has found. Disinfectants in public water could be a cause of neurological diseases such as Alzheimer's, scientists say. They also suspect that the treated water from our taps (faucets) may also be linked to miscarriages & some cancers.

The weed killers and insecticides we spray on farm crops, rose bushes, and parks verges can cause cancer—especially leukaemia in children, brain tumours and prostate cancer—as well as birth defects and arterial damage, independent scientists have established www.wtddty.com



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.

According to new research: Poor diet is responsible for 9per cent of cancers, according to a new study. But the scientists admit this is a 'conservative' estimate as it is likely that excess fat may trigger many other tumours, including prostate. Alcohol led to 4 per cent of cases, 12,500 a year, including bowel, breast, mouth and throat. And that it is possible to 'tilt the odds' of cancer by changing habits.'



Korma-Style Dhal with sweet potatoes and cauliflower

Use Organic Ingredients Where possible

1 x large onion (sliced), 1tbs mild Korma Curry Paste (no milk), 1 large sweet potato (peeled and diced), Seeds from 8 Cardamom Pods, 250g red Lentils, 750ml Vegetable Stock, 1 Cauliflower, Fresh coriander stalks & leaves. Chopped.

Method: Put onion and curry paste into large flameproof casserole with a lid. Cook over low heat, stirring continuously for 3-4mins & add sweet potato + Cardamom seeds & continue for another 3-4min. Add stock + lentils, cover and simmer for 15 mins. Remove lid, add cauliflower and cook for another 10 mins until all is tender & stock absorbed. Add coriander & season to taste. Enjoy!

Many thanks for all your donations, help & support we couldn't do it without you!

SUPPORT GROUPS, TALKS AND CLASSES FOR YOUR DIARY

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

Support Group

2nd Wednesday in the month 2 -4

Gentle Yoga

Weekly Wed 11-12

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
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. Her passing-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!



THE BENEFITS OF COCONUT OIL

www.a-miabeauty.co.uk

Having used Coconut Oil as the “carrier oil” in my skin care for 40 years, it was with interest that I read in the Press last week.

“There’s a revolution happening – from A-list celebs to super models, from marathon runners to premier league football players, coconut water and coconut oil are becoming mainstream. More and more people are opening their minds and mouths to the incredible hydration of pure coconut water and the wondrous benefits of virgin coconut oil. The prized secret of the tropics, coconut water and coconut oil are being embraced everywhere as the new natural alternatives to sports drinks, skin lotions and culinary oils. COCONUT OIL is light, heals wounds, soothes itchy skin, can aid tanning and can block out 20% of the sun UV rays. Pure coconut oil is one of nature’s richest sources of medium chain triglycerides (MCTs). The relatively small molecular structure of MCTs allows for easy absorption into your skin giving it a soft, smooth, and supple texture. It strengthens your skin’s underlying connective tissues warding off lines and wrinkles.”

It has always seemed simpler to me to describe the MCTs as “fatty acids” with the best natural pH for skin care. These essential fatty acids are lauric (found in mother’s milk), capric and caprylic acids. It also provides a good proportion of protein, as it contains some of the essential amino acids.

A most important feature is that Coconut is a fruit and therefore does not present us with the worrying nut allergies that its name suggests. Full gentle fruit acids are much more effective to the harsh chemical acids so often used in most commercial skin care brands.

The Science of skin care does not have to be chemically derived.

Katie May for A-Mia Beauty

ASPARTAME WARNING!

Although there is much controversy around the side effects of aspartame, some of the more common side effects that have been reported after consumption of aspartame are: **Headache, Dizziness, Sudden unexplainable mood swings, Vomiting and Nausea, Abdominal cramps, Vision Problems, Diarrhea, Memory loss., Fatigue, Rash or hives, Sleep disturbances, Changes in heart rates**

Source: Aspartame Side Effects (AminoSweet) - SideEffectsHub.com



NEW COLOUR AND LIGHT TECHNOLOGY COMING IN SPRING 2012 WATCH THIS SPACE

We all have a favourite colour but that choice really can have a greater impact on the shape of our lives. The choices we make about the colour of the food we eat or clothes we wear actually affects our moods and well-being.

Colour and light therapy which is one of the fastest growing areas of complementary health is based on different ancient healing systems, which recognise how different colours impact on the way we behave. Colour healing has been used for centuries in other parts of the world. The ancient Egyptians had healing temples of colour and light for treating physical disorders.

These days the emphasis is more on preventing illness, and dealing with emotional or psychological disorders. It is now much more scientifically based using laser and light technology.

Read more:

<http://www.dailymail.co.uk/health/article-39995/Could-colour-key-new-you.html#ixzz1gVaF4pjr>

WHAT CANCER CANNOT DO

Author unknown

*Cancer is so limited.
It cannot cripple love.
It cannot shatter hope.
It cannot corrode faith.
It cannot eat away peace.
It cannot destroy confidence.
It cannot kill friendship.
It cannot shut out memories.
It cannot silence courage.
It cannot reduce eternal life.
It cannot quench the Spirit.*



Spice up the day with ginger tea

Ginger tea relieves nausea
Ginger tea combats motion sickness
Ginger tea helps digestion
Ginger tea combats inflammation
Ginger tea reduces dizziness
Ginger tea limits flatulence
Ginger tea eases the pain of muscle aches
Ginger tea minimizes symptoms of the common cold, allergies, and other respiratory conditions

Grate and add boiling water! Strain & enjoy!

“The greatest discovery of my generation is that a human being can alter his life by altering his attitudes.” William James **“Confidence and hope do more good than physic.” Galen**