

# HANDS ON



Autumn/Winter Newsletter 2019 Charity number: 28553

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

PO Box 194, Chertsey, Surrey KT16 0WJ



New Approaches is a small, personal 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. Thank you for all your support. We would not be able to help without **YOU!**

We appreciate all your help, please think about us this Christmas and all the people we can help with your kind and generous donations. 2020 here we come!



Picking up parasites from you pet is too easy! Don't allow them on the bed and wash hands after petting. **Essential tough love for health.**

### Familiar Medicines that May Prove Effective

Developing a new cancer drug can take ten years — and when they come through they can be prohibitively expensive. The drug pembrolizumab, for melanoma and lung cancer, for example, costs £100,000 a year. However, using existing medication means the treatment is potentially available much quicker — and often far cheaper. Also, because doctors already have information about their long-term use, they will bring fewer risks.

Imperial College London has been using algorithms to sift through the anti-cancer potential of 1,500 existing drugs and 8,000 everyday foods. The researchers have already found 'several compounds not conventionally used as a cancer treatment that demonstrated high anti-cancer likeness,' according to their latest findings published this month in Scientific Reports. They found that tea, carrot, celery, orange, grape, coriander, cabbage and dill contained a high number of molecules 'with high anti-cancer likeness.'

Among the drugs identified so far as having anti-cancer potential are metformin as well as the antibiotic rosoxacin and the anti-fungal clinoquinol. However, the researchers stress that more work is needed to confirm these initial results. *Daily Mail – June 2019*

### Extract from: Could Cheap Drugs (up to a century old) be the new way to tackle cancer? Daily Mail

Author Jane McLelland concurs: 'There is a colossal resistance from the medical and pharmaceutical establishment to these treatments because there is no money in them.'

'Old drugs cost a few pence instead of hundreds or thousands of pounds, so all the research funds focus on the expensive new drugs.'

Dr Bannister adds: 'To do a study to allow you to recommend them for cancer treatment costs money. If all you are going to do is increase sales of a cheap drug, no one is motivated to do that.'

'Cancer Research UK is trialling aspirin albeit extremely slowly, but that's all.' Aspirin is believed to slow progression of the disease by inhibiting a gene that promotes cell proliferation.

When Good Health contacted Cancer Research UK — whose accounts show it receives hundreds of millions of pounds from pharmaceutical companies — Emma Greenwood, director of policy and public affairs, rejected the suggestion that it is influenced by the sales agenda of drug manufacturers. 'The charity fiercely guards its independence,' she says.

'Now we understand much more about what drives cancer, there are increasing opportunities to re-purpose existing drugs and search for new treatments.'

This includes researching metformin for prostate cancer.

Lisa McGrath is not convinced. 'I used to have a monthly direct debit for Cancer Research but now I think it only promotes treatments big pharma promotes.'

<https://www.dailymail.co.uk/health/article-7298799/Could-cheap-drugs-century-old-new-way-tackle-cancer.html>

## Support Groups, Talks and Classes 2019/20

**Ashford Middlesex Support Group**

now meets at Woking

**Gentle Pilates**

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

**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

**Extract from My Cancer Story Rocks**

<https://www.mycancerstory.rocks>

“Attitude is Everything” has always been my mantra. It seems that the more troublesome an event or challenge I've faced, my natural defense mechanism (that I attribute to my parents, siblings and friends) is to use positive thinking as the kick starter and humor as the mechanism to power through the adversity.

I found out I had small cell lung cancer two days before I was about to move to Zurich. I will not name names to protect the guilty, but I initially had the biopsy done by a local medical group. That group, in an attempt to keep the business local, delayed telling me the results for one whole week so that I could meet with their cancer specialists. When I did meet with their specialist (and when I found out I had small cell lung cancer) the bedside manner, outlook and demeanor could not have been more negative. It was basically "what you have can't be cured". I left that doctor's office at 2pm, with my head held high, and immediately faxed the biopsy report to MD Anderson in Houston Tx. MD Anderson called me back at 4pm and asked if I could be there at 7:30 the next morning. MD Anderson people met me at 10:30pm IN THE HOTEL and checked me in, including doing my initial blood work, right there in the hotel. When I walked into the hospital the next morning, I was already checked in and they already had my initial blood work.

I was amazed at the contrast between a local provider somehow thinking it was in my best interest to tell me I was going to die versus the #1 cancer center in the world telling me "no problem, we got this Joe"

From that moment on I made three promises to myself:

*First, I promised to be absolutely positive regardless of the short term challenges I faced.*

*Second, I promised to let my prayer posse take over and believe in the power of prayer;*

*Third, I promised to make at least one person in the hospital laugh every day.*

That was an epiphany and a great start to an amazing adventure with many lows, offset by incredible highs.

**IS YOUR DIET DRINK KILLING YOU?**

They are in thousands of products we slip into our grocery baskets each week — everything from ‘diet’ colas, soft drinks and yoghurts to chewing gum and toothpaste to slimming ready meals, cakes, ice creams and desserts. You'll find them in sachets to sweeten your tea and coffee. If you pick up any product labelled ‘sugar-free’, ‘reduced sugar’, or ‘low calorie’, it's almost certain to contain them. Yet this week the World Health Organisation delivered a bitter verdict on artificial sweeteners, with a study showing that just two glasses of diet drink a day increases the risk of early death. It's clear that we haven't got to the bottom of how artificial sweeteners could be affecting our eating habits, or our health. So, for the time being, I think it might be wise to err on the safe side and assume that a taste for larger-than-life chemical sweetness isn't a habit that's likely to keep us slim and healthy.

*Joanna Blythman is an investigative food journalist and the Guild of Food Writers' Food Writer of the Year 2018.*

**MESSAGE FROM THE PATRON**

HARVEY ZARREN MD., F.A.C.C.

We humans come with a long-evolved extraordinarily designed biology that is designed for healing and survival. That design is currently being progressively overwhelmed by our current way of life.

We are meant to get up and be physically active when the sun comes up and to be progressively less active when the sun goes down. We have not evolved to cope adequately with the electric light. We are meant to have periods of quiet - solitude - not loneliness. We do best functioning in groups; our ancient ancestors survived best in groups. Groups function best in the presence of respect, civility, empathy and compassion. We are not designed to gorge on fat, sweets and salt.

We are meant to be connected to and part of Nature: trees, plants, water, and oceans. The whole design evolved with a balance that nourished and maintained not only our planet, but also we humans.

In the name of commerce we are progressively disconnected from Nature, each other and ourselves. That disconnect is overwhelming our biology and the results are increased distresses with addictions, suicides, violence, chaos, incessant noise, and complex diseases. Even in our healthcare a progressive determination to be “efficient” is resulting in a lack of introspective time, increased mistakes, overburdened caregivers, and diminished healing outcomes. We mostly measure survival, not quality of wellness or degrees of suffering. Our healthcare itself causes progressive trauma: physically, mentally, emotionally, spiritually and socially to patients and caregivers alike.

We are doing healthcare badly!

We need to each take the time we need to reconnect with Nature, ourselves, other people, and with Spirit, however we define Spirit. We need to let our biological design work for healing; it is not just medicine versus supplements and other things to take.

Real life and healing are not in shopping, buying and cell phones. Don't be just a visitor to this life, battered by our culture, and our focus on finance.

Read the poetry of Mary Oliver, (1935 – 2019). She got it. She lived it. We can too.

Respectfully,

Harvey Zarren, M.D., F.A.C.C.

*“Poetry is a life-cherishing force. For poems are not words, after all, but fires for the cold, ropes let down to the lost, something as necessary as bread in the pockets of the hungry.”*

— Mary Oliver, A Poetry Handbook

“When you come to the end of your rope, tie a knot and hang on.” – Franklin D. Roosevelt