



# HANDS ON



NEWSLETTER AUTUMN 2012

CHARITY NUMBER: 28553

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

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.



## WOMEN "DUPED OVER BENEFITS OF BREAST CANCER SCREENING"

Experts attack campaigners who promote tests  
By Jenny Hope (Daily Mail extract only)

The world's largest breast cancer charity has been accused of "Oscar-winning" tactics that dupe women into being screened. Experts say that the charity..... was overselling the benefits of X-ray checks and ignoring the potentially harmful effects. Misleading statistics are persuading women to undergo mammography without knowing the full facts.

### "NEEDLESS DISTRESS"

Critics of screening say that programmes are bad for women because they lead to unnecessary investigations, over treatment including mastectomies and distress. They claim that the dramatic fall in breast cancer deaths in recent years is mostly due to changes in risk factors and improved treatment. Above all, many experts are uneasy that women are not properly informed about the drawbacks of an X-ray check - because they might say no. Danish researchers estimate that 7,000 British women a year needlessly go through the ordeal of diagnosis and treatment because of screening over diagnosis.

Vitamin supplements protect against colon cancer  
Multivitamin and minerals protect you against colon cancer – but only when you take supplements. Hoping to get all the nutrients we need from a 'balanced diet' just isn't good enough, despite what the doctor may say.

Around 80 people are dying every day in UK hospitals from lack of proper care – and the figures do not include the many more that die from the drugs and medical incompetence.

## SUPPORT GROUPS. TALKS AND CLASSES

**ASHFORD, MIDDLESEX AT COMMUNITY HOUSE, LABURNUM WAY, ASHFORD, MIDDLESEX**  
**SUPPORT GROUP**  
2<sup>nd</sup> Wednesday in the Month 2-4  
**GENTLE YOGA**  
Weekly Wednesday 11-12

**WOKING, SURREY**  
**COUNCIL DEPOT, MONUMENT WAY EAST, WOKING, SURREY**  
**SUPPORT GROUP**  
1<sup>st</sup> Monday in Month 2-4  
**GENTLE YOGA**  
Weekly Thursday 11-12

**BRIGHTON & HOVE EASE SUSSEX**  
0800 389 2662 FOR INFO  
**SUPPORT GROUP**  
Third Tuesday in Month 2-4 at Hove address  
**WEEKENDS AND THURSDAYS**  
Yoga, meditation and Therapies



**PLEASE REMEMBER THAT WHEN YOU ORDER YOUR CHRISTMAS PRESENTS FROM AMAZON THROUGH OUR WEBSITE**

**[www.anac.org.uk](http://www.anac.org.uk) WE GET A DONATION!**

**HAPPY SHOPPING.**



## CANCER LOVES SUGAR!

[www.mnwelldir.org/docs/nutrition/sugar.htm](http://www.mnwelldir.org/docs/nutrition/sugar.htm)

Every doctor learned back in medical school all about Otto Warburg's discovery; a discovery of humongous proportions, because way back in the thirties Otto discovered the main biochemical cause of cancer, or what differentiates a cancer cell from a normal, healthy cell. So big a discovery was this, that Otto Warburg was awarded the Nobel Prize.

***Cancer has only one prime cause. It is the replacement of normal oxygen respiration of the body's cells by an anaerobic [i.e., oxygen-deficient] cell respiration. -Dr. Otto Warburg***

But what else does Warburg's discovery tell us. First off, it tells us that cancer metabolizes much differently than normal cells. Normal cells need oxygen. Cancer cells despise oxygen. In fact, oxygen therapy is a favorite among many of the alternative clinics we've researched. Another thing this tells us is that cancer metabolizes through a process of fermentation. If you've ever made wine, you'll know that fermentation requires sugar. The metabolism of cancer is approximately 8 times greater than the metabolism of normal cells.

Okay, so here is what we can put together knowing the above: The body is constantly overworked trying to feed this cancer. The cancer is constantly on the verge starvation and thus constantly asking the body to feed it. When the food supply is cut off, the cancer begins to starve unless it can make the body produce sugar to feed itself.

The wasting syndrome, cachexia, is the body producing sugar from proteins (you heard it right, not from carbohydrates or fats, but from proteins) in a process called glycogenesis. This sugar feeds the cancer. The body finally dies of starvation, trying to feed the cancer. *Now, knowing that one's cancer needs sugar; does it make sense to feed it sugar? Does it make sense to have a high carbohydrate diet?*

The reason Food Therapies for cancer even exist today (beyond the fact that they work) is because someone once saw the connection between sugar and cancer. There are many food therapies, but not a single one allows many foods high in carbohydrates and not a single one allows sugars, **BECAUSE SUGAR FEEDS CANCER**. ..... as late as 1978, the AMA's official position (found in the Congressional Record) was that nutrition had nothing to do with disease.



**MANY THANKS FOR YOUR GENEROUS DONATIONS - WE NEED YOUR URGENT SUPPORT TO HELP US TO CONTINUE HELPING PEOPLE. WE CAN'T DO ANYTHING WITHOUT YOU! WITH THANKS FROM ALL AT NEW APPROACHES TO CANCER**

**New Approaches to Cancer, Registered Charity No. 285530  
PATRON: Dr Harvey Zarren, TRUSTEES: Dottie Hook, Doug Page, Graham Laycock,  
Sue Shattock, Libby Punter, Michael Punter**

*Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behaviors. Keep your behaviors positive because your behaviors become your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny. - Mahatma Gandhi*

