



New Approaches to Cancer

HANDS ON

SPRING NEWSLETTER 2005

Registered Charity Number: 285530

FREE TALKS FOR ALL

6.30 – 8.30PM

SUSTAINABLE LIVING

HOW TO LIVE RIGHTLY & BE WELL

0800 389 2662

(for details & to book your space)

MONDAY 11TH APRIL

Claygate, Surrey

LIVING YOUR LIFE

by DESIGN

With Joy Allen

WEDNESDAY 27th April

Ashford Hospital (Estates Dept.)

SUSTAINABLE LIVING

With Victoria Hands & Friends

MONDAY 16th May

Claygate, Surrey

HERBS FOR HEALTH

With Jenny Boys

MONDAY 27th June

Claygate, Surrey

THE GERSON THERAPY

With Lesley Pearce

MORE TALKS COMING, CONTACT OFFICE FOR DETAILS

Talks sponsored by a grant from Macmillan Cancer Relief.

Ask your local Council for Green Cone Garden Composters, they are supplying them free or heavily discounted!

THERE'S LIFE AFTER CANCER

edited letter from Brenda Brain



In 1998 I came on the Yoga and Cancer Course run by New Approaches to Cancer and held at Ickwell Bury. My state of mind when I arrived at the Bury for the course was not depressed—but rather that any useful life for me was over. The course shook me out of that attitude! On the final day one of the teachers got me to tell her my life history. At the end of it, she asked—to my amazement—“And what are you going to do next?” The word “Nothing” framed itself in my mind, but out of my lips came, “I think I’d like to do dramatherapy”. “Good” the teacher replied, let me know when you’ve given your first session. Just before cancer I had gained the Royal Society of Arts Diploma in Drama and Theatre Arts. I had not put it to use, first because of my cancer and then my husband’s heart illness.... I began to think it was a pipe dream, but then my Angels stepped in. I was at Maidstone



Elizabeth and John enjoying a Yoga & Cancer week at Ickwell Bury

General for my six monthly Lymphoedema check up. At the end of the consultation the nurse asked me what I did when not attending hospital clinics. I told her I was trying to start facilitating dramatherapy but so far nobody seemed willing to give it a go. “I think I can help you”, she said immediately. So I started in a very modest way with two people from her support group at the hospital. I then went on to work at the Hospice in the Weald, Kent and after a few months, dramatherapy became Breathing and Relaxation and developed into a sort of counselling helping people to face death, in fact to enjoy life to the full while they

could. It was the beginning of a new phase of my life. Four years ago I started teaching Yoga and am now a member of the Bury Yoga teaching team. So I give a big thank you to the Bury and to New Approaches for gently pushing me onto my “path” six years ago and for keeping me on it.

FREE YOGA CLASSES

ASHFORD HOSPITAL

Thursdays 12.30-1.30

Fridays 11-12pm

(includes class for men)

WOKING

Yoga, Stretch & Relax

Tuesday 1.00—2.00

FREEPHONE 0800 389 2662

YOGA & CANCER WEEKS IN 2005

At Ickwell Bury, Biggleswade, Bedfordshire **01767 627271**

17—22nd April

30th Oct—4th November
Holistic Retreat run by New Approaches, to include Yoga, Mantra and Breathing, Meditation, Visualisation, Herbalism, Bach Flower Remedies, Reflexology, Reiki & Healing, Massage, Alexander Technique, Colour Therapy and Nutrition for patients, carers and helpers. Cost £295

URGENT INFORMATION ON HOW TO HELP

- Please buy gifts and books from Amazon by *linking through our website* and we automatically get a donation.
- Also consider donating by credit or debit card online—it is a secure and easy service run by the Charities Aid Foundation.

Connection buttons for both the above can be found on www.anac.org.uk **thank you**

HELP & SUPPORT IN

CLAYGATE, SURREY

LALEHAM, STAINES

ASHFORD, MIDDX

WOKING, SURREY

BRIGHTON, SUSSEX

Free information packs sent nationwide

New Approaches to Cancer is a UK registered charity promoting the benefits of holistic treatment for cancer patients and their carers. Working alongside conventional medical treatments we provide free information on a wide range of gentle

complementary therapies and can recommend experienced local practitioners and support groups throughout the country. If you feel we can help you please contact us and help us to help you.

New Approaches to Cancer
PO Box 194

Chertsey

Surrey KT16 OWJ

E-mail: help@anac.org.uk

Web: www.anac.org.uk

FREEPHONE 0800 389 2662



THE GERSON THERAPY .

"A REMARKABLE EXPERIENCE" BY AYN W. CATES



In April of 2004, I was diagnosed with a breast tumour. As I have been involved with New Approaches to Cancer in the UK for many years, I consulted the chair person about the best course of action. She advised a thermogram to ascertain the extent of the tumour. In August, a thermogram at the Chiron Clinic, London suggested a pre-cancerous mass. Fortunately, New Approaches had details of various complementary practices to help my situation – also details of a complementary conference being held by the Cancer Control Society in the LA area on my return to the USA. When there I went to a talk by Charlotte Gerson, who inspired me to attend the next step with Gerson. I had previously known colleagues who had been vegan for 30 years or so and seemed healthy and vigorous.

Meeting Charlotte Gerson confirmed my feeling of "rightness" with the Gerson method. She immediately impressed me. She is 82 years old, but acts more like a thirty-year-old. She has no age spots, arthritis or osteoporosis. Her hearing and eyesight are perfect. I looked at her and thought, "Well, if that's what it is like to age as a vegan, sign me up!"

Charlotte tirelessly teaches her father's work. I went to San Diego and took the Gerson Caregiver Training to empower and heal myself, and to have the information for others who need it. I found her to be a real inspiration and a true no nonsense healer. There is also a Gerson hospital in Mexico with 12 beds where patients can experience the full Gerson Therapy.

The Gerson protocol is tough and it works. I believe every hospital in America and the UK should have the Gerson information available for all who really want to heal. It is proven to cure many illnesses including migraines, asthma, numerous skin conditions, cancers, AIDS. In fact, it is criminal that the entire world is not exposed to it. Obviously some people respond better than others, but the studies show 100% cure rates for stage one and stage two cancers, and promising results for more advanced stages. There is a point beyond which the body cannot regenerate, but there are some very impressive people walking around in San Diego that the medical profession sent home to die years ago.

The Gerson Therapy requires complete commitment. You cannot work or have any other focus other than healing if you want to do the complete program. You make 13 fresh juices a day in a Norwalk juicer, 9 carrot/apple and 4 green juices. You drink them hourly. There are also coffee and castor oil enemas, as well as special soups such as the Hippocratic soup, and some supplementation. You do not go hungry. On the contrary, you eat 20 lbs of fresh organic produce a day!

I followed the protocol strictly for two months. The first thing that happened was that a dark mole on my chest pushed up and fell off! I asked Charlotte about it. Her blue eyes sparkled and she said, "Well, the mole should not have been there". Then she brushed my cheek and said, "That age spot will vanish also". I must say that although it is not gone, it is much smaller and less pronounced.



Jenny Boys "Herbs for Health" Free Talk in Claygate, Surrey Monday 16th May 6.30 - 8.30

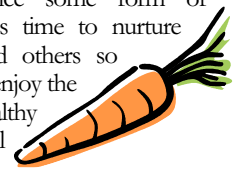
I had spent the past fifteen years waking up in the morning as though I had a bad cold. I had just accepted it as part of life. Two weeks into the diet I realized that I no longer had these symptoms. In fact, my hay fever, chronic bladder infections and asthma disappeared. That, in and of itself, is a miracle!

After several weeks, I began to lose excess weight and I am returning to my normal size. Also, I no longer experience aching joints. However, the most wonderful thing of all is that my mind feels so calm. My sensitivity level is at an all time high. I have much more patience with my children and can focus on projects for greater lengths of time. My children have also benefited. My daughter is thriving at school and my son has been moved forward one grade. I believe the juices have helped them to focus and excel. Optimal nutrition is so important for the kids. Charlotte has amazing success stories about the Gerson children.

The breast tumour has not changed in size, but my medical tests show no sign of cancer. I understand it may

take two years to shrink completely. I also have a fatty lump on my arm that has also been shrinking slowly. The Gerson Therapy is slow and thorough. It requires commitment to yourself and is a real act of self-loving and care.

I now know that the Gerson Therapy is a healing therapy. Each symptom the body experiences is addressed and healed. The therapy does not just address the cancer; it heals the entire being. I can see that what began as hay fever or a bladder infection is just the way the body has of indicating that something is out of balance. We are so naturally beautifully balanced. When chronic irritations such as asthma are present in our lives, it might be cured by simply eliminating dairy or sugar products from our diet. We have forgotten the wisdom of the body and use medicines to suppress the symptoms and silence our natural intelligence. Of course, when we do not listen, the body continues to degenerate. Disease and death are the final result. We are designed to live 125 years. We are only averaging half of that now, and one in two people will experience some form of cancer. It is time to nurture ourselves and others so that we may enjoy the long and healthy lives we all deserve!



**LIGHTBOXES
HAND JUICERS
COMPOSTERS
BOOKS, TAPES, DVD'S
& VIDEOS available to order
from our office
0800 389 2662**

Find out how
The Gerson Therapy can help you by coming to the free evening talk in our Claygate office on June 27th.
0800 389 2662
and for information on where to have a Thermogram near you
Or contact the Gerson Support Group **01372 464 557**