



# New Approaches to Cancer

## HANDS ON

SPRING NEWSLETTER 2006

Registered Charity Number: 285530

### Inspiration from the garden

For life in the 21st Century

By Katie May



#### HELP & SUPPORT IN

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#### 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

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PO Box 194  
Chertsey Surrey  
KT16 0WJ  
help@anac.org.uk  
Web: www.anac.org.uk  
0800 389 2662



For the past seven years I have been creating a herb garden in the Cotswolds. We found the old farm cottage and barns, with its own supply of spring water, in the perfect environment of very rocky and well drained soil. With the spring water and herbs we make infusions to combine into our A-Mia Skin Care - the culmination of 30 years formulation work.

#### GOOD CLEANSING IS THE KEY

Good skin care rests on the quality and regularity of the cleansing routine. Our towns and cities are polluted and dusty. It is therefore essential to remove this residue twice daily and if the skin is greasy, try to find time to cleanse 3 times. Most products on the market are made from detergents, which are very harsh alkalis and unsuitable for skin care. These products may clean off the dirt but they cut through the important protective moisture, leaving a deposit, which is as damaging as pollution. This results in misery - i.e. dead skin cells covering a dry skin, which any cream will find difficult to penetrate and repair.

#### TONE, MOISTURISE AND FEED THE SKIN

When the skin is perfectly clean and mildly acidic it becomes simple to tone, moisturise and feed with the appropriate quality product. Pure acidic plants combined with pure water are the best elements with which to care for the skin. It is best to use organic or wild crafted ingredients (if they are not too prohibitive in price) and it is most im-

portant to maintain stability, consistency and (I feel) a degree of fine sophistication.

#### HORMONAL INFLUENCES

Hormonal changes can be most disconcerting with a crop of spots often appearing in the teen years. Then there can be a complete change during and after pregnancy, which is different for everyone. Sometimes dry patches will appear, sometimes there will be extra spots and sometimes the skin will be "the best ever" - then another change for the 15 months following the birth can be disconcerting too. If and when the skin dries then increase the moisture, oil and protein in the plant based cream of choice. The next disconcerting time is at menopause, when the skin will often become over rich and spotty for a time but by now our routine should be well established and a quality product used little and often is usually the answer. The Yam Cream can be most useful at this time, with users reporting a boost in energy and confidence as well as skin improvement.



#### AVOID CHEMICALS AND METALS

Avoid chemical and metal ingredients if possible and cleanse them away after use. Poor health, stress, surgery and drugs can affect the skin by robbing it of its essential proteins and amino acids. When radiotherapy is being undertaken, one is warned not to use creams containing metals, with which I thoroughly agree. Therefore a protein cream filled with amino acids, nourishing herbs, vitamins and naturally occurring minerals contained in plants will help.

If you need advice to decide which creams are best during life's skin changes please do contact me:

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[sales@a-miabeauty.co.uk](mailto:sales@a-miabeauty.co.uk)  
or visit the website at  
[www.a-miabeauty.co.uk](http://www.a-miabeauty.co.uk)

#### FREE

Consultations with  
Medical Herbalist

Jennifer Boys on the first  
Monday of every month at  
36-38 The Parade Claygate  
Contact Jenny on  
01483 301144  
[Jennifer.boys@ntlworld.com](mailto:Jennifer.boys@ntlworld.com)  
to make an appointment  
between 2 & 4pm

#### FREE GENTLE YOGA & RELAXATION CLASSES

Currently running at  
**ASHFORD HOSPITAL**  
(Estates Dept)  
Tuesdays 1pm-2pm  
Fridays 11am-12noon  
**CLAYGATE**  
Tuesdays 3.30-4.30  
**Also in WOKING**  
Tuesdays 1.00-2.00  
FREEPHONE  
0800 389 2662  
please ring to book your place

If there is a message shining through the cancer story, it is for more trust and teamwork between patient and practitioner. The holistic approach to life, in which body, mind and spirit are intertwined, does not relate to cancer alone. But the emotive power of cancer cloaks it in a special kind of responsibility. Since we tend to give it pride of place, let it be a shop window for a more positive view of health, in which the important factor is how we live; not why we die. That is the way to undermine cancer's hold on us. *Excerpt from New Approaches Green Booklet*



# SUSTAINABLE BEAUTY by VICTORIA HANDS



Increasing rates of cancer, birth defects and longer term problems are linked to the increasing levels of chemical pollutants found in our bodies. Toys, computers, mobile phones, carpets, furniture, fabrics, clothes, washing powders and even the creams and cosmetics we put directly on our skin all contain unnecessary chemicals.



Only 14% of chemicals produced in large quantities in Europe have a minimum set of safety data, yet every year over 1000 NEW chemicals are produced.

## What can we do?

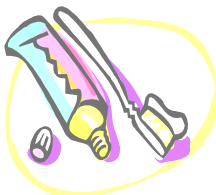
First of all we need to become aware of where chemicals are around us. Then we can replace these chemicals with a wide range of natural and harmless alternatives which in many cases do a better job than their chemical counterparts. Finally, we can spread the word to our families and friends and express our opinion to governments and the chemical industry. Taking a focus on cosmetics, try this simple exercise:-

- Clear a table and put on it all the cosmetic products each member of the family used yesterday. This could include toothpaste, mouthwash, dental floss, creams, cleansers, toners, face masks, shampoo, conditioner, hair colourings, shower gel, body scrub, deodorant, nail polish, hairspray, cleansing wipes, perfume and make up etc.
- On a sheet of paper write down the product name and then list the ingredients in that product. Do this for each product. Now see if any of the same ingredients occur in more than one product. Circle these in the same colour pen. You will probably see phthalates (dbp, dehp, bbp or bzbp) parabens (alkyl parahydroxy, benzoates, butyl, methyl, ethyl, propyl, isobutyl paraben) tricolsan, toluene (methylbenzene) xylene, formaldehyde alkylphenol ethoxylates, acetone, ethyl acetate and others.

Research has shown these chemicals to be risky for human



health and the environment. This is the chemical cocktail which you put into your body each day. Instead, we can use natural, simple, safe alternatives from reputable manufacturers or even make our own:



**Toothpaste** -  
2tbsp salt and

3tbsp bicarb of soda mixed to a paste with water

**Breath freshener** - chew cloves or rub sage leaves across teeth

**Face mask** - chamomile tea bags refresh tired eyes or puffy skin including insect bites (after drinking your tea, cool tea bags in fridge)

**Creams** - almond oil for a daily moisturiser is light and avocado oil for a night cream

**Cleansers** - a little rice soaked in water in the fridge makes an effective milky cleanser

**Toner** - rose water

**Antiseptics** - dilute vinegar with water for itchy dry skin - add 1 cup to a bath or 1 part vinegar to 8 parts water for a hair rinse

**Body scrub** - salt, ginger, lemon grass and banana mixed to a paste stimulates the circulation

**Perfume** - essential oils diluted in gentle almond or jojoba oil

## Update

**Friends of the Earth** has conducted research on retailers to find out who is taking most action to reduce their use of risky chemicals. Ikea, Body Shop, Marks & Spencer, B&Q and Co-op topped the league table but do check each product separately.

[www.foe.co.uk/campaigns/safer\\_chemicals/press\\_for\\_change/league\\_table/](http://www.foe.co.uk/campaigns/safer_chemicals/press_for_change/league_table/)

**The European Union** is working on REACH - the Registration, Evaluation and Authorisation of Chemicals. If you're worried about the dangerous levels of toxic substances in everyday products, and you want a safer, healthier future for yourself and your family, then help turn REACH into a powerful and positive law.

Visit the website at:

[www.chemicalreaction.org/](http://www.chemicalreaction.org/)

**For information** on the different ingredients and how the different manufacturers compare - some regularly use risky chemicals, whilst others avoid harmful chemical ingredients - visit: [www.greenpeace.org.uk/Product/Toxics/](http://www.greenpeace.org.uk/Product/Toxics/) or [www.wen.org.uk](http://www.wen.org.uk)

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STOCK.**

**0800 389 2662**



Brit Leamy at the New Approaches stand at a recent event. If you would like to join our team and attend or even organise a fund-raising event for the charity we would like to hear from you

**"The best and most beautiful things in the world cannot be seen, nor touched...but are felt in the heart."**

**-Helen Keller (1880-1968)**