



HANDS ON

New Approaches to Cancer

WINTER/SPRING NEWSLETTER 2008 Reg. Charity Number: 285530



Cancer Support Groups

run at our new address in Ashford every 1st and 3rd Wednesday
2.30–4.30

There are Cancer Support Groups Monthly in Brighton Claygate and Worthing

Yoga and Relaxation Classes
Visualisation and Meditation
At Ashford on 2nd and 4th
Wednesdays 2.30–4.30



FREE GENTLE YOGA & RELAXATION CLASSES

Currently running at

ASHFORD

Wednesdays 11–12pm

CLAYGATE

Tuesdays 3.30–4.30

Thursdays 11.00–12.00

Also in WOKING

Tuesdays 1.00–2.00

0800 389 2662

PLEASE CONTINUE TO SUPPORT US WITH YOUR GENEROUS DONATIONS AND FUNDRAISING EFFORTS
WWW.ANAC.ORG.UK

WE CAN'T DO IT WITHOUT YOU! MANY THANKS

World Cancer Research Fund

Extract from Food, Nutrition, Physical Activity and the Prevention of Cancer

(full report www.wcrf.org)



The world cancer research fund is a global network set up to help people make choices that reduce their chances of developing cancer. Their mission is to fund research on the relationship of nutrition, physical activity and weight management to cancer risk. The report, of which this is a short extract, has a number of inter-related general purposes. One is to explore the extent to which food, nutrition, physical activity and body composition modify the risk of cancer. The report specifies recommendations based on solid evidence, which when followed will be expected to reduce the incidence of cancer. These are some of their most recent findings:

Recommendations

BODY FITNESS Be as lean as possible with the normal weight range of the body.

PHYSICAL ACTIVITY Be physically active as part of everyday life

FOODS AND DRINKS THAT PROMOTE WEIGHT GAIN Limit consumption for energy-dense foods. Avoid sugary drinks.

PLANT FOODS Eat mostly foods of a plant origin

ANIMAL FOODS Limit intake of red meat and avoid processed meat

ALCOHOLIC DRINKS Limit alcoholic drinks

PRESERVATION, PROCESSING, PREPARATION Limit consumption of salt. Avoid mouldy cereals (grains) or pulses (legumes)

DIETARY SUPPLEMENTS Aim to meet nutritional needs through diet alone

BREASTFEEDING Mothers to breastfeed and children to be breastfed

CANCER SURVIVOR

Follow the recom-

mendations for cancer prevention. All cancer survivors to receive nutritional care from an appropriately trained professional if able to do so, and unless otherwise aim to follow the recommendations for diet, healthy weight, and physical activity.



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

CONTACT US
New Approaches to Cancer
PO Box 194
Chertsey, Surrey
KT16 0WJ
0800 389 2662
help@anac.org.uk
www.anac.org.uk

Ashford Support & Education Centre

Community House (A2 Housing Group Venue)
2 Laburnum Way
(off Holywell Way)
Ashford, Middlesex
Look forward to seeing you soon.



Milk is

commonly thought to be the premier source of calcium, but many other foods contain calcium.

Good plant sources of calcium include tofu (if prepared using calcium sulphate contains more than four times the calcium of whole cow's milk), green leafy vegetables, seeds and nuts. The calcium in green vegetables which are not high in oxalate e.g. kale, is absorbed as well or better than the calcium from cow's milk. Some soya milks e.g. Provamel, Plamil, Granovita are fortified with calcium. Drinking hard water can provide 200mg of calcium daily but soft water contains almost none.

Other calcium rich foods include black molasses, edible seaweeds, watercress, parsley and dried figs.

| Examples of amounts of foods providing 100mg calcium | |
|--|------|
| Black molasses | 20g |
| Dried figs | 40g |
| Almonds | 42g |
| Soya flour | 44g |
| Parsley | 50g |
| Kale | 67g |
| Brazils Nuts | 59g |
| Wholemeal bread | 185g |





Psycho-Neuro-Immunology

Barbara Cole, BA, Dip Couns, Dip Psych, MAHPP

For further information please contact Barbara on 01903 209554

Dear New Approaches,

30/12/07

I'd like to take this opportunity to thank you for all the help, advice and healing I have received.....

With many, many thanks **Barbara Cole**



I had been in practice as a Transpersonal Psychotherapist and Counsellor for 22 years when I was diagnosed with cancer. My first response was to go to the Bristol Cancer Help Centre where I had been many times in the 1980s for talks about natural treatments for cancer.

With the help of the therapists at Bristol and also with many years of psychotherapy behind me I was able to go to a calm and accepting place with my cancer. I accepted the possibility of death and made my peace with that. I also accepted that there was meaning and purpose in the cancer. I knew the cancer had come to me to teach me something. So in the weeks following the operation I spent time taking a long look at my life and what I needed to change. I also received a great deal of help and support from New Approaches to Cancer who now hold monthly meetings at my house in Worthing.

puzzle so that each cell receives the message. Therefore a depressed emotion, for instance, transmits depression to every cell, including the immune cells.



Don't Ever Give Up!

The response of the central nervous system to stress creates adrenal surges

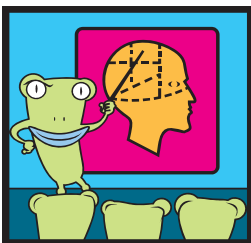
preparing us to fight or flee and also instructs the brain to stop manufacturing the 'feel good' chemicals that calm us down. The blood begins to clot more easily (anticipating invasive injuries) and the immune system goes into hyper-drive (anticipating infection) and then becomes exhausted. This leaves us open to a range of diseases, including cancer.

- *Dealing with the distress of diagnosis. Learning about PNI.*
- *Emotional release of present difficulties and unfinished business from the past.*
- *Letting go of 'victim' consciousness and finding the meaning within the cancer crisis.*
- *The use of visualisation techniques to strengthen the immune system.*
- *Teaching relaxation and meditation to assist stress reduction.*

This can be applied to group work or used in one to one therapy.



In the UK, the number of CT scans has doubled in the last decade, and is set for a massive increase. While no doubt CT scanning represents the height of 20th-century technology, it also poses far more risks than most other tests, blasting you with far higher doses of radiation than ordinary x-rays. The latest estimates are that one standard course of CT scans exposes you to more radiation than the citizens of Hiroshima or Nagasaki received when the atomic bomb was dropped on their cities! (Extract from WDDTY new report.)



While I learned about new discoveries in the mind/body interaction which are now termed 'Psycho-Neuro-Immunology' (or PNI). Psycho = the mind/soul, Neuro = the brain/nervous system, Immunology = the immune system. In other words, we now understand much more about how the interaction between mind and body actually works.

So how can we rectify the situation? First and foremost we need an emotional unblocking and free flow of emotions. When crying, for instance, we release cortisol in tears. This free flow of emotions enables our immune system to be adaptable and reach its optimal function. We also need calming for the nervous system which can be brought about with techniques like relaxation, meditation, yoga and also singing, especially using Oo, Ah, and Ee sounds which crop up in many religious chants, such as Hallelujah, Om, Shalom etc. To help cancer sufferers I have devised a fivefold approach to PNI:

I have since returned to Bristol for a course in PNI. I learned that thoughts and emotions are sent out from the Limbic brain in the form of chemical transmitters to spread the nature of the prevailing emotions to every cell in the body. Every one of our cells is covered with a mesh of thousands of brightly coloured receptors. The chemical transmitters lock into the receptors like pieces in a jigsaw



HELP & SUPPORT

CLAYGATE, SURREY
ASHFORD, MIDDX,
WOKING, SURREY,
BRIGHTON, SUSSEX,
WORTHING, SUSSEX,
TUNBRIDGE WELLS,
KENT

0800 389 2662

www.anac.org.uk



The New Approaches Trustees

STANDING: Doug, Sue, Graham & Elliot, Dottie

SITTING: Bill and Gill
(thanks to Ingrid for taking photo)



Punch for prostate cancer!

A fruit punch with blueberry & grape juice could help limit the spread of prostate cancer scientists have found.
Dr Red Nutraceuticals, Australia

The body and the mind are closely inter-related and both derive sustenance from food. Therefore, food has considerable impact on the character and destiny of the individual. As the food, so the mind; as the mind, so the thought; as the thought, so the act. All that is perceived by the senses constitutes 'food'. For the Sadhaka (spiritual aspirant), the intake must always be Alkaline, i.e., pure and moderate. The sounds, the sights, the impressions, the ideas, the lessons, the contacts - all must promote reverence, humility, balance, equanimity & simplicity. It is only the Alkaline 'food' that will keep the mind on an even keel, fully concentrated on the Atma on which one must contemplate in order to attain peace.

BABA



"Never give up, for that is just the place and time that the tide will turn".