



HANDS ON

New Approaches to Cancer

SPRING NEWSLETTER 2007 Registered Charity Number: 285530

THE PHYSIOLOGY OF COMPASSION

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

Short extracts from talk given in Brighton, March 2007

(55 Minute DVD now available from office)



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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www.anac.org.uk



New Approaches Patron:
Harvey Zarren

Each of you is a very complex thing called a human being an entity, an organism, you are not a pained leg, you are not a sore gall bladder you are not a broken back, you are not a cancer. People are whole human beings. There is anatomy, which is how you're made, there's how you function, your Physiology as we call it in medicine and there's energy which no one talks about, we all live in it but no one talks about it. You know that all of us are sharing energy all the time.....

Now each of us comes into the world with a series of self healing tools. Each part of us that is broken can also mend. And we don't pay attention to that much in medicine anymore. We used to pay a lot more attention to it until we had antibiotics, before we had the amazing tools that we have and I'm not degrading the amazing tools. Thank God we can do by-pass surgery, thank God we can do radiation therapy & chemotherapy, surgery. But our body has self healing tools and why would we not want to mobilize all these self healing tools to

work with the stuff from the outside? And the answer is that we do want to do that, we just don't think to do it.....

....So each interaction that you have in a day, that you initiate in a day, or that you have in a medical care centre, can either foster and nurture your self healing abilities or it can erode them. Dottie took me to one of the cancer support groups yesterday and a lady was telling us how she went to one of the oncologists and the oncologist said "Oh, it looks like your cancer's gone, but don't worry it will be back!" And I very quietly suggested that that was a toxic person in her environment. Why would you ever say that to someone?! That's the most outrageous thing and it goes on, those things happen all the time.....

Let's just suppose you're big resource is stubbornness, its gotten you through eight bouts of cancer and every time you go in, the medical system beats on you for being stubborn. What would be the point of it?

Eventually you're going to get eroded. We don't need to do that. All of these things have an effect on the intensity of people's symptoms, the intensity of what they are feeling & their ability to cope and function.



FREE GENTLE YOGA & RELAXATION CLASSES

Currently running at

ASHFORD HOSPITAL (Estates Dept)

Tuesdays 1pm—2pm

Fridays 11am—12noon

CLAYGATE

Tuesdays 3.30—4.30

Thursdays 1.00—2.00

Also in WOKING

Tuesdays 1.00—2.00

FREEPHONE

0800 389 2662

please ring to book your place

HEALING THE WORLD

(a guide for people who have forgotten the basics)

If I met a really poor and starving kid

I would give him some food

If I met a cold old lady

I'd give her a blanket

If I met a man who was crying

I'd tell him jokes and give him a hug

If I met a bird with a broken wing

I'd take her home and care for her until her wing was better

If I found an orphan abandoned and alone

I would find him parents

If I met a bunch of kids who wanted to learn

I would teach them everything I know

If I was a polluted pond

I'd drain it and put clean water in it

If I saw an old empty house

I would fix it up and give it to someone who needed it

If I saw an army fighting

I'd yell STOP! WAR ISN'T GOOD

If I saw a broken world

I would give it more love

Doesn't everyone just know that this is what we need to do?

By William Mussman age 7

1st Grade at Orca School, USA

New DVD

THE PHYSIOLOGY OF COMPASSION

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

DVD 55 MIN

Available NOW from New Approaches. Send Donation & Stamped Addressed envelope

HELP & SUPPORT IN

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LALEHAM, STAINES
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Also free information

0800 389 2662

packs sent nationwide



Factors contributing to good health include fresh air, exercise, a spiritual connection and an alkalisating diet which balances carbohydrates, proteins and fats. Improving combinations of these can aid our digestion and energy levels simultaneously. Simple, quick, nourishing and colourful, it supplies greater quantities of water, thus hydration is brought about from consuming higher water based foods, rather than drinking excessive quantities of water, to dilute heavier substances. We are the only creatures on the planet that go around with pots, pans and ovens and no other species drinks another's milk. My favourite recipes are free from gluten, animal products and processed sugars.

This spring, colours, textures and flavours all play a role in ensuring we benefit from the abundant sources of nutrients raw, uncooked fruits vegetables, nuts and seeds contain. How can we add them in? Through preparing everything and anything in small pieces: chopping, grating or spiralising (my machine makes excellent spiral twists and spaghetti 'noodles' from hard vegetables like beetroot, courgette, carrot and sweet potato). A friend from



China recently demonstrated this technique by meticulously chopping and mixing together:

Sweet Potato, Goji Berries, Cucumber. Apple, Almonds, Walnuts, Asparagus. Avocado.

TIP: MASH AVOCADO WITH ANY ACID FRUIT AND CHOPPED / GRATED VEGETABLES AND LEAVES, FOR A MORE NOURISHING 'GUACAMOLE'.

Nut and Seed Milks

Ingredients:

3 cups of pure water
1 cup almonds / cashews OR 1 tbsp raw nut butter
OR 1 cup mixed seeds eg. sunflower, hemp & pumpkin.

Directions

1) Blend the nuts / seeds with the water and strain if desired, for a thinner milk (or blend together the water and nut butter). A blender with an internal filter is excellent for this purpose.

2) For alternative flavours, experiment by adding in berries (fresh or frozen), banana or plantain; I much prefer their slow releasing sugars. For an indulgent chocolate shake, blend in dates, purple corn powder, vanilla, carob powder, spices eg nutmeg & cinnamon and raw chocolate powder.

3) Fennel, celery and green superfood powders also taste great and add in vital nutrients.

Note: soaked almonds will yield their skins (place overnight in hot water, until they swell) Seeds soaked in water will begin to sprout and soften as they absorb the liquid. This method produces a different texture milk with added nutrients, particularly with hemp seeds).



'MAYONNAISE'

This simple recipe combines colour & texture beautifully and rather than bread, serve it either on a bed of lettuce or in leaves as 'tacos' or for an ultimate 'mush', finely chop and mix in kale, spinach, chard or wild 'weeds': dandelion, chickweed, wild garlic, plantain, cleavers ...

Ingredients:

Pumpkin chopped, Fennel chopped, Onion chopped, Tomato chopped, Tahini
Quantities may vary.

Directions:

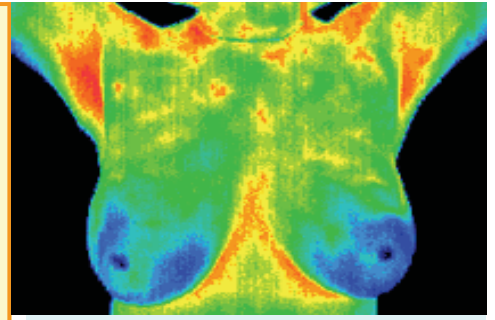
1) Blend all ingredients to a paste and add more tahini for extra creaminess.

RAW FOOD - THERESA WEBB

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KITCHENBUDDY@HOTMAIL.COM



Infrared Scanning (Thermography) is a painless, non invasive, state of the art clinical test without any exposure to radiation and is used as part of an early detection program which gives women of all ages the opportunity to increase their chances of detecting breast disease at an early stage. It is particularly useful for women under 50 where mammography is less effective.

Thermography's role in breast cancer and other breast disorders is to help in early detection and monitoring of abnormal physiology and the establishment of risk factors for the development or existence of cancer. When used with other procedures the best possible evaluation of breast health is made.



Infrared Scanning is available at:

The Chiron Clinic, London

0207 224 4622 www.chironclinic.com

Active Health Imaging, Worthing

01903 234490

jeffrey@activehealthimaging.com

ASHFORD EVENTS

Free sessions in our room at Ashford Hospital (Estates Dept)

Self Development (Mondays) 2 - 3.30pm

Life Coaching (Mondays) 2 - 3.30pm

Yoga (Tues & Fridays) 1 - 2pm & 11 - 12am

Support Group (Wed) 2.30 - 4pm

Relaxation (Thursdays) 2 - 3pm

0800 389 2662

for details of days, times and to make appointments