

HANDS ON



Spring Newsletter 2018 Charity number: 28553

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New Approaches is a small, personal 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. The charity relies on your support and donations to keep helping those in need. Thank you for all your support. We would not be able to help without **YOU!**

DUE NEW DATA PROTECTION LEGISLATION THE CHARITY IS REQUIRED BY LAW TO ASK YOU TO ACTIVELY CONFIRM THAT YOU ARE STILL HAPPY TO BE ON OUR DATABASE & RECEIVE INFORMATION, NEWSLETTERS etc

PLEASE READ CAREFULLY AND FOLLOW THE INSTRUCTIONS ON ENCLOSED LETTER OR EMAIL ATTACHED TO THIS NEWSLETTER.

*Thank you from:
New Approaches to Cancer*

URGENT

APPEAL FOR FUNDS - PLEASE HELP THE CHARITY TO CONTINUE, WE HAVE MANY NEW CANCER PATIENTS WHO URGENTLY NEED OUR SUPPORT AND YOUR HELP

Selfie may help spot cancer early

Daily Mail 3 Oct 2017

A 'selfie' could help spot pancreatic cancer in its earliest stages, thanks to a new app. Developed by researchers at the University of Washington, the app, called Biliscreen, analyses a smartphone photo of the white of the eye for signs of jaundice.

Jaundice, a symptom of pancreatic cancer, is caused by raised levels of bilirubin, a pigment in blood cells. Currently, pancreatic cancer often escapes detection until it is too late, and the five year survival rate is just 9 per cent. The app, which is not yet available, is designed to be used at home by people with risk factors, or who have the disease and need frequent bilirubin monitoring, normally done in hospital.

"Ultra-processed" foods, made in factories with ingredients unknown to the domestic kitchen, may be linked to cancer, according to a large and groundbreaking study.

Ultra-processed foods include pot noodles, shelf-stable ready meals, cakes and confectionery which contain long lists of additives, preservatives, flavourings and colourings – as well as often high levels of sugar, fat and salt. They now account for half of all the food bought by families eating at home in the UK, as the Guardian recently revealed.

**Do you steam your food?
You're at lower risk of heart disease if you do:
Scientists say frying can release toxic by-products**



© iStockPhoto.com

Prof Raj Bhopal from Edinburgh University has conducted a study which shows that frying and roasting foods cause the highest amounts of neo-contaminant to be created.

Neo-contaminants are associated with cardiovascular disease. The article discusses the health benefits of steaming rather than frying to help avoid these contaminants. It is also worth pointing out the health benefits of steaming to retain nutrients.

Clients find new ways of cooking difficult to adapt to so perhaps short videos or blogs on this method of cooking could be useful. Link to article - <http://dailym.ai/2ehXhgF>

Support Groups, Talks and Classes 2017

Ashford Support Group

now meets at Woking

Gentle Yoga

Wednesday 11-12
Weekly at the
Community Centre
Chestnut Court,
Mulberry Avenue,
Stanwell

Woking, Surrey

Council Depot
Monument Way East.
Woking, Surrey

Support Group

1st/2nd Monday in
the Month at 2-4

Gentle Pilates

Thurs 11-12
Weekly

Brighton & Hove

0800 3892662
for information

Support Group

Tues in the month
2- 4 at Hove
Address.

Phone for future dates



TIBETAN YOGA EASES THE AGONY OF CHEMO FOR BREAST CANCER

By Rosie Taylor © Daily Mail

THE monks who have practised it for 2,500 years claim it keeps them healthy and young. But now scientists have found another benefit of Tibetan yoga – it helps breast cancer patients cope with chemotherapy.

American researchers studied 227 patients and found that those who practised Tibetan yoga at least twice a week reported suffering less fatigue and fewer sleep disturbances – common side effects of the cancer treatment.

They were less likely to experience problems compared to women who practised less frequently, who did stretching exercises instead or who just had the standard treatment. The Texas University authors wrote in the journal Cancer: 'Participating in Tibetan yoga during chemotherapy resulted in modest short-term benefits in sleep quality, with long-term benefits emerging over time for those who practised it at least two times a week.'

Tibetan yoga uses fluid movements which are repeated up to 21 times each. The 75 to 90-minute classes focused on controlled breathing, visualisation, meditation and postures.



FOR INFORMATION ABOUT RETREATS IN THE SOUTH OF FRANCE THIS SUMMER

www.grailhavenfrance.com

The mysteries and ancient wisdoms encoded in the Languedoc, South of France is our focus for these retreats. We visit some amazing places - from the Mary Magdalene relics to the Temples of Isis and Venus. From Cathar Castles to Rennes le Chateau - Druid forests, healing springs and holy wells, also Lourdes. *For information on retreats in May, June & July:*
Email: gerrytaylorwood@powerup.com.au



MESSAGE FROM OUR PATRON HARVEY ZARREN, MD. FACC

Placing people and human interaction in the center of the healing process can benefit both patients and caregivers. Interpersonal compassionate, caring interaction can have enormous healing abilities. Each individual has self-healing abilities, and the use of compassionate, caring, respectful relationship can foster those self-healing abilities.

Healing is a journey towards wholeness and wellness, with physical, mental, emotional, social and spiritual aspects. The aspects are for the purposes of exploration and discussion. They are not reality. Anything that affects any part of an individual affects the entire individual at some level, even if very subtle. The human body does not know about the division into: physical, mental, emotional, social and spiritual.

Attention to the whole person, her or his wholeness, all aspects, is the most effective way to apply any healing practice, including all the modern technologies of Western Medicine. To be a healer, a healing practitioner, one must recognize that every human interaction fosters or erodes the self-healing abilities of all those engaged in the interaction.

To be a healer, rather than just a mechanical caregiver, practitioners must value the benefits of compassionate, caring relationship in applying whatever practice is being used. All healing practitioners attend to their relationship with patients/clients as being as important as the particular set of tools that they practice.

Dr. Zarren believes in the concept of applying all appropriate tools in any given case, including technology, nutrition and lifestyle changes, complementary therapies, and liberal doses of hope and humor. "There is so much variability among people, that it makes no sense that the exact same treatment will help all people diagnosed with a given condition." Furthermore, Dr. Zarren believes that, "How we do what we do as healthcare practitioners can be as important as what we do." Dr. Zarren believes that Healing Relationship is the essence of healing. Effective healers and practitioners of all kinds of healthcare practice, treat people with compassion, respect, attention, and extensive, caring listening.

Article and information about Dr Zarren extracted from his website www.connectedhealinginstitute.com