



# New Approaches to Cancer

## HANDS ON

SUMMER 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 26th SEPT**

Claygate, Surrey

### THE BRISTOL CANCER METHOD

With Jennifer Boys

**MONDAY 16th OCT**

Claygate, Surrey

### GRAIL HAVEN WATER

With Geraldine Taylor Wood  
**WEDNESDAY 23rd NOV**  
Ashford Hospital (Estates Dept.)

### SUSTAINABLE SPIRITUAL LIVING

With Dr Craig Brown

Talks sponsored by a grant from  
Macmillan Cancer Relief.

*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](#).

New Approaches to  
Cancer  
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**0800 389 2662**

## FROM OUR PATRON Harvey Zarren M.D



As a physician since 1969, I spend time noticing the evolution of Western medical practice and I am thrilled with the advances in the technological treatments for cancer and heart disease. The coming use of genetic information for diagnosis and treatment will be quite amazing. More painful is the shrinking time given to building relationships between caregivers and people suffering with disease. People must now take increasing responsibility for their own wellness.

A key element of that responsibility is to gain and use the knowledge of how nutrition impacts health. Western healthcare systems, focused on technology, pharmaceuticals and finances put little faith in the power of nutrition. There are three stages by which human cells become malignant, grow to form tumours and then go on to invade the body and spread. There is very credible information that the protein from animal sources, in particular dairy and beef, fertilize or accelerate all three stages of the evolution of many cancers. There is also clinical evidence and observation that vegetarian, non-dairy (so-called vegan) nutrition can help at any stage of cancer and sometimes dramatically changes the course of some cancer patients.

Given this information

and the clinical experience of those of us who have witnessed the positive effects of vegan nutrition on many, many cancer patients, why not put this knowledge to work if you are suffering from cancer - particularly breast, colon, prostate, pancreatic, ovarian, uterine, lung and gallbladder cancer and non-Hodgkin's lymphoma. For that matter, why not put it to work with any cancer if it might help? Indeed, if one has a family history of cancer or a past personal history of cancer, why not use this information to increase the chances for prevention?

An additional benefit is the very positive effect of



vegan nutrition in the prevention and treatment of heart disease and osteoporosis! Improving your nutrition is something you can do in addition to all that medical caregivers do to you. You are not likely to hear much about nutrition from medical caregivers; formal Western medical education teaches little useful nutrition information to medical students. Nutrition is very, very powerful in its ability to advance diseases such as cancer, heart disease and osteoporosis. It can be equally powerful in helping to prevent those diseases and in stopping progression and

even reversing those diseases. Why not use this very powerful tool to help you treat and even prevent cancer? Don't let commercial pressure from the dairy and beef industries and years of cultural habits and personal habits interfere with your healthcare and your journey towards wellness. You can do this! You **can** take responsibility for your health by being mindful of what you eat and drink! Go ahead! Obtain the services of a knowledgeable nutritionist and find out how you can use this very effective lifestyle opportunity to help your own health. Contact New Approaches on their free phone **0800 389 2662** for help. For very useful further information about nutrition and your health read *The China Study* by T. Colin Campbell, Ph.D. BenBella Books, Dallas Texas. 2005. ISBN 1-932100-38-5

*Harvey Zarren M.D*

### YOGA & CANCER WEEK

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

**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

### HELP & SUPPORT IN

CLAYGATE, SURREY  
LALEHAM, STAINES  
ASHFORD, MIDDX  
WOKING, SURREY  
BRIGHTON, SUSSEX

Also free information packs sent nationwide **0800 389 2662**

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through the link on our website and we  
automatically get a donation.

# An edited health regime diary

of Roger Wilcock by Katie May Wilcock (full version on request)

During the past year my husband has been experiencing cancer of the colon. This is part of the daily regime he followed, helping him to keep his strength and promote his energy, in the form of diary records of his progress. As we have always understood the need for complimentary therapies to boost the bodies own resistance we immediately started him on a regime which included as much organic food as possible including a fermentation of Soya with all the released amino acids, a good probiotic, plenty of organic yoghurt and tea containing the Essiac Herbs. (Fermented Soya only is recommended for cancer.)



Roger (right) & son Jamie in the garden

## Diary Extract

Roger is an intelligent, hardworking person, who has been used to stress for most of his business life. Prior to that he was a significant

Rugby player and earmarked for the England team when he broke his lower back. 37 years later, due to oesophageal varices with a massive blood loss, the Doctor warned Roger of the implications of alcohol use. As soon as he was made aware of the consequences, Roger stopped drinking alcohol. 2 years later a problem with the bowel function was reported on a routine doctors appointment and investigative biopsies revealed a lump in the rectum which CT and MRI scans revealed a 7 centimetre tumour with extensive contamination of the surrounding area.

## 24th June

Mr. & Mrs. Wilcock decided that Roger should follow a dietary and complimentary regime. As Roger had been warned not to become constipated, he obtained a prescription for FIBROGEL HUSKS and another prescription of an antiseptic cream.

## DAILY TIME TABLE

- 7 a.m. Four Herb Tea  
Four Herb Cream
- 7.45 a.m. Tulip Cream – following shower
- 8 a.m. Breakfast 3 or 4 dessertspoons fermented Soya
- 10.30 Lactobacillus 1<sup>st</sup> dose
- NOON Four Herb Tea (Essiac)

- 1 p.m. Lunch
  - 2 p.m. Lactobacillus 2<sup>nd</sup> dose
  - 4 p.m. Afternoon tea – perhaps wholemeal biscuits or fruit – even a treat of dark organic chocolate biscuit
  - 6 p.m. Four Herb Tea
  - 6.15 p.m. Lactobacillus 3<sup>rd</sup> dose
  - 7.30 – 8 Supper
  - 9 p.m. Four Herb Cream
  - 10 p.m. Tulip Cream
  - If awake Four Herb Tea In the night (prepared before retiring & beside the bed)\*
- This regime continued until the 31<sup>st</sup> July 2004

**31<sup>st</sup> July** A controlled “visit” to the bathroom produced 4 good stools!!!! The first for weeks or probably months. Mowed the lawn on the uncomfortable old tractor for three by 20 minute sessions.

EVERY NIGHT ALL THE HERBAL TEA HAS BEEN CONSUMED DURING THE HOURS BETWEEN MIDNIGHT AND 5 A.M. or LATTERLY MIDNIGHT AND 7 A.M. BETWEEN THE 23<sup>RD</sup> JUNE AND THE 31<sup>st</sup> JULY 1850 GRAMS OF TULIP CREAM HAS BEEN USED ON THE LOWER ABDOMEN

His symptoms responded well to



this regime until he had the illostome, prior to the therapies in the Autumn and the big surgery in January this year. During all of these treatments we have been impressed by the very high level of care and respect which we have received. We made no secret of the fact that we were using the complementary remedies and everyone was most supportive. Prior to the surprise diagnosis in June, I had made a cream to help Roger’s symptoms which included the four Essiac herbs, Calendula, Hypericum Perforatum, Solid Organic Soya, sulphur and a little Yam. I mentioned to the oncologist

that were using this Tulip Cream and received their approval to continue with it. The only proviso was that it must not contain metals. Of course it does not. Indeed when the radiologist found the start of a small skin ulcer in a skin crevice, she was very alarmed for him. I took over the daily treatment using the Exfoliating Cleanser and Nourishing Toner followed by the Tulip Cream and to the oncology team’s great surprise and delight, the ulcer was gone in less than a week. He also went through the 5 weeks of therapies without any of the usual side effects which I attributed to his healthy regime.

We have learned so much about this common illness and have realised the importance of positive thinking and its application also the need to communicate with the medical team involved. These experiences have been an inspiration to creation rather than an obstacle, and I am very pleased the A-Mia range has developed and expanded. If you need any help or advice on the products mentioned in this article please contact us on:

katie@a-mia.co.uk  
01993 822800  
www.a-miabeauty.co.uk

Tulip cream etc is available on the above website.



## NEW DAYS & TIMES

GENTLE YOGA & RELAXATION  
FREE CLASSES

\*starting Sept 6th with Nuala Burke,  
Yoga for Health Foundation

**ASHFORD HOSPITAL (Estates Dept)**

\*Tuesdays 1pm - 2pm

\*Wednesdays 6.30pm - 7.30pm

Fridays 11am – 12noon

**CLAYGATE**

\*Tuesdays 3.30 - 4.30

Also in **WOKING** Tuesday 1.00 - 2.00

**FREEPHONE 0800 389 2662**

please ring to confirm your interest and book your place

“Neither looking at the past, nor regarding the future, I think only of the present, relying entirely upon Thee, Who art Lord of my life. I live only one day at a time, leaving tomorrow to take care of the things of itself.”

Henry Thomas Hamblin (little book of daily readings)