



# New Approaches to Cancer

## HANDS ON



SUMMER NEWSLETTER 2006 Registered Charity Number: 285530

### NUTRITIONAL SUPPORT FROM SEAGREENS BY SIMON.B. RANGER (full article with references available from the office)

#### SUSTAINABLE LIVING - FREE TALKS IN CLAYGATE

6.30—8.30

0800 389 2662 to book

**Monday 3rd July**

**"Sunrise Island Bay"**

The Seagreens Story

Simon Ranger (see article)

**Monday 25th September**

**"Feeding the Hidden Hunger"**

Solutions to the health maze

Oliver Dowding (Wheatgrass)

**Monday 16th October**

**"Some of the Benefits of Cancer"**

Cancer can be positive!

Xandria Williams (Naturopath)

**Monday 6th November**

**"Art of Breathing"**

Sue Hindle

Supported 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

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Cancer

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Harvested among remote Arctic islands off the Lapland

coast of Norway - 'land of the midnight sun' - some particularly nutritious varieties of 'wrack' seaweed may be beneficial in the prevention and treatment of cancer. These wild 'sea greens' are the product of an Anglo-Norwegian venture operating sustainably to Demeter (the Biodynamic Agricultural Association) and Soil Association Standards. Among all seaweeds, their nutritional profile is outstanding partly because of their unique Arctic habitat. Their micronutrients fill all the gaps in land grown foods and have a significant level of mucopolysaccharides, special 'seaweed' phytonutrients with significant healing and detoxifying properties.

Under the brand name Seagreens®, the seaweeds are mixed and produced as easy-to-use Food Capsules and Food Granules which provide a convenient, complete dietary foundation for everyday use.

The polysaccharides in wrack seaweed have been shown to cause the destruction of cancer cells by interrupting the progress of their DNA and preventing their adhesion to healthy cells - reminiscent of the way they prevent the adhesion to the gut wall of the ulcer-forming bacteria *Helicobacter pylori*. The scientific research covers brain tumour, breast cancer, intestinal cancer, leukaemia, lung cancer and throat cancer. Where once soya was thought to account for the low incidence of cancer in Japan, this is now attributed to dietary seaweed which "has shown consistent anti-tumour activity" In conjunction with other nutrients in the seaweed, the polysaccharides also chelate

(bind) and remove heavy metals including lead, mercury, barium, cadmium, and radium from the body. Some of the UK's leading dentists use Seagreens® to detox amalgam mercury. In Japan, trials showed the polysaccharides - about 25% of the seaweed - to inhibit almost 90% of the body's absorption of radioactive strontium, removing it from the gut by converting it to an excretable insoluble salt, and from body tissue and bone where it had already passed through the gut. The Guardian last year nominated Seagreens® Food Capsules one of the two "best detox aids on the High Street".

A rich source of all the minerals and trace elements, Seagreens® help regulate the cellular nutrients, and contain all the antioxidant vitamins and minerals which cleanse free radicals. They are some 75 times more alkalizing than apples so help maintain the blood pH balance. The micronutrients aid the metabolism of food and make other food nutrients more available to the body which may explain why deficiencies of a



known nutrient - for example iron or iodine - have been remedied not by administering the nutrient alone, but by ensuring the presence of other micronutrients needed to metabolise the 'deficient' nutrient already present in the diet. A naturopath described Seagreens® "composite ability to address illness states whilst providing a rich nutritional resource and blood/lymphatic fluid detoxification" as "a gift and is exactly what is required".

If this all sounds too good to be true, it isn't new. In 1989

in 'The Food Pharmacy', Jean Carper reported that: "modern science confirms seaweed as one of Nature's all-round pharmaceutical miracles that can accomplish everything from warding off and treating several types of cancer, lowering blood cholesterol and blood pressure, thinning the blood, preventing ulcers, killing bacteria, even curing constipation". In conclusion, Seagreens® are an appropriate adjunct to treatment and convalescence especially before, during and after chemo and radiation therapy.

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#### 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

When diet is wrong medicine is of no use. When diet is correct medicine is of no need. Ancient Ayurvedic Proverb



# HOW DO YOU LIKE YOUR COFFEE?

by Jenny Floyd

*I have cancer for the second time. However, I am totally convinced that had I discovered New Approaches and experienced the loving support, guidance and advice they offer the first time around, I would not find myself on the cancer journey again. Many of the treatments may, to some, seem rather extreme, but every day I feel better and better, and I know that now I have taken control, I can beat cancer – and this time without the help of ‘conventional’ treatment.*

*So, when people ask me how I take my coffee, I am delighted to say: ‘Long, black, no sugar – oh, and usually up my bottom.’* As you can no doubt imagine, this is something of a conversation stopper at the dinner table! The mere thought of a coffee enema can conjure up a whole host of emotions, from horror to hilarity, revulsion to ridicule – I know, I’ve experienced them all.

It was with considerable reluctance that, after months of increasing dizziness and lack of energy I finally succumbed and took the enema kit that had been winking at me obscenely from the top of the kitchen dresser and, with heavy sighs, made up my first ‘brew’. I was sure that it would not make any difference, but thought anything was worth a go. Three days and three enemas later, the dizziness had gone completely and I was starting to feel less lethargic! Talk about effective.

I now do an enema pretty much every day. If I have to stop for a few days, I really notice the difference and find myself forced to take pain-killers (something that I do my best to avoid as much as possible, as I do not

want to tax my liver any more than is absolutely necessary). So much so, in fact, that immediately upon arrival from a few days away, I start brewing! Is it messy? Of course it is. Is it embarrassing? Only when you forget to lock the bathroom door and your son catches you ‘mid-operation’ as it were. Does it work – it certainly does for me. (I find it only fair to point out at this point, however, that I take the ‘real life stories’ of people’s experiences of enemas as depicted in *The Little Enema Book* with a huge pinch of salt! One woman reckons that she reads to her grandchildren while doing her enema?! Another performs



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the enema ritual in their van outside, before rushing in to go to the staff loos. All I can say is that they must have considerably better sphincter control than me - even lying right next to the loo can sometimes feel like a million miles too far! If you’re anything like me, you’ll need plenty of plastic on the floor and a couple of coffee coloured towels!)

Why do I do this? Because I am striving hard to detox my body and give it the help it needs to remove the cancer. Of course, no single thing is going to be enough - I also juice every day (lots of wonderful, fresh, organic veg, particularly carrots), take a host of supplements including Vitamins C, E, B and enzymes, try to use my exercise bike for up to 10



AQUA DETOX in action

minutes a day and also use a Zen Chi machine for at least 15 minutes a day. Additionally I have an Aqua Detox every couple of days, and regular long soaks in the bath in Epsom Salts. To date, things certainly seem to be having a major effect – I am unable to have any conventional treatments because of the extremely difficult area in which my tumour has decided to lodge itself. Every MRI scan that I have had for the past couple of years has shown that there has been ‘no significant change’. This in itself is very satisfying, but I am determined to get the tumour shrinking, so am currently embarking on a number of other measures, including an interesting magnetic treatment which I do for around ½ hour or so twice a day, which also seems to be having an impact on pain. Keeping healthy when you have cancer, is a full-time job – but the rewards come when you can start to help others. Through



the wonderful New Approaches to Cancer support group I have met many amazing, caring and loving people who give their time so cheerfully – so being able to help out by offering Aqua Detox and Reflexology at our Ashford Office on Thursday afternoons is a real joy. And there is nothing quite like feeling appreciated and useful to help on your own healing journey.

Coffee anyone?

*Jenny Floyd works on feet and offers Aqua Detox weekly on Thursdays at Ashford Hospital (see below) and at the Claygate office on 1st Monday of the month for Aqua Detox.*

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

- Self Development (Mondays)
- Life Coaching (Mondays)
- Yoga (Tues and Fridays)
- Aqua Detox (Thursdays)
- Relaxation (Thursdays)

**0800 389 2662**

for details of days, times and to make appointments

## FREE CONSULTATIONS



With Medical Herbalist  
**Jennifer Boys**  
in Claygate

Jenny is available the first Monday in the month from 2-4.

July 3rd, Aug 7th, Sept 4th, Oct 2nd

**0800 389 2662** for appointments

## HELP & SUPPORT IN

- CLAYGATE, SURREY
  - LALEHAM, STAINES
  - ASHFORD, MIDDX
  - WOKING, SURREY
  - BRIGHTON, SUSSEX
  - WILTSHIRE/TUNBRIDGE WELLS
- Also free information

**0800 389 2662**

And donate to New Approaches by ordering all your books and gifts by linking to Amazon through our website [www.anac.org.uk](http://www.anac.org.uk)