



# HANDS ON

## New Approaches to Cancer

SUMMER NEWSLETTER 2008 Reg. Charity Number: 285530



**URGENT. We need your email**

Please read as your help is urgently requested  
Welcome to the Summer 2008 newsletter!



We hope you have enjoyed reading the newsletters over the years and will continue for many to come. In order to save costs (and trees!) the

Trust is going to send the majority of news letters to you by email. Of course those of you who do not have access can still receive the information by post. **COULD YOU PLEASE WRITE TO US AND LET US KNOW. IF YOUR CHOICE IS EMAIL, PLEASE EMAIL US** even if you know we have your address (we are setting up a completely new mailing list and starting it from scratch!) to [help@anac.org.uk](mailto:help@anac.org.uk) This will save the charity administration costs so that funds can be used to help with the support and the education projects.

This year we are consolidating and creating a smaller user friendly office with even lower overheads enabling New Approaches to expand services & help more people. This will make your donations go much further.

Many thanks for all your support and care.

*The Trustees @ NAC*



IT WAS FUN LAST YEAR!

[walk2008@anac.org.uk](mailto:walk2008@anac.org.uk)

PLEASE SUPPORT OUR 2008 SPONSORED WALK

**\*NEW DATE & LOCATION\***

8th October 2008 - 4:30pm

@ Virginia Water

(If you are not able to take part, one of our volunteers will be happy to walk on your behalf)



**0800 389 2662**

We can't do it without you!

### Cancer: The Complete Recovery Guide.

By Jonathan Chamberlain.

Everything that everyone should know about cancer and how to recover from it. *"This is the book I wish I'd had when my wife Bernadette was diagnosed with cancer."*



Please buy on Amazon via our website:

[www.anac.org.uk](http://www.anac.org.uk)



### ORGANIC OATS

Organic Oats are inexpensive, readily available and incredibly easy to incorporate into your life. Oats contain twice as much protein as brown rice and are an excellent source of complex carbohydrates to maintain energy levels through the day. They improve your resistance to stress, help regulate the thyroid, soothe the nervous systems, reduce cigarette cravings & stabilise blood sugar levels.

### New Approaches to Cancer

is a UK registered charity promoting the benefits of holistic treatment for cancer patients and their carers. Working along side conventional medical treatments we provide free information on a wide range of gentle complementary therapies & can recommend experienced local practitioners & support groups throughout the country.

**New Approaches to Cancer**  
PO Box 194

Chertsey, Surrey  
KT16 OWJ

0800 389 2662

[help@anac.org.uk](mailto:help@anac.org.uk)

[www.anac.org.uk](http://www.anac.org.uk)



### DRINKING MAY RAISE BREAST CANCER RISK

Alcohol consumed even in small amounts increases the risk of breast cancer and particularly estrogen-receptor & progesterone-receptor positive breast cancer a new study shows.

Extract from optimum nutrition e-news

[www.optimumnutrition.com](http://www.optimumnutrition.com)



### VITAMIN DEFICIENCY MAY CAUSE MODERN ILLS

(FROM Independent 16/02/08)

A chronic shortage of vitamins & other 'micronutrients' in the diet may be responsible for triggering many of the ills of modern life such as cancer, obesity and the degenerative diseases of ageing. Professor Bruce Amos of the University of California, Berkeley, who invented one of the standard tests for cancer-causing chemicals, said many people's diets were deficient in 1 or more of the 40 micronutrients essential for healthy life.



# CANCER SUPPORT GROUPS

ASHFORD, MIDDX,  
WOKING, SURREY,  
BRIGHTON, SUSSEX,  
WORTHING, SUSSEX,  
TUNBRIDGE WELLS, KENT  
HUNGERFORD, BERKS  
**FREEPHONE**  
**0800 389 2662**  
**www.anac.org.uk**

**A-Mia Beauty**  
Created at Beechgrove  
Herb Garden in the  
Cotswold (above)

The A-Mia Beauty range has been formulated for the new Millennium. Organic herb tinctures and organic plant ingredients combine to make a personal and professional range of creams to promote healthy skin, relax tired muscles and joints and relieve the stresses of life in the 21st Century.

Home grown organic herbs are used wherever possible and great care is taken to choose quality edible ingredients, without detergent, petrochemicals, mineral oils, animal ingredients or bi-products.

None of the ingredients used in the A-Mia herbal products have been tested on animals since 1981.

**For more information and help with any skin problems or advice you may need contact:**  
01993 822800  
sales@a-miabeauty.co.uk  
www.a-miabeauty.co.uk

**IF YOU WANT TO RECEIVE THIS NEWSLETTER FROM US IN THE FUTURE PLEASE WRITE OR CONTACT THE OFFICE BY EMAIL.**  
**help@anac.org.uk**

**Please note...** IF YOU DON'T HEAR BACK FROM US PLEASE CHECK YOUR "SPAM" BOX JUST IN CASE WE ARE LISTED THERE BY ACCIDENT!  
*many thanks*



## CLASSES **Contact: 0800 389 2662**

**FREE GENTLE YOGA & RELAXATION CLASSES**  
Currently running at  
ASHFORD  
Wednesdays 11—12  
WOKING  
Tuesdays 12.30—1.30  
TUNBRIDGE WELLS  
Fridays 11—12



*"Cancer has been increasing in the West since 1940. 3 major factors have disrupted our environment during this period, farming method changes, exposure to large numbers of chemicals & increased sugar in our diet."*

*Extract from "You" Magazine 15/06/08*  
**"THE ANTI CANCER DIET" & "ANTICANCER - A NEW WAY OF LIFE"**  
*BY Dr David Servan-Schreiber*

Dr David writes about the vitamin losses from intensive factory farming & says that vitamins can help fight cancer.



Try **ECOBALLS** from **ECOZONE.co.uk** no need to use soap powder (expensive) & **UN—ECOFRIENDLY!**

ASHFORD, MIDDLESEX  
run at Community House,  
2 Laburnum Way, Ashford, Middlesex  
every 1st and 3rd Wed 2.30—4.30

Visualisation and Meditation  
At Ashford on 2nd and 4th Wednesdays 2.30—4.30  
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BRIGHTON & WORTHING  
Monthly in Brighton  
at the Dyke Road Clinic,  
274 Dyke Road.

Sept 30 Oct 28 Nov 25 Dec 16  
and Worthing  
Sept 18 Oct 23 Nov 20 Dec 18<sup>(tbc)</sup>  
\*\*\*\*\*

WOKING, SURREY  
New meeting at Woking  
Borough Council Depot,  
Monument Way East



**FEEDING THE FOUNDATION OF HEALTH**  
Extract/article by  
Simon Ranger

A balanced variety of foods is required on a daily basis to give our bodies in turn, not only the balance of nutrients they need to perform their multitude of daily functions, but to avoid and counter imbalances which cause disease. The relationship between balance and health first stimulated my interest in seaweed.....

As one of the earliest forms of vegetation, quite different from land plants, many seaweed varieties incorporate a balance of all the nutrients capable of sustaining life. Among hundreds of seaweed varieties, the cold water "brown" seaweeds particularly, provide in themselves a remarkably balanced profile of virtually all the known nutrients, including a significant proportion of "micro" nutrients like the B vitamins and trace minerals as well as complex micronutrients. However well husbanded, these micronutrients may still be deficient in land foods, particularly difficult to obtain in special diets and wholly absent from 'artificial' processed foods.

**seagreens.com**  
**0845 0640040**

