

# HANDS N

Summer Newsletter 2014 Charity number: 28553  
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Yoga can halve symptoms of depression in women with breast cancer. Recent studies found yoga classes improved patients' emotional health and increased feelings of peace. A new study in the journal *Psycho-Oncology* investigated the effect in almost 50 women with breast cancer, some of whom were undergoing treatment. Half the women were given a ten-week programme of classes in Restorative Yoga, which uses cushions and blankets for physical support. The remaining women were put on a waiting list. All completed questionnaires at the beginning and end of the study to evaluate quality of life. Women doing yoga classes gained mental health benefits, including a 50 per cent reduction in depression and a 12 per cent increase in feelings of peace. 'Evidence is quite strong that mind-body therapies improve mood, quality of life and treatment-related symptoms in people with cancer,' says researcher Suzanne Danhauer, at Wake Forest University School of Medicine in the U.S. 'Yoga is one mind-body therapy that is widely available and involves relatively reasonable costs.' <http://www.dailymail.co.uk/health/article-1168112/How-yoga-help-cope-breast-cancer.html#ixzz2zzTAzcmH>

"One in six Britons with high blood sugar levels faces a greater danger of developing cancer," *The Observer* reported. This story is based on research that found an association between high blood glucose levels and an increased risk of certain types of cancer over an average of 10 years of follow-up. Although the research did find an association between high blood sugar levels and cancer risk, there are many other lifestyle, medical and genetic factors that may contribute to a person's likelihood of developing cancer, few of which were considered in this analysis. Also, the study can only demonstrate a link between high blood sugar and cancer. It cannot indicate that one causes the other. Despite these limitations, it is known that healthier diets and lifestyles are associated with a lower risk of cancer. A healthier lifestyle includes limiting sugar intake" *The Observer*

## Support Groups, Talks and Classes

Ashford  
Middlesex

### Support Group

now meets at Woking  
**Gentle Yoga**  
 Wednesday 11-12  
 Weekly at the  
 Community Centre  
 Chestnut Court,  
 Mulberry Avenue,  
 Stanwell

Woking,

Council Depot  
 Monument Way  
 East.

### Support Group

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

**Gentle Yoga**  
 Thurs 11-12  
 Weekly

Brighton & Hove

0800 3892662  
 for information

### Support Group

Third Tues in the  
 month 2- 4 at  
 Hove Address

**Wk-ends &  
 Thursdays**

Yoga, Meditation  
 & Therapies

New Approaches is a 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.

### Many thanks for your love & support



"I came along to your group in Laleham, Staines held in a most

beautiful garden. I well remember the warm greeting from Bill and other members of the group. I came every week and received healing from your hands. The cancer returned, I received a colostomy – again you were there for me. I only stopped coming when I became a volunteer for the Colostomy Association and tried to pass on all the love and caring that you had shown me. Thank you for everything you do – you have changed so many lives and given so much hope. Bless you" (extract)

*Jackie Dudley, Berks*

**PLEASE HELP US  
 HELP OTHERS WITH  
 YOUR DONATIONS**

**MANY THANKS**

**"THE BOY KEPT ALIVE BY LOVE"**  
 BY FRANCES HARDY (DAILY MAIL  
 15.11.13)



Seven years ago Connah Broom, then aged nearly 5, was diagnosed with terminal neuroblastoma cancer, which attacks the nervous system. Doctors

thought he would not reach his 5<sup>th</sup> birthday, as modern medicine could not help. He is now 12 & does lots of sport, including rugby & modern dance. Eleven aggressive tumours were found which had spread throughout his body. Chemotherapy had failed. Experts at University College Hospital London said that he could die from the effects of radiotherapy. "Even if he didn't die, the doctor could not guarantee he wouldn't suffer kidney failure, or have a stroke, or have to be fed with a tube for the rest of his life" remembers his grandma. So instead of opting for radiation, they sought other ways of treating their grandson. They started an appeal fund & began by consulting another parent whose son also had neuroblastoma & was doing well under an alternative regime. Connah's parents had split up & he lives with his grandparents Jim & Debbie Broom, who are doing all they can to keep him well. 10 of the tumours have disappeared & only the original one remains but is dormant. He eats an **entirely organic diet** & all his **water is filtered**. Debbie devised appetising organic menus from scratch. Baked bean volcanoes



- organic potato, cauliflower & celeriac & baked beans. He has aloe vera & mangosteen tropical fruit juice & **vitamin & mineral supplements**. The oncologists were scornful, saying "Why are you wasting your money?" ..... But his grandparents contend that his boisterous good health & the disappearance of 10 tumours is all the evidence they need.

For full article and more information on how Connah is getting along [www.connahsappeal.co.uk](http://www.connahsappeal.co.uk)



"The mythology and inaccurate information about the importance of nutrition to health in humans is absolutely staggering! Part of the reason for the ignorance about the importance of nutrition is the lack of education of physicians. Nutrition is considered complementary to "Real Medical Tools," rather than basic to all human health.

The disastrous effects of the modern Western diet high in animal fat and protein is well documented. Commercial intent, which holds the \$\$\$, fights back incessantly against the reality of the unhealthy usual Western diet. One only needs to watch TV ads in the US, dripping with bacon and cheese and ground beef to see how little attention is actually being paid to the health of Americans. Yes, we have worked on tobacco use (#2 in the causality graphs), and we have worked on banning trans-fats in some places. Some schools are making efforts to cut down on unhealthy snacks and drinks. Overall, however, we are doing a very poor job on educating our citizens and others living here about the realities of healthy nutrition. Until that education is taken seriously and carried out in spite of commercial interest, true disease prevention and health promotion in the US will continue to be a myth, treated with lip service rather than with real effort."

**HARVEY ZARREN (MD)**

**Full article from our Patron Dr Harvey Zarren can be found on our website. Please check it out regularly for updates: [www.anac.org.uk](http://www.anac.org.uk)**



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**VEGUSTO** - for lots of non-dairy, cheesy and vegan treats plus recipes [www.vegusto.co.uk](http://www.vegusto.co.uk)

**"Live your life from your heart. Share from your heart. And your story will touch and heal people's souls." - Melody Beattie**