

NEW APPROACHES TO CANCER

# HANDS ON



Summer Newsletter 2015 Charity number: 28553

help@anac.org.uk

Tel: 0800 389 2662

www.anac.org.uk PO Box 194, Chertsey, Surrey KT16 0WJ

## That glass of wine isn't a reward... it's a poison

Study shows people who are wealthier, better educated and have children who've left home are more likely to drink at harmful levels. Affluent baby-boomers are 'sleepwalking' into ill-health, researchers warn.

**'We just don't see alcohol as a drug: we see it as a reward'**

By DR MAX PEMBERTON FOR THE DAILY MAIL

PUBLISHED: 00:28, 25 July 2015

Read more: <http://www.dailymail.co.uk/health/article-3173969/DR-MAX-MIND-DOCTOR-glass-wine-isn-t-reward-s-poison.html#ixzz3ijZz6Ni7>



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.

### HARVARD DECLARES DAIRY NOT PART OF HEALTHY DIET

The Harvard School of Public Health sent a strong message to the United States Department of Agriculture (USDA) and nutrition experts everywhere with the recent release of its "Healthy Eating Plate" food guide. The university was responding to the USDA's new MyPlate guide for healthy eating, which replaced the outdated and misguided food pyramid.

Harvard nutritional experts didn't pull its punches, declaring that the university's food guide was based on sound nutrition research and more importantly, **not influenced by food industry lobbyists**. The greatest evidence of its research focus is the absence of dairy products from the "Healthy Eating Plate" based on Harvard's assessment that "...high intake can increase the risk of prostate cancer and possibly ovarian cancer." The Harvard experts also referred to the high levels of saturated fat in most dairy products and suggested that collards, bok choy, fortified soy milk, and baked beans are safer choices than dairy for obtaining calcium, as are high quality supplements. Kudos to Harvard for promoting greater consumption of vegetables and fruits, as well as healthier protein options such as fish, beans or nuts. <http://www.care2.com/greenliving/harvard-declares-dairy-not-part-of-healthy-diet.html#ixzz3TDGkka62>

## WE URGENTLY NEED YOUR DONATIONS TO HELP OTHERS

MANY THANKS

Our money has to go a long way. We rely totally on donations, sponsorship and fundraising events. If you could support our work by holding a fundraising event there are lots of ways to do it; Yoga Days... Coffee Mornings... You can walk, run, cycle, climb, or simply send a donation so we can do what we do best... helping those who need help in their experience of the cancer journey.

### Support Groups, Talks and Classes 2015

#### Ashford Middlesex 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

1<sup>st</sup>/2<sup>nd</sup> 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

**BUY GIFTS AND BOOKS ON  
AMAZON, USE LINK ON OUR WEB  
SITE AND WE GET A DONATION!**



## I had Cancer. I'm Cured. Holy Sit!

I was diagnosed with uterine cancer in October 2011. Doctors recommended immediate surgery and if necessary, radiation. I received the initial call on Wednesday, October 5th, 2011, the same day that Steve Jobs passed away from pancreatic cancer; his choice of using alternative healing modalities was now being publicly criticized. I was working as the Chief of Peace for The Shift Network, a cutting-edge, consciousness-raising company. My belief system was literally in my face forcing me to make a quick choice that would have life-altering results. Did I believe I should follow the traditional route; cut the cancer out, poison anything remaining with radiation and hope that would be the end of it? Or, did I believe what my years of spiritual training had taught me? Did I believe the cancer had shown up to teach me something, that I had somehow contributed to its presence and that there were other ways to heal my body with less damaging effects on this human shell of mine?

I wanted to know why I had manifested this disease. I wanted to learn how to pull the weed by the root so I wouldn't chase cancer around my body for the rest of my life. I made the conscious and scary choice to heal my entire body, mind and spirit, without harming the parts of my body that didn't have cancer. After powerful spiritual signs, painful soul-searching, reliable research, I rejected standard cancer treatment and I sought out alternative healing options.

I am thrilled to tell you it worked! Today, I am celebrating two years cancer-free. I'll be writing my miraculous and hopefully insightful and helpful healing journey here at [www.holysit.com](http://www.holysit.com). I'll share:

Immediate steps that anyone can take as soon as cancer is diagnosed (aka what I wish my doctor had told me the day of my diagnosis). What I ate, what I didn't eat, where I found help and how I healed my body.

- How I addressed the fears and doubts when old coping strategies (aka sugar and booze... the fun stuff) would only fuel the cancer.
- How I made peace with my type A, high performance personality that fueled me back when I worked at Microsoft, but likely primed me for cancer.
- A miraculous spiritual surgery story involving Jesus and other members of my spiritual SWAT team.
- The strange musical soundtrack that accompanied my healing journey.
- How I ended up in the hospital on Christmas with a fever of 105.4 degrees and was still conscious (and posting on Facebook - really?)
- How the Northern California dance community, a Polish healer, Maria (an angel) Hope (a human), Bear (a human) and Li'l Blue (my car) literally

saved my life.

- The benefits of coffee enemas - yes, really!
- What my kick-ass doctor prescribed to make sure the cancer was gone, gone, gone, daddy gone.
- And finally, why the 5th of each month will henceforth be celebrated as Pancake Day!

In short, Holy Sit will document the story of how I followed the spiritual signs in my life to conquer stage-two uterine cancer in less than four months without traditional surgery, chemotherapy or radiation. By today's standards, it is truly a miracle!

WARNING: This story will dabble dangerously on the edge of science and spirituality. While not religious in nature, there are some "noteworthy" saints who make guest appearances from time to time. It will probably push your buttons, cause you to question your belief system and likely cause you to question mine! This story will be emotional (I'm a woman who had cancer in her hormonal center - ups and downs are as inevitable as rain in Seattle!) But most importantly, I hope my story will inspire you or someone you know who is on a healing path and/or spiritual journey. Maybe if we are brave enough to navigate this path together, we will laugh a little, cry a little, improve our health and find more inner peace. Thank you for sharing this very personal journey with me. The story begins here...



*In Peace*  
**Emily Hine**  
[www.holysit.com](http://www.holysit.com)

Cancer Patient Mike Cutler was diagnosed with liver cancer in 2009 & was given a transplant, but in 2012 he learned cancer had attacked the replacement organ. In desperation, he researched online & found a YouTube video advocating the use of medical cannabis oil for cancer. Three days after taking it his excruciating pain disappeared. Two weeks later he began coughing up blood, which he believes contained the dead cancer cells. He went for a biopsy at Royal Free Hospital in London & doctors told him the cancer cells had gone. The retired builder of Hastings, East Sussex, is now campaigning for law changes to allow the medicinal use of medical cannabis (*not "pot"*). Mike's claim came as research published by East Anglia University revealed the main psychoactive ingredient in medical cannabis is Tetrahydrocannabinol or THC, which can help fight cancerous cells. A number of organisations, including Cancer Research UK, are investigating the medical use of medical cannabis. The Royal Free Hospital confirmed that Mike has received no further cancer treatment since his transplant. (*Mike Cutler died recently - Google the full article to understand his personal experience & passion for this medical oil*)  
**"CANNABIS OIL (medical oil) HAS CURED MY CANCER."**  
By Tom Morgan *Daily Express* 22.7.14 (see *You Tube*)