



# New Approaches to Cancer

## HANDS ON



AUTUMN/WINTER NEWSLETTER 2006 Registered Charity Number: 285530

### 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**  
PO Box 194  
Chertsey Surrey  
KT16 OWJ  
**0800 389 2662**  
help@anac.org.uk  
www.anac.org.uk

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

Self Development (Mondays)  
Life Coaching (Mondays)  
Yoga (Tues and Fridays)  
Support Group (Wed)  
Relaxation (Thursdays)  
**0800 389 2662**  
for details of days, times and to make appointments



**BUY YOUR GIFTS & BOOKS FROM AMAZON THROUGH OUR WEBSITE & WE GET A DONATION!**



### Wheatgrass

Supercharge yourself naturally.

Wheatgrass is a naturally growing plant which is well endowed with the nutrients we need. It is packed with numerous vitamins and minerals. As well as being rich with nutrients, wheatgrass provides the complete menu of enzymes which enable a multitude of biological and chemical functions within our bodies. Wheatgrass is also an excellent source of chlorophyll. Chlorophyll and haemoglobin are almost identical at the



molecular level, the sole difference being that the central element in haemoglobin is iron, whereas for chlorophyll it is magnesium.

It has been shown that ingesting chlorophyll dramatically improves the speed at which red blood cells are created. The chlorophyll in wheatgrass can normalise high blood pressure as it dilates the pathways throughout the body.

The nutritional properties of wheatgrass are well known, and have been for thousand's of years. It is an incredibly concentrated source of all the minerals, food enzymes and vitamins we need, such as A, C, E and K and also B1, B2, B3, B5, B6, B8 and B12. This amazing drink also contains Iron, Calcium, Iodine, Selenium, Zinc and loads

more essential minerals. If this wasn't enough it also contains hundreds of enzymes useful to the body which are often not found in any other foods.

All nutrients in Wheatgrass juice are rapidly digested, ensuring instant absorption feeding and energising our bodies.

We are not suggesting wheatgrass corrects poor diets, but in a society where there are so many strains on our body from additives, poor water, pollution, chemicals and processed food, wheatgrass can naturally help tip the balance back in the human's favour.

For more information contact [help@tonicattack.com](mailto:help@tonicattack.com)

Extracted from the tonic attack website on [www.tonicattack.com](http://www.tonicattack.com)



**SPONSORED WALK, BEWL RESEVOIR ON BEHALF OF SARAH CLOSE SMITH FOR NEW APPROACHES on September 8th 2006**

A group of at least seventy people and many dogs met at Bewl Reservoir . Lamberhurst ,Kent to walk the 10 mile charity walk. We all had a lovely walk on a cloudless day around the scenic Bewl Water. The atmosphere was happy and friendly. The walk took about two hours and finished at The Bull 3 legged Cross, Ticehurst. We all sat outside for a well earned lunch and everyone chatted, mainly outside. Sarah, who had breast cancer, was unable to walk with us but met family and close friends at her house and we walked down to the start with her where she greeted everyone personally. Dottie has been in regular contact with Sarah during this time and I know New Approaches is the charity she particularly wanted to support. Whilst the walk was vibrant and friendly I think we all felt the poignancy of the purpose of the charity walk and Sarah was very much in our thoughts and hearts that day and we will continue to love and support her family through this time.

*Nuala Rose, Tunbridge Wells, Kent*

### FREE GENTLE YOGA & RELAXATION CLASSES

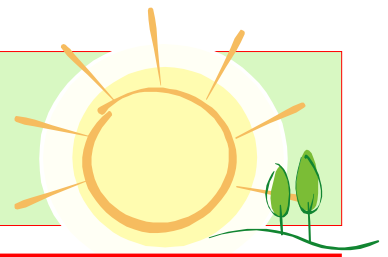
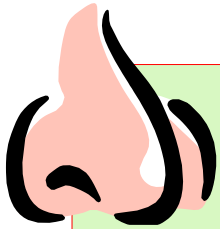
Currently running at **ASHFORD HOSPITAL** (Estates Dept)  
Tuesdays 1pm—2pm  
Fridays 11am—12noon  
**CLAYGATE**  
Tuesdays 3.30—4.30  
Thursdays 1.00—2.00  
Also in **WOKING**  
Tuesdays 1.00—2.00  
**FREEPHONE**  
**0800 389 2662**

please ring to book your place



go to [www.anac.org.uk](http://www.anac.org.uk) and click on Amazon link. Every little helps!

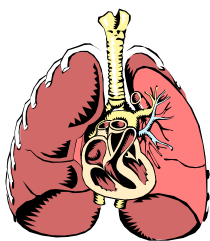
# THE IMPORTANCE OF BREATHING by Sue Hindle



The importance of the role of the breath is generally very little understood in the west. In Eastern cultures it is the basis of a whole science in itself.

Expressed in a nutshell it is this: The most important factor in coping with the stresses and strains of everyday life is high energy. If you have high energy you can cope with just about anything that comes along. If you have low energy it is much more difficult. There are various sources of energy. The roles of sleep, and good food are well recognised. The role of the Breath though, is not. To get a grasp of their relative importance however, ask yourself this. How long do you live without food? How long do you live without drink? How long do you live without sleep and finally, without breath?

The lungs are important organs; they supply all the other organs and the immune system with what they need to function correctly. They are also important organs for eliminating waste products. We tend to use only 30% of our lung capacity, and even then often breathe stale air. The body does not stand a chance. Think what the light of a torch is like with a half spent battery, and then think of what it is like with a new strong battery. In the same way, if you only give your body part of what it



needs to function adequately then you will be like that pale orange light in the torch bulb.

When the body is functioning under par, the weakest link for that individual tends to malfunction and manifest in symptoms of some sort. It is a common finding that those who have practised the breathing techniques recover spontaneously from all sorts of conditions (though this of course differs from individual to individual)

In addition the breath is the link between the mind and the emotions. In the same way that the breath patterns will change according to the emotion albeit, sadness, fear, pleasure, panic etc, so emotions will respond to the breath. Thus working with the breath has can prove very effective in managing powerful or uncomfortable emotions.

Deep relaxation can also be achieved through the breath.

The courses promoted by the Art of Living Foundation give participants a practical introduction to breath work, which in combination with other processes and course content have proved very helpful to people in managing to live life much more pleasurably and healthily.

They spread over 6 flowing days, for a few hours each day (evenings on weekdays) and cost £200 (£150) concessions.

The teacher teaches on a voluntary basis. AOL is a 'not for' profit organisation.

*Contact New Approaches for information on courses at our Claygate Office early in 2007*  
**0800 389 2662**

Sue Hindle is available on [Sue.hindle@dial.pipex.com](mailto:Sue.hindle@dial.pipex.com)

\*\*\*\*\*COME TO OUR\*\*\*\*\*  
NEW CENTRE AT WORTHING  
"HELPING YOU TO STAY HEALTHY"  
With a monthly cancer support group  
AND VISIT OUR REGULAR  
BRIGHTON CANCER SUPPORT GROUP  
**0800 389 2662 for details**



## HELP & SUPPORT IN

CLAYGATE, SURREY  
LALEHAM, STAINES  
ASHFORD, MIDDX  
WOKING, SURREY  
BRIGHTON, SUSSEX  
WORTHING, SUSSEX  
TUNBRIDGE WELLS, KENT

Also free information

**0800 389 2662**



**NEW THE NEW APPROACHES DVD COLLECTION**  
**CO-OPERATION CANCER YOGA & CANCER CANCER 2000**  
**ALL THREE TITLES ON ONE DVD NOW AVAILABLE FROM THE OFFICE**  
**0800 389 2662 to order**

**Swan**  
(dialogue with a tumour)



*A towering Swan  
Swam into my life  
Indigo like sky before dawn*

*It spoke of the rage  
Suppressed thro' my life  
Dark red like a heart being torn*

*It showed me the fear  
Of dying to life  
Coal black like a line that's been drawn*

*I rode on that swan  
To the end of my life  
Clear blue with nothing to mourn*

*Swan showed me the hope  
Of a new kind of life  
Rose pink like a babe that's been born*

*Swan flew away  
And I swam from my life  
White gold like the first break of morn*

Jan Alcoe , Brighton 2006

**FREE CONSULTATIONS**  
**With Medical Herbalist Jennifer Boys in Claygate**  
Jennifer is available the first Monday in the month from 2-4.  
**0800 389 2662 appointments**

The cure of the part should not be attempted without the treatment of the whole—Plato