

# HANDS ON



NEWSLETTER AUTUMN/WINTER 2010

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## THE DARK SIDE OF DAIRY

EXTRACT OF ARTICLE FROM VIVA VEGETARIAN  
**full article and much more at [milkmyths.org.uk](http://milkmyths.org.uk)**



Despite the myth of contentment, a dairy cow is the hardest worked of all farmed animals. She nurtures a growing baby inside her while simultaneously producing milk - up to 120 pints a day. To keep the flow going, she is forcibly impregnated every year and her babies are taken away a day or two after birth – year, after year. Cows produce milk to feed their babies – just like humans. It flows for the best part of a year and then stops. More milk requires more babies. That's the reality of dairy farming – the visible, obvious side of the industry. But there is another, cruel, much darker side to dairy, which few see much and even fewer know about.

Drinking milk is cruel - it's also unnatural. Only humans drink it after weaning – and milk from a different species, at that. It's no more natural than drinking badger's milk or cat's milk. Designed for calves, many humans find milk hard to digest and the result is allergies. Hormones in milk are linked to ovarian, breast and prostate cancer, as well as juvenile-onset diabetes. The saturated fat, cholesterol and animal protein it contains are linked to many other diseases. Despite relentless claims by the dairy industry, milk is neither the only nor the best source of calcium and has little effect on bone strength. Broccoli, spinach (cabbage), watercress, nuts, seeds, soya and other plant foods are better and healthier sources.

## Through Positive Self Help



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.



## SUPPORT GROUPS, TALKS AND CLASSES FOR YOUR DIARY!

**ASHFORD, Mddx**  
 Community House,  
 Laburnum Way,  
 Ashford, Middlesex

### Support Group

2<sup>nd</sup> Wednesday in  
 the month 2 -4

### Gentle Yoga

Weekly Wed 11-12

**WOKING, Surrey**  
 Council Depot  
 Monument Way East.  
 Woking, Surrey

### Support Group

1<sup>st</sup> Monday in the  
 Month at 2-4

### Gentle Yoga

Weekly Thurs 11-12

**BRIGHTON & HOVE,**  
 East Sussex  
 Ring 0800 389 2662 for  
 Further information

### Support Group

Third Tues in the month  
 2- 4 at Hove Address

### Wk/ends & Thursdays

Yoga, Meditation & Therapies

**BRIGHTON & HOVE,**  
 East Sussex  
 Ring 0800 389 2662

### Barbara Cole

BH(hons)MAHPP, GQHP

Psycho-neuro-immunology  
 course starts in the New  
 Year in Hove. 5 weekly  
 morning sessions. Please  
 contact 0800 389 2662.



# SOYA FACTS NOT FICTION

It is currently being said that *“There is no evidence that consuming soy products can improve health, reduce environmental degradation or slow global warming. In fact, the evidence suggests quite the opposite.”*

Katie May sets the record straight about

## THE SOYA BEAN

Like a lot of beans, Soya is very indigestible. Soya is alkaline and therefore not very compatible with the digestive tract. That is why our Mothers and Grandmothers advised us to soak and then boil beans for a long time before eating them. If we disobeyed this rule the result would be severe stomachache.

## FERMENTED SOYA

It is a very different story with fermented soya. The Japanese (as opposed to the other Oriental Nations) have fermented soya and incorporated it into their daily diet for thousands of years. Their main method of fermentation is to put the beans into a barrel and leave it for a year, so that the beans work together to ferment. This means that they are pre-digested and have released the 20 necessary amino acids to maintain body growth and regular cell regeneration throughout life. Fermented soya is truly a good food because it is light and rich in the amino acids, which make up full protein. You can easily find it in the supermarket in the form of Shoyu (soy source), miso, tamari, and tempeh or soya yoghurt. These all can be used to provide the necessary protein required in the daily diet throughout life. Products to avoid are the unfermented soya, i.e., soya milk, soya flour, tofu or yubra.

## SOME OF THE USEFUL PROPERTIES OF FERMENTED SOYA

Fermented soya is rich in potassium and contains useful parts of calcium, magnesium, phosphorus, iron, folate and Vitamin E, manganese, vitamin B6 and thiamine. It is significant that the Japanese who traditionally use a high proportion of fermented soya in the diet suffer a very low incidence of cancer of the colon, whereas the Chinese, who eat unfermented soya have a very high incidence of cancer of the colon. Also Japanese women, who consume a lot of fermented soya in the daily diet, do not suffer the disrupting hormonal fluctuations during the reproductive cycle and do not experience menopause.

## FERMENTED SOYA PROTEIN FOR SKIN

For 40 years, I have used a simple fermented soya in skin creams. This ingredient is a first rate food, which is pre-digested, contains the amino acids in protein, to promote continuous cell renewal and also will clear the colon as it moves through the digestive tract. It is useful in skin creams, when the diet is low in animal fats, or dairy products, during the hormonal changes and when the skin is subjected to too much sun, central heating or VDU screens. Indeed it is great for dry skin and can be beneficial for skin if it becomes dull or sluggish during medical treatments.

Katie May - Skin Care Formulator

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## FOOD NEWS

- 1) Button mushrooms are being tested as a treatment to stop breast and prostate cancers recurring. Researchers believe that extract of the fungi may prevent or delay the development of further cancers.
- 2) Research has confirmed that eating three helpings of broccoli a week can lower risk of bowel cancer even if it is overcooked! The findings are published in the Journal Food & Function.



## OVERDONE IT? TAKE GINGER TO EASE YOUR ACHES AND PAINS

Eating ginger can help ease muscle pain caused by heavy exercise, research suggests. A daily dose of the spice can relieve aches. Ginger has been shown to have an anti-inflammatory effect in rodents but its effect on muscle pain has never been properly studied. It is known to contain chemicals that work in a similar way to non-steroidal anti-inflammatory drugs such as ibuprofen and aspirin. Previous studies have shown it can be effective in relieving the pain of arthritis.

**PLEASE LOG ON TO OUR WEBSITE AND BUY ALL YOUR GIFTS FROM AMAZON USING THE LINK AND WE**

**WILL GET A DONATION!**

**[WWW.ANAC.ORG.UK](http://WWW.ANAC.ORG.UK)**

