



# HANDS ON

## New Approaches to Cancer



**AUTUMN/WINTER NEWSLETTER 2009 Reg. Charity Number: 285530**

**New Approaches to Cancer** is a UK registered charity promoting the benefits of holistic treatment for cancer patients & their carers. Working alongside conventional medical treatments, provide free information on wide ranges of gentle complementary therapies & recommends experienced local practitioners & support groups throughout the country.



### NEEMAH'S RECIPE FOR DHAL

- 9oz Split Red Lentils.
- Half a teaspoon of Tumeric
- 1 pint of water or vegetable stock.
- 1 green chilli chopped finely,
- 1 can of tomatoes, 1 onion chopped finely
- Dried /fresh ginger to taste, grated or crushed
- 2 cloves of garlic crushed
- 1 teaspoon of cumin seeds crushed
- 1 teaspoon mustard seeds (whole)
- Seeds of two cardamom pods crushed
- Salt and lots of pepper

**METHOD:** Throw everything into a large saucepan and simmer for half an hour. You can add or subtract anything to taste.



### **FREE GENTLE YOGA & RELAXATION CLASSES**

#### ASHFORD

Wednesdays 11—12

#### WOKING

Mondays 12.30—1.30

#### TUNBRIDGE WELLS

TBA

## **CANCER SUPPORT GROUPS**

### ASHFORD, MIDDLESEX

at Community House,  
2 Laburnum Way, Ashford, Middx

1st & 3rd Wed 2.00 - 4.00pm

Visualisation and Meditation

2nd & 4th Wed 2.00 - 4.00

### BRIGHTON

at the Dyke Road Clinic,  
274 Dyke Road  
Monthly 2.00 - 4.00pm

Dates 2010: Tuesdays: Jan 26, Feb 23, March 23, April 27, May 25, June 22, July 27, Aug 24, September 28, October 26, November 30, December 14

### WORTHING

Monthly 2.00 - 4.00pm

December 17<sup>th</sup> Dates 2010:TBA

### WOKING, SURREY

at Woking Borough Council Depot,  
Monument Way East

1st Monday in the month



### **SAY NO TO: ANIMAL RESEARCH**

Much research into breast cancer is conducted on mice implanted with pieces of human tumour. An experiment typically uses 300—400 mice. Ultimately all of the mice are killed. Breast Cancer has been studied in mice for at least half a century but species differences, combined with the artificiality of the animal experiments mean they produce unreliable results that frequently fail to help human patients. Genetically engineered mice are also widely used. Unlike some larger charities such as Cancer Research UK,

**New Approaches does not support experimentation on animals.** We support the work of charities such as the Dr Hadwen Trust. The trust has a track record of investing in award winning breast cancer research that does not involve the suffering of animals, and provides results more relevant to people. They work to replace animal experiments in medical research by developing alternatives

For more information

[www.drhadwentrust.org](http://www.drhadwentrust.org)

GROUPS CLASSES AND HELP IN  
ASHFORD, MIDDX  
WOKING, SURREY  
BRIGHTON & WORTHING,  
SUSSEX  
TUNBRIDGE WELLS, KENT  
HUNGERFORD, BERKS

### **SWEETENER IS SILENT KILLER**

Millions of Britons are risking high blood pressure by consuming snacks that contain a common sweetener. Fructose has been found in many everyday products. Researchers have found that even a small amount of the sweetener can increase the risk of high blood pressure by almost 90%.

Extracted from Daily Mail Article



### **JUICY CURE FOR HIGH BLOOD PRESSURE:**

Blend two apples, a banana and a tablespoon of peanut butter.....**Bananas contain potassium which helps regulate blood pressure. Eating one a day can prevent the condition developing**



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# THE HOPE OF "POSSIBILITIES"

By our Patron Harvey Zarren M.D.,F.A.C.C



Since 1993, we have had a cancer support group called *Healing With Hope* at the North Shore Medical Center Union Hospital in Lynn, Massachusetts, U.S.A. The group meets weekly in our Healing Atrium and our motto is: "Anticipate Miracles – Take the Time to Be One."

While co-facilitating *Healing With Hope*, I have watched health care progressively evolve into the business of administering technology in the form of tests, procedures and treatments, with a growing focus on finances and efficiency. Physicians progressively have less time with patients. There is less time for listening, less time for taking histories, less time for finding out what patients really want, less time to plan appropriate treatments and less time to adequately explain things to patients.

I watch physicians routinely tell patients on a cancer journey about the probability of cancer recurrence, treatment failure and death. I watch people's hopes be continuously eroded by fear and sterile information and statistics. I watch fewer and fewer practitioners talk about the possibilities of success, the possibilities that new therapies will emerge, and the possibilities that people can do things to help themselves with their cancer journey.

Recently, I worked with a woman who was told that the probability of her cancer recurring was 70%. No one ever mentioned the 30% chance of the cancer not coming back. The woman was totally overcome by fear, to the point of not living her life in the usual way. She decided, "What's the point? I'm only going to die of cancer anyway." This scenario seems to be more and more common.

In terms of body function, there is growing evidence that approaching a patient with only

probabilities that generate fear and worry actually inhibits the function of the cellular part of the immune system - that part that fights cancer and viruses.

The reality is, for any given person, cancer will or will not be successfully treated and will or will not recur. Thus, the real probabilities are 0% or 100% for a given individual.

The essential questions are, "Is there a possibility that I can be treated and that my cancer will not come back? What can I do to make those possibilities real? How can the therapies applied by my medical practitioners be combined with my own efforts to increase my possibilities of surviving cancer and of living an active life? Is there a realistic chance that new therapies will be discovered for my cancer?"



Hope is very powerful. Hope can be defined as anticipation of a good experience or a good outcome. Hope can improve the quality of a person's moment-to-moment existence and can enhance the function of a person's body, including the immune system. Hope provides the setting that makes life worth living. Hope enables people to go through the experiences of surgery, chemotherapy and/or radiation treatment in a better way.

Some people say, "Don't hold out false hope." False hope comes from lying about reality. Telling a person on their deathbed, "You will be fine; we can cure you," is false hope. Telling someone with a 10% chance of survival that survival is possible is not false hope; it is sharing a possibility. That possibility can enable a person to go through therapy and can enable an immune system to better fight a cancer.

If we are going to provide caring health care for cancer, we need to spend more time on the "Possibilities" than on the "Probabilities." At least tell people that survival can be a possibility if they are not currently at end-of-life. An honest discussion of benefits and issues of treatment makes sense. Caregivers must take a hopeful approach to possibilities for

success. If they are not hopeful of success, then why advocate therapy? If things go badly, the situation will need to be addressed, but alleviating fear and moment-to-moment apprehension can be very helpful for those trying to live with cancer.

There is health care that provides hope and health care that provides no hope. The hope may be of not suffering. The primary mission of health care is relief of suffering. Health care that deprives people of hope is not caring and only increases suffering.

## Cancer is so limited that:

- It cannot cripple love*
- It cannot shatter hope*
- It cannot corrode faith*
- It cannot destroy peace*
- It cannot kill friendship*
- It cannot suppress memories*
- It cannot silence courage*
- It cannot invade the soul*
- It cannot steal eternal life*
- It cannot conquer the spirit*

## "Hope" by Crystal T

*"Its Magic & Its Free  
Its not in a prescription  
Its not in an IV*

*It punctuates our laughter  
It Sparkles in our tears  
It simmers under sorrows  
and Dissipates our fears*

*Do you know what hope is?  
Its reaching past today  
Its dreaming of tomorrow  
Its trying a new way*

*Its Questioning All the Answers  
And always seeking more"*

*Hope is like a road in the country;  
there was never a road, but when  
many people walk on it, the road  
comes into existence. Lin Yutang*

*There has never been anything false  
about hope. Barack Obama*

ONCE YOU CHOOSE HOPE, ANYTHING IS POSSIBLE *Christopher Reeve*