

HANDS ON



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Eating raw garlic just twice a week can almost halve the risk of lung cancer, new research shows. A study carried out in China found adults regularly consuming raw garlic as part of their diet were 44 per cent less likely to suffer the disease. Even when researchers allowed for whether people smoked - the biggest single cause of lung cancer - they found garlic still seemed to reduce the dangers by around 30 per cent. Around 40,000 people a year are diagnosed with lung cancer in England and Wales alone. Smoking is thought to cause at least 80 per cent of cases and fewer than one in ten sufferers are still alive five years after their diagnosis. Previous studies have suggested garlic can protect the lungs against various conditions, as well as ward off other malignancies such as bowel cancer. One study at the University of South Australia suggested the popular herb could slash the risk of bowel tumours by nearly a third. In the latest investigation, scientists at Jiangsu Provincial Centre for Disease Control and Prevention compared 1,424 lung cancer patients with 4,500 healthy adults.

Read more: <http://www.dailymail.co.uk/health/article-2385438/Raw-garlic-halves-risk-lung-cancer-claims-new-study.html#ixzz2dcz5QO7X>

Turmeric/Curcumin - This is the king of spices when it comes to dealing with cancer diseases, besides it adding a zesty colour to our food on the platter. Turmeric contains the powerful polyphenol Curcumin that has been clinically proven to retard the growth of cancer cells causing prostate cancer, melanoma, breast cancer, brain tumour, pancreatic cancer and leukemia amongst a host of others. Curcumin promotes 'Apoptosis'- (programmed cell death/cell suicide) that safely eliminates cancer breeding cells without posing a threat to the development of other healthy cells. In cases of conventional radiotherapy/chemotherapy, the surrounding cells too become a target in addition to the cancer cells.

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, Surrey
 Council Depot
 Monument Way East.
 Woking, Surrey

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



Our Patron Dr Harvey Zarren

“All healing takes time. It takes injured heart muscle 6 weeks

to heal, regardless of the time in the hospital that an insurance company will reimburse after a heart attack. It takes time for the inflammatory molecules created by the immune system responding to a viral infection to be metabolized, which is why symptoms of fatigue and malaise can go on for a time after the infection is gone. All healing takes time, regardless of the efficiencies of modern medicine”

an extract from
connectedhealinginstitute.com

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

MANY THANKS

A NEW BEGINNING WITH HELP FROM NEW APPROACHES TO CANCER

by Pauline Lomas



I was first diagnosed with breast cancer in 2001, and for 4 years had diligently followed a holistic approach to try to shrink the tumour without surgery, chemo or radiation. Although the tumour still remained palpable, I was in better overall health than I had been previous to the diagnosis, mostly

due to the holistic approach and doing a partial Gerson therapy which included lots of juicing and coffee enemas.

In 2005 whilst researching alternative approaches to cancer I came across a clinic in Spain where they were doing ECT, and decided to go for the treatment. It was not an easy option, but had no side-effects, and was found to actually boost the immune system. I did lose most of the breast as the tumour underwent a necrosis and forced its way out of the breast. It was an expensive procedure that took all my resources. I published a book about my experience as I wanted to help others in any way I could, and reading other people's stories had always inspired me.

A firm believer in prayer of all shapes and sizes, I was always tuning in to my guardian angels and on such a day, when I was asking, "o.k.-what now?" I happened upon the website for New Approaches to Cancer - www.anac.org.uk

God knows how I had never come across them before, but after an initial phone call to their 800 number where I left my story in brief, I was contacted by a very knowledgeable and forthright lady who after listening patiently to a rundown through the last 11 years of my complex story promised to send me a complimentary package of information with all things related to healing cancer naturally. As a closing question she asked. "Are you doing vitamin C infusions?" My answer was 'no', apart from the vitamin C powder I put in my juices - they had always been off the wish list due to geographic and financial availability. A great burst of joy entered my heart then when the lady who I would come to know as dear Dottie, finalized the conversation by saying in her 'quite direct and to the point manner'; "well my dear I am sure we can help you with that!"

And true to her promise Dottie and New Approaches to Cancer have been a life-line to me at a time when I have needed to regain my confidence, in the choices I have made to follow an organic approach to healing. Dottie's wisdom comes from a long background of healing and service to others. The charity was the first one dedicated to providing all manner of holistic assistance in helping patients and their families.

Every time I come to visit Dottie in Brighton I am able to breathe in a fresh and invigorating new energy, and discover a new piece for the puzzle of my particular 'healing journey'. We are all such individuals and I believe there is no one way to heal, but making important dietary changes for the body, leads to a healthier, and clearer mind, enabling one to follow intuitive signs along

the way. Intuition has always played an important role in my healing. I am coming up to 12 years since my initial diagnosis, and I have changed tack several times according to what feels right for me at the time. At the moment I am experimenting with a more ketogenic diet, and thanks again to information from New Approaches I have started using the hyperbaric oxygen chambers available at MS support centres.

I am forever grateful to Dottie and everyone at New Approaches for being there when I was reaching out in need and reminding me that each day is indeed a new beginning, and with faith we can indeed discover new approaches to cancer.....new approaches to living!

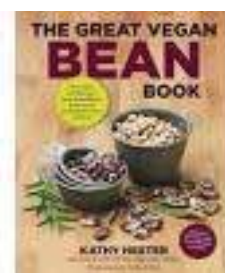
[Read Full Article on Website www.anac.org.uk](http://www.anac.org.uk)

Thai-Inspired Red Bean and Sweet Potato Stew *4 Servings*

Serve this memorable stew on its own or over jasmine or basmati rice. **Important: try to use organic ingredients wherever possible.**

- 1 ½ cups water
- 1 Tbs. instant vegetable stock powder
- 1 stalk lemon grass, outer leaves removed, lower part only chopped into 2-inch pieces (discard grassy top)
- 1 tsp. Thai red curry paste
- 1 ½ lbs. sweet potatoes, peeled, quartered and chopped
- 1 ¾ cups cooked red kidney beans or 15-oz. can red kidney beans, drained (rinsed if nonorganic)
- Salt to taste

In large saucepan, combine water, stock powder, lemon grass and curry paste. Bring to a boil. Add sweet potatoes, cover and cook over medium heat for 7 minutes. Stir in beans and salt to taste. Cover and cook until sweet potatoes are tender, about 3 minutes more. Add a bit more water if mixture becomes too dry. Remove pieces of lemon grass before serving.



In paperback
By Kathy Hester

Order the Great Vegan Bean Book on Amazon through our website and we get a donation! Lentils, Legumes and peas galore! More than 100 delicious plant-based dishes packed with the kindest protein in town!
Every Donation Counts

"Through the return to simple living comes control of desires. In control of desires stillness is attained. In stillness the world is restored." -- Lao Tzu