

HANDS ON



Autumn/Winter Newsletter 2014 Charity number: 28553
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NEW APPROACHES TO CANCER IS A SMALL FRIENDLY REGISTERED CHARITY

We provide 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 continued love & support*



WORDS OF WISDOM FROM OUR PATRON

Interpersonal compassionate, caring interaction can have enormous healing abilities. Each individual has self-healing abilities, and the use of compassionate, caring, respectful relationship can foster those self-healing abilities. Healing is a journey towards wholeness and wellness, with physical, mental, emotional, social and spiritual aspects. The aspects are for the purposes of exploration and discussion. They are not reality. Anything that affects any part of an individual affects the entire individual at some level, even if very subtle. The human body does not know about the division into: physical, mental, emotional, social and spiritual. Attention to the whole person, her or his wholeness, all aspects, is the most effective way to apply any healing practice, including all the modern technologies of Western Medicine. To be a healer, a healing practitioner, one must recognize that every human interaction fosters or erodes the self-healing abilities of all those engaged in the interaction. To be a healer, rather than just a mechanical caregiver, practitioners must value the benefits of compassionate, caring relationship in applying whatever practice is being used. All healing practitioners attend to their relationship with patients/clients as being as important as the particular set of tools that they practice.

Harvey Zarren, MD, FACC A dedicated physician and believer in using hope, humor and education to empower personal responsibility,

www.connectedhealinginstitute.com

In the Cancer Research UK report publicised at the end of March, it was headlined that eating organic makes no difference to a person's risk of cancer. But reading through the details, I found that the report stated that women who regularly eat organic food had a 21% lower risk of non-Hodgkin's lymphoma than women who did not eat organic. This disease is a cancer which starts in the lymph nodes and lymphatic system, and it usually requires grueling medical treatment. This cancer has become much more common in recent years. It is strange then that such a significant decrease of this cancer amongst those eating organic has been virtually ignored!

Yours,
Ann Wills



"Just received my copy of Essential Vegan cookbook, made the Ricotta style lasagna for me and my husband. It was so tasty. It really is a lovely cookbook full of interesting recipes. Can't wait to try them all out. xx" – Debbie – UK



Support Groups, Talks and Classes

For your diary

Ashford, Middx

SUPPORT GROUP
 Now meets in Woking

GENTLE YOGA
 Wednesday 11-12
 Weekly at the
 Community Centre
 Chestnut Court,
 Mulberry Avenue,
 Stanwell

Woking, Surrey

SUPPORT GROUP
 1st or 2nd Monday, monthly
 At 2 – 4 pm
GENTLE YOGA
 Thursdays 11-12 weekly

Woking Borough Council
 Depot,
 Monument Way East
 Woking, Surrey

Brighton & Hove East Sussex

SUPPORT GROUP
 Third Tuesday in month
 2-4 at Hove address
AND
 Yoga, meditation and
 therapies/

PLEASE CONTACT
 0800 389 2662 for details.

PLEASE REMEMBER US WHEN YOU ORDER YOUR CHRISTMAS GIFTS AND BOOKS FROM AMAZON – IF YOU GO TO AMAZON VIA THE LINK ON OUR WEBSITE WE WILL GET A DONATION!

www.anac.org.uk



Good food, plenty of gentle exercise and regular checks are common sense body maintenance whether or not you have cancer. But there is so much contradictory advice about nutrition, so many miracle diets and so much forbidden food that it is easy to panic and give up before you have begun. There is no doubt that some of the strict regimes do work but they may not suit everyone - the hair shirt approach is not for all! If in doubt, it is better to adopt a nutritional programme that is practical for you and your family and will cause you no stress to follow, nor too much guilt if you falter.

We advise you that it is important to consult nutritional specialists. We have devised our own routine for sensible eating which should be attainable wherever you live and whatever your budget. It is not a guarantee of perfect health - it is a step in the right direction.

So, it is YES to:

NATURAL FOODS - there are up to 3,000 additives used in Britain, half of them unnecessary, and their combined effects so far unknown.

ORGANIC FOOD IN SEASON - even supermarkets now offer this option. They accept that food grown in artificially-saturated soil is a mounting health hazard.

PULSES - an excellent source of protein.

NUTS, SPROUTING GRAINS AND SEEDS - these are a rich source of vitamin C and active enzymes.

VITAMIN SUPPLEMENTS - they have become necessary in these days of nutritionally deficient food. They should be taken, on advice, as part of a routine diet.

SELENIUM - Is found naturally in whole grains and seaweed.

ZINC, POTASSIUM AND COPPER - these protect the immune system.

FRESH RAW VEGETABLE JUICES

REDUCE or CUT OUT:

RED MEAT - especially that injected with hormones. Make sure your butcher knows his sources.

• **SATURATED ANIMAL FATS, SALT, SUGAR AND HIGHLY SPICED OR HIGHLY FLAVOURED FOODS AND DRINKS** such as curry and coffee.

• **MILK AND DAIRY PRODUCTS**
• **ALCOHOL** - especially spirits.

This is the outline principle

Relaxation, meditation and visualisation are steps on the way to this self-discovery, and can be learned at most local cancer support groups. Relaxation is the first, simple stage towards the deeper, all-absorbing exploration of the senses during meditation and individual visualisation.



These are techniques which must gradually be woven into the fabric of everyday life; not only do they have practical benefits - lowering blood pressure and easing physical pain - but they also lower the emotional "pain threshold" which reduces anxiety and brings new awareness.

New Approaches can advise on local suitable teachers of these techniques.

If there is a message shining through the cancer story, it is for more trust and teamwork between patient and practitioner. The holistic approach to life, in which body, mind and spirit are intertwined, does not relate to cancer alone. But the emotive power of cancer cloaks it in a special kind of responsibility.

Since we tend to give it pride of place, let it be a shop window for a more positive view of health, in which the important factor is how we live; not why we die. That is the way to undermine cancer's hold on us.

**See our website
www.anac.org.uk
for more help & information**

HIGH FLIGHT

*Oh! I have slipped the surly
bonds of Earth
And danced the skies on
laughter-silvered wings:
Sunward I've climbed, and
joined the tumbling mirth
Of Sun-split clouds, - and done a
hundred things
You have not dreamed of -
wheeled and soared and swung
High in the sunlit silence.
Hov'ring there,
I've chased the shouting wind
along, and flung
My eager craft through footless
halls of air.....
Up, up the long, delirious
burning blue
I've topped the wind-swept
heights with easy grace
Where never the lark, or ever
eagle flew -
And, while with silent, lifting
mind I've trod
The high untresspassed sanctity
of space,
Put out my hand, and touched
eternity*

By John Gillespie.



CARROT & CORIANDER SOUP

*1 tablespoon of olive oil
*4 large carrots, peeled and roughly chopped
*1/2 large onion, roughly chopped
*900ml (1 1/2 pints) vegetable stock
large bunch fresh coriander, roughly chopped

***ORGANIC INGREDIENTS PLEASE**
Heat the oil in a large saucepan over medium heat.

Sauté the carrots and onion for a few minutes until the onion has softened a little.

Pour in the vegetable stock and add the coriander. Bring to the boil, and cook until the carrots are tender, about 10 minutes.

Remove from heat and allow to cool slightly.

Puree the soup until smooth, using a hand blender or food processor. Reheat before serving if necessary. Serve with *crusty bread.

We must be willing to relinquish the life we've planned, so as to have the life that is waiting for us.

Joseph Campbell