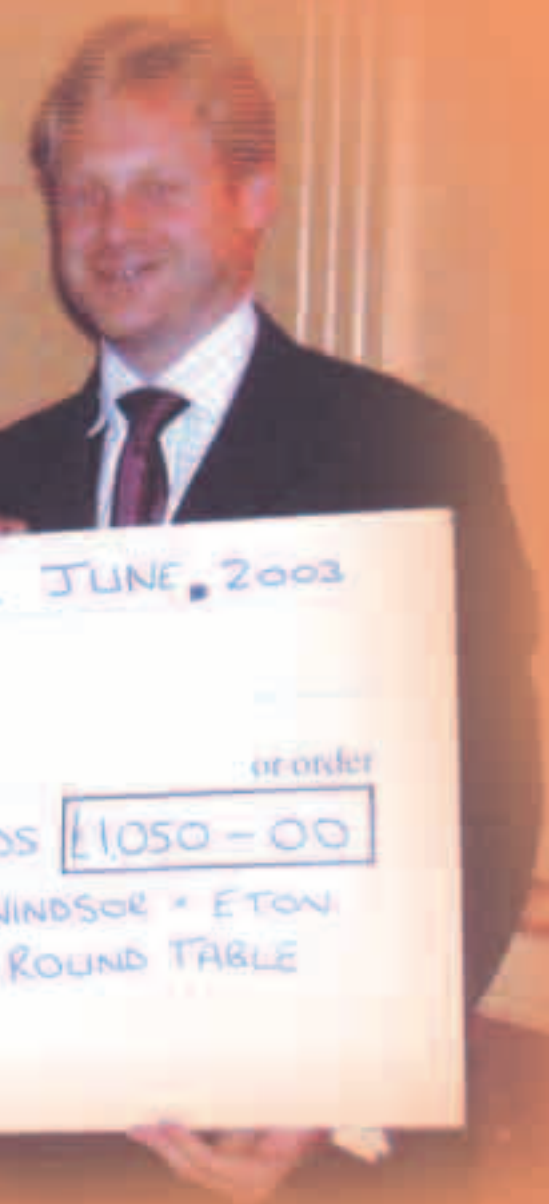


Harmony

2003 Summer



Price: £2

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www.anac.org.uk

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Sue's News

Sue Shattock - Around town in the New Approaches Hat

A visit to the National Savings and Insurance Company in Central London in March was a productive experience. As a representative of New Approaches to Cancer, Sue went to introduce the charity to a group of employees at the above company but because of a Strike on national rail there were very few staff to speak to. However all's well that ends well - the time allocated was very usefully spent introducing the concept of prevention rather than cure through our New Approaches to Living project and although we haven't been actively employed by the company as yet, certainly seeds have been sown for the future.

Luckily Sue's visit wasn't affected by the rail strike because she was already up in London the previous day attending a complementary and alternative medicine (CAM) policy forming brain storming conference at the Kings Fund organised

by the Foundation of Integrated Health. At the end of June this year, the members of the Windsor and Eton Round Table presented New Approaches to Cancer with a wonderful cheque for £1,100, raised in memory of David Skinner through a charity golf day held earlier in the year. Sue Shattock attended and received the giant cheque on behalf of the charity and found herself in a very interesting situation when it emerged that she was the only lady guest at a presentation dinner attended by twelve charming and attentive gentlemen. "The whole evening was great fun!" said Sue unsurprisingly. We pass on a big thank you to everyone who made this possible and to all the wonderful members of the Table who have kindly promised to support us as a charity again in the future.

A visit to the Vitality Show in London in March was called for when Here's Health agreed to hand out leaflets and hug cards

on our behalf. It was a great opportunity to meet some of the editorial team, to put names to faces and to see hundreds of copies of the magazine featuring our 'Charity of the Year' article being given away to so many interested and appreciative visitors.

In July Sue attended a conference on Women's Health organised by the Foundation of Integrated Health on behalf of the charity and was able to distribute a lot of New Approaches information, as well as doing valuable networking to keep the profile of new Approaches raised. Again it was an opportunity to put names to faces, re-connecting with previous contacts made through our series of Cancer 2000 Conferences. It was a day well spent with genuine interest shown by many 'experts in the field' on the work we are currently doing and the new projects such as New Approaches to Living that are underway.

Chair's Report

We would like to thank Lesley Masters for all her sterling work for the Trust. She has valiantly carried on with the huge task of fundraising, often under extreme pressure and still is "bringing in the funds". This coming year she is going to carry on with her first love - writing - and we hope to have more news on this front soon. She will kindly be still running the events as per usual - Golf day, Ball and Chinese New Year event, so we will still be blessed with her help.

The time has come to write a short report on the happenings in the adventure called New Approaches.

Very many thanks are showered on Tigeridge of Eversley Hants who have been instrumental in revamping our website. They have also helped enormously in our movement of offices, taking computers hither and thither in their van resurrecting and moving them again. They have kindly allowed one of their valued workers to help Lesley Masters - fundraising and also storing much needed information onto discs and website matters. So much to do and so many lovely hands to help! Marvellous. Please look at our website and see the more up-to-date information therein. www.anac.org.uk.

As many of you will know, we had to leave the offices at St Peter's Hospital by 30th June 2003, as the NHS wanted the space used by charities in the block for training purposes. Although it was a huge upheaval at the time, good seems to have been showered on us!

We have been fortunate to have had a room temporarily in the Whyteheart Centre, Chertsey. Rhonda ... who has an article herein, was good enough to listen to the guardian angels and save us from being put on 'hold' with nowhere to have a base, for a temporary period. This obviously has been invaluable and we are very grateful to Rhonda for her vision!

St Peter's and Ashford Hospital Trust eventually offered us a room at Ashford Hospital for New Approaches. This will be available September, when we will



Dottie with our most elderly supporter - 103 years old!

Elsie Manning

be turning the hospital 'grot' into a peaceful and happy meeting room. The offer of the room is very much appreciated since it will mean space for yoga, therapy sessions, talks and quiet times - for all in Ashford, Staines and surrounding areas. More in the autumn. May we thank Pat Weston and Bill Walker for their invaluable input in this matter.

The other great boon has been Woking Council letting us occupy temporarily an office in the block for charities in Monument Way, Sheerwater, Woking. This office has the benefit of being near our paid office workers' homes and easy to wend our way from Chertsey - we will be using this office until, we hope, Woking will be able to house New Approaches to Cancer in the future, appropriately.

A wonderful blessing came from one of our trustees, Malcolm Hewitt of Barclays Bank, who on hearing our plight tried to obtain offices for us in Surrey. We have been fortunate to be given a suite of rooms above Barclays Bank in Claygate, Surrey for a

peppercorn rent, initially for two years. As you can imagine, we are thrilled and happy at this turn of events - we will be able to start on our project New Approaches to Living. Many thanks to Malcolm, Graham and his team.

The two new members of our charity Trust are Bill Feeney, Deputy Director at Yoga for Health Foundation Ickwell Bury, long-term yoga teacher and helper for New Approaches; Jill Last, originally from Claygate, this year now at Yoga for Health - teacher and helper extraordinaire at the Bury - so glad to have support of these lovely yogis!

Sue Shattock is now Vice Chair on the Board of Trustees and giving time and love in all spheres - see her report elsewhere. Doug Page, Malcolm Hewitt, Julie Friedeberger are still on the Trust as board members attending meetings when their busy schedules allow.

Graham Laycock, our amazing Treasurer, covers our accounts and funds with his expert knowledge and humour, to our great relief.

Fortunately for us Gill Hicks still manages to find time to put all accounts on computer, even though she has a full-time job as well. Thank you Gill for your invaluable help.

We also are so grateful to all the people who stored our goods and chattels from the offices until we settle in new accommodation - Gwen and Tom from Wraysbury, June Holloway from Weybridge, Dawn and Roy Sayers from St Georges Hill, David from Windlesham plus the invaluable movers Keith Luxford who donated a lorry and two great movers!! Alan Johnson and his van, Tom, Gwen, Percy and Rachel and their moving equipment. We couldn't have done without any of them 1st/2nd/3rd time round. Bless you all!

More news soon.

Blessings and love,

Dottie - Chair.

Around the Country With New Approches *By Jennie Hamel-Cooke*



Jennie Hamel Cooke - Training week at the Bristol Cancer Help Centre (Front: white suit)

Dorking was the initial venue for our information stand this spring. We were welcomed by the Brigitte Trust to their Therapy Day. The hall was thronging with therapists when Jackie Dudley and I arrived to set up; we were soon joined by Janice Spencer-Skeen. As usual the Trust were well organised, so it was easy to place our information stand. The day was blessed with good weather and the public came regularly throughout the day.

Next was the Heartbeat Foundation, I took along our general information, then gave a talk followed by hand-massage for all, the room was full with a good number of men which is nice, as so often the events I visit are balanced the other way. This lively group hold regular social meetings in the Woking Leisure Centre.

Weybridge was the venue for the Alexandra Rose Day collection; this is where charities are able to collect from the street, houses or at specific places giving a proportion of their collection to the Alexandra Rose charity, well known by the rose pink flower with yellow centre on a pin, now we have stickers too! These are a bright attraction with which Dottie Hook, Sue Shattock and I adorned ourselves to rattle tins for the cause.

Woking Hospice Health and Beauty Day was held at a larger venue this year, which allowed more stands to participate. Lorna and Joy helped man(woman) the stand which allowed me some free time to circulate. An attraction of helping at these events is that you can meet up with friends and colleagues, Jenny Boys, John Milsom, Marilyn Montclare and Britt Leamy were there for their work too.

Brooklands Charity Festival Day was held in July, this outdoor venue is a chance to get out the Gazebo, Sue was ready and waiting when I arrived and discovered that even though I faxed the form to say we were coming, they had no details! Alas alack - ah well. often providence arrives when this happens, we were given an empty triple plot and - blessed fortune - were placed next to the Addlestone Scouts (great importance) as they good-heartedly put up the Gazebo. (Hurrah!) Sue gave colour readings and we had a beautiful display of Entheos, Aura Soma and silks alongside our information. Your help is always welcome, each event is different, thenext is at the **Phyllis Tuckwell Hospice** in September. Come along and enjoy!

Jennie H-C



Why We Believe Grail Haven Water Is So Precious



Grail Haven - Gerry Taylor-Wood

Grail Haven twin springs were discovered through dreams and visions. The location is considered a sacred site by Aboriginal people.

Grail Haven had underground crossing spings which have been recognised for centuries as having extraordinary magnetic energy fields.

Many of the world's sacred sites are built over crossing springs.

Mount Tamborine is an area of high energy with an unusual

concentration of energy vortices. Many believe that this water is helping to herald in the Universal 5th Ray of Creative Intelligence for the Earth at this time.

Grail Haven water is hand bottled in a harmonious and prayerful atmosphere using music, prayers and mantra, as well as a sensitivity to symbolism, colour and planetary influences.

The water crystal was photographed by the eminent Japanese Scientist Dr. Emoto, who described it as forming "The Beautiful Crystal" putting it amongst the highest purity of the world's waters.

Grail Haven water was formed 22 million years ago deep within the volcanic lava, it has not been subjected to the usual cycle of rain, evaporation and precipitation like most other waters, giving it a 'virgin' or pure quality. Its purity and the special energy field of its twin springs is part of what attracts vibrational essence makers from

around the world to use Grail Haven water. (The Australian Bush Flower Essences included).

Company address: Grail Haven, Long Road, North Tamborine, Queensland, Australia.

Grail Haven water is imported into the UK by New Approaches. Its available to buy @ £1 per bottle. Contact 0800 389 2662.



Grail Haven - Richard De Welles

World Goodwill

By the Grace of Water - is Love in Action?

As seen from space it is water that is the outstanding, defining characteristic of our planetary home, giving it that instantly recognisable blue hue. As the author Kirkpatrick Sale writes: the "enormous continuum of eternal but ever changing water" makes the earth "a sight unique in the entire known universe". Indeed, he suggests that "what we call the planet earth should more probably

be called the planet water - for it is the blue and white that define this orb - and the brown and green, though not without their significance for us, are, from the heavenly perspective, only secondary, interruptions in the azure panorama".

World Goodwill
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London SW1A 2EF UK
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*Thank you to Tigeridge
for our website:
www.anac.org.uk*

Nutrition Plus Project

Health for the New Age Summer 1982 By Marcus McCausland; One of the Founders of NAC

Has anything changed?

The reductionist approach used by Western scientists, doctors and nutritionists has helped greatly in understanding certain aspects of nutrition, e.g. regarding calories, protein, vitamins, mineral balance etc. - but is now acting as a limiting factor in understanding the intake required by a human being to keep that individual in harmony with his/her environment and thus to be healthy and happy.

First we need to search beyond the physical body and realise that emotional upsets or disharmony at other levels of the whole being, will directly affect the digestion and assimilation of everything which is eaten, drunk or breathed in.

Second food, air and water are more than just chemical in character - they are surrounded and interpreted by fields of energy which are destroyed or damaged by cooking and other forms of processing. For example there is a big difference between the juice of a freshly squeezed orange and the juice from a tin, containing additives. Several methods exist which vividly illustrate that there is a subtle energy in the natural juice which is deficient in the tinned juice.

Third the field of energy surrounding and interpenetrating a human being plays a vital part in the functioning of the immune system and the innate self-healing capability of the body. This field can be damaged in many ways - by poisons - by hard radiation such as x-rays - by excessive stress caused by over work, or the shock of the sudden death of a spouse, or by severe mental or emotional problems.

The chemicals in food, liquids and gasses help to rebuild damaged tissues in the body. But it requires the subtle energies in these substances to rebuild and harmonise the overall field of the human being, thus restoring the immune system to full effectiveness.

This concept is implicit in many systems of nutrition which rely for their underlying effectiveness on the use of raw, unprocessed food and good, clean air and water.

Fourth a large number of

complimentary (alternative) therapies recognise the existence of subtle forms of energy in and around human beings, animals and plants. The practitioners manipulate these subtle energies and use them as catalysts for the self-healing of the human being. For example: herbalism: acupuncture: homeopathy: healing: prayer: meditation: group dynamics: yoga: breathing exercises: negative ionisers: colour healing: nutrition.

Fifth a new framework is required to understand how the inputs from the environment affect an individual. Thus we now speak of 'Nutrition Plus', when investigating the nutritional requirements of a whole being.

This concept applies to humans, and to animals and plants. The whole is greater than the sum of the parts, and disharmony in one part will affect every other part and reduce the wholeness. Thus if soil, or the seed planted in it are not healthy, the resultant food will be imbalanced.

For example, take white bread, a staple part of the diet of many people. It is common practice in the West to dip seeds of wheat, to be used for planting during the next season, in mercury (a strong poison) to ensure that mould does not damage the seed during the winter. In the spring these poisoned seeds are planted in soil which is unbalanced and the plants are then fed with unbalanced chemicals to stimulate growth. The wheat is then heavily processed to produce the fluffy white rubbish we find in the shops.

The important concept of wholeness has been lost. Every form of plant, animal, human, protein and molecule in nature retains its shape and effectiveness only because it is whole and unprocessed.

Sixth human beings have evolved over millions of years, during which time food and drink were mostly of stone-age quality, and were simple and natural. The body evolved systems to assimilate this intake. The situation has now changed dramatically. Food is heavily processed then stabilised. Our bodies have not developed the means to assimilate the rubbish we offer them in the form of additives, pseudo-meat, synthetic bacon,

sausages, drinks . . . even the fruit we eat is sprayed with poison.

Seventh Once we understand these ideas, each of us is in a position to control the input to our different levels. We each have a unique requirement. Some need vegetables only. Some need meat. Some need large quantities of food and drink because of their job - most need very little. We should detoxify ourselves at regular intervals, i.e. remove poisons from our bodies, our minds and our emotions e.g. negativity - fear - jealousy - envy - hate . . . if they exist.

When we started this project, our initial intention was to examine existing nutritional systems with a group of interested people acting as observers, rather like a jury in a British court. The jury would be given evidence by 'experts' in their particular field - their job being to summarise in 15 minutes the principles underlying the particular input of food or subtle energy which they were recommending.

We soon ran into the same problem as that in the Casual Analysis project, i.e. we needed a framework within which to understand the individual in his/her environment. Thus we devised the definition of a whole being, and assumed that all these aspects of oneself have continuous inputs and outputs from the world at large; and that, if any of these produce disharmony in the individual, he/she will exhibit disease at the physical level, i.e. however healthy and whole food may be, if the emotional aspect is not being nurtured by giving and receiving love, an essential ingredient for sustaining health - then exercise stress occurs (centred around the abdomen). This affects the liver, the kidneys, the pancreas and the spleen - in fact the whole digestive system. Thus assimilation of food deteriorates, which leads, in time, to symptoms of discomfort and disease.

A series of excellent meetings was held, which generated great interest. We still have to investigate the effectiveness of different methods of testing the suitability of foods, liquids, gases and subtle energies by way of: applied kinesiology: the pulse test: the pendulum: Kirlian photography, etc.

...Continued

The following principles appear to be valid:

- Self-responsibility - Each one of us should accept responsibility for ensuring that we understand Nutrition Plus and our own particular needs. What we absorb, feel, think, experience is our responsibility.
- The wholistic approach - is essential in order to understand that:-
 - The physical body exchanges chemicals from solids, liquids and gases with its surroundings by way of assimilation and excretion.
 - The energy field absorbs radiations from light, ions from the air, life energy from food, electro-magnetic energy from the earth and the ionosphere, radiations from the stars and planets ... and gives off a wide spectrum of radiations - heat - light - sound ...
 - The emotions provide bridges for relationships with others.
 - The sub-conscious builds intuitive links with humans, animals and plants.
 - The intellect exchanges ideas and concepts with others.
 - The soul or inner self builds spiritual links, via the higher self, to the Universal Mind or God.

If any of these aspects are partly or fully closed so that the exchanges are limited, or if the inputs are negative, then every other aspect will be affected, which will lead to symptoms of ill health or discomfort on the physical body.

Diversity. Each of us is unique: therefore we have different nutritional needs throughout our lives - and these needs vary with our jobs, activities, sexes, age, physique ...

Change. Throughout our lives our nutritional requirements change - they differ from childhood to adulthood and old age, and vary with health and ill health. Our requirements also vary hourly, daily, weekly, monthly, annually, seasonally, geographically and climatically.

Order. We live in an ordered universe and require order in our day to day lives e.g. that the sun rises and sets: that we sleep and wake etc. Thus we feel secure. To be healthy we need to be at one with nature - to absorb natural substances and radiations - not 'man-made' substances and radiations.

Common Sense is in short supply in the nutritional field. We are blessed with the gift of discernment, which can assist us in making correct choices.

The quality of our life is directly affected by the inputs to us from our

environment, i.e. we are like fish in a river - if the river is polluted, they sicken and die.

Simplicity. There is an underlying simplicity in nature. If we over-complicate our lives and the inputs to our being, we shall suffer an allergic reaction. We should detoxify ourselves regularly to remove the poisons from our whole being.

Duality. There is duality in nature - whilst we pursue a harmonious, balanced path we shall be healthy. If we stray to right or left, problems arise. Thus correct inputs will show as correct pH in the blood, a balanced nervous system, a happy nature etc. In correct inputs - positive or negative - too strong, too weak etc. will cause imbalances.

Preparation. Food can be well or badly prepared. Everyone concerned with the preparation of food affects its excellence, e.g. compare the food prepared by a loving, happy mother with that produced by someone who is hurried, or worried or emotionally upset.

Excessive stress will adversely affect the assimilation of all the inputs to our whole being. There is a synergy which arises when we are unstressed, calm and positive, between us and the inputs to us, whether they be food, life energy, love, man-made substances or radiations etc. This synergy produces the maximum benefit to us and alleviates the side effects. However, if we are negative, fearful, depressed, and stressed, the opposite effects will be seen. Assimilation will be minimal and there will be an allergic reaction leading to unpleasant side effects whether it be from food, liquids, or man-made substances and radiations.

Conclusions

We have made tremendous strides in our understanding of nutrition plus, but much remains to be done.

The next step is to assess ways of testing food which are simple and reliable enough to be taught to anyone, for use in the home, in schools and in hospitals, etc.

Addendum

In the press of late there have been reports of people suffering from a "total allergy syndrome". This concept is unhelpful to the person concerned, and to the medical profession. It seems wrong. The main objective of the physical body, aided by

the sub-conscious, is the survival of the body. When a particularly traumatic incident produces excessive stress, the sub-conscious mind will seek to protect the body, e.g. in a battle, after a prolonged period of heavy shelling, selective amnesia may occur - thus the individual moves away from the area concerned. Thus the assimilation of foods will be adversely affected, quite unconsciously, and may be found several days later miles away with no memory of the previous few days.

With the so called "total allergy syndrome" it is probable that a series of stressful events over a period of time (such as a messy divorce, death of a spouse, an unhappy marriage etc.) have caused an allergic reaction in the person concerned. Thus the assimilation of foods will be adversely affected, and therefore the inability to cope with the poisons and the junk food which are eaten by people who cannot be bothered with the preparation of good food.

Instead of helping the person to come to terms with the stress, it is common practice in the medical profession to agree with a patient that he/she is allergic to certain substances, gases etc. Thus, as the patient receives sympathy, the sub-conscious mind produces the necessary symptoms, and a vicious circle begins.

The correct approach to someone with allergic reactions should be:

- Eat the nearest approach possible to organically grown, unprocessed whole foods etc.
- Use psychotherapy, relaxation, exercise etc. to reduce stress.
- Encourage the individual to understand why they are undergoing the allergic reaction and how they can help themselves.

Copies of this complete article can be obtained.

Please call 0800 389 2662



The Violets

By Susie Jardine

Sunlight poured through the diamond window panes into the cosy bedroom in the eaves of the old priory, and when she looked out across the fields the virgin frost was dazzling.

Susie scrambled into her pink thermal leggings and hand knitted socks and tiptoed down the creaky staircase to find the porch where she had left her muddy clogs. Her feet made tracks on the crisp grass as she negotiated the Victorian herb garden, drank in the solitude and gazed across the lake.

Susie fingered the sticky buds, breathed in the honeydew and absorbed the tranquillity of the swans gliding on the still water. She paused in deep contemplation, feet firmly standing in the smooth curve of the ancient flagstones.

Her eyes caught a glimpse of deep purple. Susie knelt on the icy step and very very gently and lovingly released an exquisite violet whose petals were crushed against the stone. It's face smiled gratitude as it stretched towards the warmth of the sun.

Susie had spent the previous four days with a group of crushed violets. People just like her, suffering from the shock of this cancer diagnosis, as they shrunk with horror from invasive surgery and drugs which threatened to take away blessed sunlight and life itself.

'New Approaches to Cancer' organise special cancer courses at 'The Bury', the

Yoga for Health Foundation in Ickwellbury, Biggleswade, a great Georgian Mansion in the heart of the peaceful Bedfordshire countryside.

The group shared laughter and heartache as they sat round the log fire, and slowly were encouraged to challenge cancer, fight back, take control and find options. Susie discovered that Yoga is a way to find the balance that the big 'C' attacks. The simple idea of concentrating on breathing is gently taught by patient teachers and the classes are light hearted and fun.

The days were full of little gems of opportunity to experience.

Colour therapy gave them the chance to discover their moods and feelings when the chose particular shades. Bach Flower Remedies, an individual consultation was available with a personal bottle to take home. Susie was inspired to find a natural resource, which could help allay the fears she was experiencing.

The little discussions around the meal table regarding healthy food options and shared tips for overcoming nausea brought on by chemotherapy was proved so helpful.

Slowly the group gained confidence to enjoy nourishing food, rest, play and work with their individual needs respectfully supported by a team of top notch, dedicated professionals, led by the amazing Dottie Hook with a lifetime of

experience, wisdom and knowledge in the cancer field.

Susie took time for herself, read books in the comfy library and took notes to support her growing determination to use the cancer diagnosis as an opportunity to reassess her body and mind for the rest of her life. ('Challenge Cancer' by Dr. Maurice Stevin and Dr. Nira Kfir, Published by Class 2002)

They sang joyfully by the fireside in the great lounge, the musicians played old favourites and were encouraged by Sue Shattock to perform her dance while they 'Hand-Jived' and felt like teenagers. Another highlight of the course was when Howard Kent, the founder of 'The Bury', came to share the lunchtime meditation session. He spoke about the current world war situation and the turmoil in people's lives, and ended by saying 'Love conquers All'.

That message is imprinted in Susie's memory and the incredible sense of hope and empowerment stays firm in her innermost thoughts.

The realisation that other people understand, and support impacts and imprints as a huge gain from this course. Susie followed up the amazing course by phoning - 0800 389 2662 and she knows that New Approaches are there for her.



Trustees - Jill Last and Sue Shattock

New Approaches to Cancer Week at Ickwell Bury

By Monika Mathieu

What a wonderful way to make new friends. The warmth with which we were welcomed by Dottie (New Approaches to Cancer), her helpers and the Bury, the combination of the wonderful food at the Bury and being able to share without reservation our thoughts and feelings set the tone to make us feel comfortable. This enveloped the whole group for the duration of our stay.

I had breast cancer about 4 years ago and have since become a yoga instructor, I am currently training on the Yoga for Health Foundations Remedial Yoga scheme.

I wish I had practised Yoga and known about New Approaches to Cancer before I found there might be something wrong, it may have given me the confidence to trust my instinct and the messages my body was giving me. I have come to realise how important it is to be aware what goes on in both our emotional and physical selves.

In my case, the first sign was a slightly inverted nipple. Always having been told to be aware of any change of the breast I immediately went to see my Doctor who referred me to the local hospital for a Mammogram, the result of which I was told was clear. The inversion of the nipple became more pronounced and I went back to see my Doctor one year later and was referred to a special breast cancer hospital in London, where I underwent a fine needle aspiration and an ultrasound examination, again I was told there was nothing to worry about and that the tests were ok. I was given an appointment to come back in two years time.

The deformation in my breast was continuously becoming more and more obvious; it was during this time that I

attended my first Yoga classes. Yoga can help to gain confidence to trust our own true nature, intuition and in deeper inner knowledge.

I did not wait until my appointment at the Breast Cancer Hospital, but went back after one year. By now the cancer had spread to my lymph Glands and invaded the blood vessels. Almost immediately I underwent an operation, chemotherapy and Radiotherapy.

I felt the Doctors had not really listened to me, which after having requested my notes was confirmed. My insistence of the nipple problem was not mentioned in their correspondence, all the emphasis was given to their tests.

Therefore, because of my own experience, I believe that it is so very important to work as a team with Doctors, because nobody knows our body better than we do.

I met some wonderful and brave people during visits for treatment, we talked and I would ask everyone the same question, 'Have you had some major stress prior to you cancer?'

As in my case-without fail, they all said yes, sometimes it had been years ago but the issues were not accepted or resolved.

Since then I have become more and more interested in the study of Yoga. This has given me a new way of living and the knowledge that cure does not come from dealing with the symptoms, but from addressing the cause, which can be a combination of physical and emotional strain. It may be triggered by emotional strain and manifest physically, the physical discomfort then adds to the emotional stress and the wheel to disease and ill health is set in motion.

Through Yoga and self-awareness we can attack and aid physical recovery, and awareness of emotions can stop that wheel and aid physical recovery, and by relieving physical strain and blockages we can release the emotional blockages.

The work that new Approaches to Cancer and the Yoga for Health Foundation do is of great benefit with the emphasis on prevention, so everyone can benefit.

The week was great fun, we talked, practised Yoga postures and importance was given to correct breathing. Everyone had so much to give and share.

Julie Friedberger's book "A Visible Wound", is much more than a personal story, it offers practical and spiritual help, and she practised Yoga with us at The Bury.

We learned to use herbs with Jenny Boys and John Cass gave a Reiki demonstration where everyone had the opportunity to participate. The trust in the self to know that we are all well even if our bodies have some defects, to be able to overcome fear; and to know that deep within us we have the answers to all we need to know; to be able to trust in this inner knowledge. This greatly helped by the way N.A.C introduces the awareness within us to good health in the Five Step Approach to prevention and control of ill health, which has been devised for any one who may:

- Want to prevent themselves from falling ill
- Have some form of disease, whether it be cancer, arthritis, hayfever, a simple cold or disharmony
- May want to understand what has happened to them and how they can reverse the process.

Details of 'Yoga for Cancer' Courses

1. Yoga for Health Foundation

Ickwell Bury, Biggleswade, Bedfordshire, SG18 9EF.
Tel: 01767 627271.

Holistic retreat run by New Approaches to include Yoga, Mantra and Breathing, Meditation, Visualisation, Herbalism, Bach Flower Remedies, Reflexology, Reiki and Healing, Massage, Alexander Technique, Colour Therapy and Nutrition for patients, carers and helpers.

Date: 9th to 14th March - 12th - 17th October 2003 (inclusive).

Cost: £260

2. Yoga Therapy Centre

"Yoga and Cancer" taught by Julie Friedberger
90-92 pentonville Road, London N19 4SS
Tel: 0207 837 5050

Or Julie: 020 8858 7286

These courses are held regularly throughout the year.

Date: Mondays 4.00pm - 5.30pm.

Cost: £72 for 8 weeks.

Getting Serious About Laughter

“There are some things that are so serious you have to laugh at them” Niels Bohr

By Rhonda Blundon, Whyteheart Centre

Few people would deny that laughter is good medicine, but not many realise what a powerful tool for transformation it is. Not only is there a growing body of research on the physical health benefits astounded medical, but we are demonstrating the mental/emotional benefits of laughter and seeing profound healing taking place through laughter.

Laughter can be used to change our experience of all sorts of very real (and “serious”) suffering, including illness. Once a so-called “victim” can laugh at themselves, at the situation, even their illness or at their abuser, their experience changes and becomes different... they become different. Of course, helping someone to come to the point where they can laugh at their pain requires both skill and sensitivity.

Laughter is higher than all pain
Elbert G. Hubbard

One reason why it can be difficult to believe that laughter is so powerful is that there are common misconceptions about laughter.

‘What’s so funny?’

One common misconception is that we laugh because we think something’s funny. Research has estimated that only 1 in 5 laughing occasions involves any humour. Babies laugh, yet don’t have to watch comedy first! In fact, toddlers laugh 300-400 times a day, whereas by the time we’re adults we’ve learned to laugh only around 15 times a day. One school of thought is that we become more discriminating about what we laugh about as we grow up; I would suggest that we have forgotten how to use a truly natural and very effective healing method.

Working with laughter, we’ve noticed that the more laughing people do, the more they can see the funny side of life.

‘What are you so happy about?’

Another misconception is that laughing is something we do because we are happy. In fact, it’s the other way around – we become happier by laughing. We laugh for lots of reasons: anger, frustration, fear, nervousness, boredom... and joy of course. In Laughter Sessions we learn to laugh for no good reason at all – except that it feels good and does our health a huge amount of good.

Laughter provides enjoyable exercise:

- 1 minute of laughing is equivalent to 10 minutes on a rowing machine
- It’s a bit like an internal organ massage and leaves our internal organs invigorated and alert (Other ways are hiccupping, coughing, sobbing and vomiting, so given a choice...)
- It provides isometric abdominal exercise to tone tummies

Laughter helps us stay healthy and even helps us manage pain or illness, it:

- Helps protect us from colds and viruses - increases the levels of antibodies (Immunoglobulin A) in the nose and respiratory passages
- Increases levels of natural killer (NK) cells and antibodies to boost the immune system
- Stimulates production of lymphocytes containing T-cells which deal with cancer cells
- Releases endorphins - the body’s natural painkillers
- Reduces blood pressure and heart

rate if practiced regularly

- Engages every major system of the body

Laughter helps us to feel good and look good (although not always at the time!)

- Is one of the best muscle relaxants
- Oxygenates our blood, increasing our ‘feel good’ factor
- Releases endorphins
- Reduces stress hormones epinephrine and cortisol
- Provides facial exercise and increases blood flow to the skin
- Activates our tear glands to brighten up our eyes

It’s time to reclaim this natural method of healing. In the 1950s people laughed 18 minutes a day on average, whereas today the average is only 6 minutes per day. One of the ways trained Happiness Creators are spreading happiness is through laughter, by using techniques such as “Random Acts of Comedy”. If you’d like to be a certified Happiness Creator or a Laughter Leader, or just to have a good laugh with us, contact us about workshops, laughter sessions and Laughathon for Macmillan Cancer relief (November 5th) on 0870 224 2007 or 01932 700 704 or mail@whyteheart.com.



Kit's Laughter

Kit Hammond was diagnosed with treatable but incurable non-Hodgkin's Lymphoma in 1992. Between 1992 and 1998 she lost her hair due to the chemotherapy five different times.

She says now, 'I have been blessed with an 'inappropriate' sense of humour all my life but it quite literally saved my life. So many of the things that other cancer sufferers find unbearable I found manageable through laughter and humour. For instance, the first time I was losing my hair it was really traumatic for me - I had the typical 'crowning glory' hair, thick and quite long and I was rather vain about it. There was something quite horrifying about running my hand through it and finding I was holding a clump of it! Also it hurt! My whole scalp had the headachy sensation that one has when you change your parting. I had it cut short so its loss would be less obvious and less messy. I was like a mangy dog - every time I had a nap I had to Hoover the pillow!

One day I thought, 'To Hell with it! I'm going to be bald soon and I'm sick of cleaning up fallen hair from everywhere - let's shave it off!' It was very funny and empowering and then I really started to have fun with wigs. I was lucky. A friend of ours had a wig catalogue company and offered me 'carte blanche'. By the time my hair grew back I had a total of nine wigs. They were not all from him, the tinsel one I wore to go out at Christmas and long blond plaits both came from a joke shop (and both cost less than a fiver).

I called the long blonde plaits Gretchen. The unplaited version was fun too - I'd always wanted long, straight platinum blonde hair and this was my chance! That wig I called Helga, and it had a lot of male fans. I still get wistful remarks from certain men about 'missing Helga'. I can't wear her now because my darker hair shows through and it just looks wrong.

All the wigs had different characters and reflected different parts of my

persona. I once said to my then husband, 'Don't you find it exciting never to know who you are going out with?' We were sitting in bed at the time after a night out with friends and there was a marked lack of enthusiasm in his response. Just then I caught sight of myself in the mirror on the open wardrobe door, 'Hmm.' I observed, laughing, 'I suppose if you come home to go to bed with the same old bald one it's not that thrilling really.'

One day when I was wigless and wearing a long, navy robe. 'Do you know, Kit,' my good friend exclaimed, 'from this angle you look a lot like Uncle Fester!' I could have chosen to feel upset -instead I just roared with laughter!

Can you see the funny side of illness in your life? Please send us your stories so we can share the laughter around and help others to choose helpful perspectives. mail@whyteheart.com or **WHYTEHEART**, 27 Station Road, Chertsey, Surrey KT16 8BE. Tel: 08700 224 2007.

March of Truth on Cancer

Seventh Edition - Introduction

By Arlin J Brown

This information has been compiled so that the truth about good cancer treatments and their suppression may be made known to all that need it. The first six editions met with great success, showing the urgent need and demand for knowledge of how to obtain good cancer cures, remedies and preventatives.

Over 330,000 Americans die needlessly each year, primarily because the truth about cancer has been withheld from them.

According to Dr. Gerson, cancer was a disease of old age 30 to 50 years ago, comparatively rare, manifesting when the liver was worn out. Dr. Bieler, when he started practice over 50 years ago, would see 2 or 3 cases of cancer a year. Today he sees 30 times as many cases. A Los Angeles doctor told us that when

he started practice in 1910, he saw only 6 cancer cases among his first 1,500 patients, over a period of five years. Today the cancer death rate is appalling, hitting every age group. The cancer death rate in children today is 30 times what it was in 1935, making it, in certain recent years, the leading cause of death in children. Mothers' bloodstreams are so filthy that some babies are even born with cancer or leukaemia, almost unheard of in years gone by. Gerson blames the radical changes in the foods we consume: the cast amounts of processed foods. Today we eat few foods in their natural state, and even when we do, they usually are poisoned. Gerson stated "Foods are bottled, canned, coloured, powdered and treated with acid; and we are eating not normal wholesome food, but a mass of dead, poisoned food. The body can't be detoxified when we eat poison with

our food. Modern industry set out to save steps in the kitchen but the consequences are terrible."

Today we are literally being poisoned to death, both from the pesticides, preservatives and food additives and also from the uneliminated toxins, cellular wastes, and debris accumulating in the body as a result of consuming nutrient-deficient refined, denatured and non-cleansing foods.

It is the purpose of this revised and expanded edition to help meet the vital need for the truth about cancer, as the truth has been almost completely buried and blacked out of all communications media in the United States and a number of other countries.

PO BOX 251,
Fort Belvoir, Va.22060, USA



Friends of New Approaches to Cancer -
At the AGM 2003. June Hill, Pat and Pat Weston.



Trustees of New Approaches to Cancer -
Bill Feeney and Graham Laycock



Treasurer of New Approaches to Cancer -
Graham Laycock "Hard at work"

Herbs for Prostate and Bladder Troubles

- *Bladder*; burning in - Eryngo.
- *Bladder*; burning in neck of - Clivers, peach.
- *Bladder*; Catarrhal conditions of - Balm of Gilead, bearberry, Buchu, Couch grass, Juniper, Saw Palmetto, Stone Root.
- *Bladder*; Gravel in - Asparagus, Buchu, Burr Marigold, Butcher's Broom, Clivers, Couch Grass, Hydrangea, Parsley Piert, Pellitory-on-the-wall, Stone Root, Water Plantain, Wild Carrot.
- *Bladder*; inflammation of - Buchu, Cornsilk, Horsetail, Peach.
- *Bladder*; pain in - Asparagus, Eryngo, Juniper.
- *Bladder*; stone in - Burr Marigold, Clivers, Parsely Piert, Pellitory-on-the-wall, Stone Root, Wild Carrot.
- *Cystitis* - Bearberry, Buchu, Clivers, Couch Grass, Eryngo, Gravel Root, Horsetail, Marshmallow, Peach, Saw Pakmeetto, Water Plantain.
- *Gravel*, to perevent - Hydrangea.
- *Prostate Gland*, Enlarged - Balm of Gilead, Cornsilk, Gravel Root.
- *Prostate Gland*, Hypertrophy of - Bearberry, Saw Palmetto.
- *Prostate Gland*, Inflammation of - Gravel Root, Pulsatilla.
- *Prostate Gland*, Troubles generally with - Buchu, Horsetail.
- *Prostatic Fluid*, discharge of - Juniper, Pulsatilla, Saw Palmetto.
- *Urethra*, Burning in - Clivers, Parsley, Peach.
- *Urethra*, Inflammation of - Bearberry.
- *Urethra*, Irritation of - Balm of Gilead, Water Plantain.
- *Urynate*, Constant desire to - Bearberry, Buchu. Eryngo, Gravel Root.
- *Urynate*, Constant desire at night - Saw Palmetto.
- *Urynate*, Constant desire without relief - Eryngo, Horsetail.
- *Urynate*, Sudden desire to - Parsley.
- *Urynation, Difficult* - Couch grass, saw palmetto.
- *Urynation, Frequent* - Couch grass, Pulsatilla.
- *Urynation, Involuntary* - Pulsatilla.
- *Urynation, Painful* - Balm of Gilead, Couch grass, Eryngo.
- *Uryne*, To promote - butchers Broom, Gravel Root, Peach.
- *Uryne*, Retention of - Cornsilk, Parsley.
- *Uryne*, Scalding - Gravel Root.
- *Uryne*, Suppression of - Cornsilk, Pellitory of-the-wall, Wood sage.



Cancer Becomes Top Killer in Men

By Nigel Hawkes - The Times

Cancer has overtaken heart disease, for the first time, to become the country's biggest killer of men, statistics show.

The most recent figures, for 2001 show that cancer killed 79,781 men and heart disease 79,446. The cancer mortality rate has been declining, but much more slowly than that for heart disease. In the past decade, the number of deaths by cancer has fallen by 15 per cent, compared with the 30 per cent for heart disease.

Cancer is a very complex disease, with many different types that cannot be treated in the same way. Heart disease is simpler, with poor diet and smoking among its chief causes. Fewer men are smoking and their diet has generally improved as treatments for heart disease have advanced.

The same is not true of cancer. Lung cancer death rates in men have fallen quickly because of a reduction in smoking, but other cancers have shown a slower decline. Some, including oesophageal cancer, have increased. The divide between deaths from cancer and deaths from heart disease in men is about

to widen greatly as new heart drugs, such as the statins group, reduce the death toll.

No comparable group of drugs is on the horizon for cancer, meaning that a similar rapid decline in the disease is unlikely, according to scientists from Cancer Research UK, which publicised the figures recently.

Professor Nick Day, an epidemiologist for the charity, said: "At the moment the gap between male deaths from cancer and heart disease is small but the difference will widen over the next ten years as deaths from heart disease continue to drop at a more rapid rate than cancer."

The outlook for individual cancers is hopeful as early screening and better treatments are introduced. Dr. John Toy, medical director of Cancer Research UK, said: "In heart disease, men have sat up and done something about their own health. If they can do it for one disease, why not another?"

Ten years ago 84,250 men died from cancer and 100,600 from heart disease (a category that excludes stroke). On the

present trends, it is predicted that by 2005 deaths from heart disease in men will fall to 65,000 and about 75,000 will die from cancer.

The five commonest cancers among men are lung, prostate, bowel, oesophageal and stomach. The rise in oesophageal cancers is attributed to increased alcohol consumption and obesity, which are risk factors for this disease. Stomach cancer has fallen along with a decline in the proportion of people infected with the bacterium *Helicobacter pylori*, which can cause it.

Peter Cardy, chief executive of Macmillan Cancer Relief, said: "These new statistics are particularly worrying since a Macmillan survey revealed that men are less likely to ask for information or discuss their health than women. In general, men tend to ignore minor symptoms and lack general cancer health knowledge. If we understand what to look for and conditions that may affect us, it could help an early diagnosis."

Herbal Aid for Menopausal Symptoms

Recent press has again highlighted the dangers of taking Hormone Replacement Therapy (HRT); the latest scare, being an increase in the risk of developing breast cancer. This is added to the other known increased risks of uterine cancer and heart problems. Most articles, whilst frightening women into stopping taking their drugs, have not addressed the issues of hormonal change that occur during the menopausal years, nor how best to help alleviate these unpleasant symptoms naturally. There has been a plethora of women touting the benefits of taking HRT, popularly for cosmetic reasons as an anti-ageing pill; one woman I saw interviewed on TV last week had had breast cancer whilst taking HRT and had insisted that she would take HRT again because of all the benefits it had brought her (hmmm, like breast cancer?).

The menopause is not a medical condition; it is a term used to describe the first day of your last ever period. Many women find this a day to celebrate freedom: the freedom from monthly bleeds and contraception, a new lease of life now that any children may be growing up and growing away; freedom to have the confidence to be themselves. Other women have a miserable time as they go through the hormonal changes that occur in the years up to menopause.

The symptoms of these hormonal changes may include: mood swings, depression, hot flushes, night sweats, loss of libido, dry skin, vaginal dryness, palpitations, headaches, fatigue, insomnia, joint aches and pains, loss of bone density, hair loss, anxiety, short term memory loss, wrinkles and weight gain - I am sure that someone can add to the list!

There may, of course, be other reasons why you are suffering from any or all of the above, but the chances are, if you go to your doctor that (s)he will prescribe anti depressants or Hormone Replacement Therapy (HRT). For some women, this will give them back their life, make them feel young again and able to cope with the stresses of their life until, that is, ten or fifteen years down the line, when the doctor suggests coming off HRT because of the increased risk of cardio-vascular problems or uterine or breast cancer. At this point, for many

women, their symptoms for which they were prescribed HRT in the first place, return with a vengeance.

Menopause, like puberty, is a natural progression. Throughout your reproductive years, your ovaries produce a monthly egg; the lining of your womb thickens in anticipation of conception and sheds that lining as menstrual blood if you do not conceive. The endocrine system produces the various hormones needed to take the body through each monthly cycle. Puberty begins when levels of the hormone, oestrogen, rise and the reproductive years fade through the peri-menopausal years to menopause as oestrogen production slows. However, even after the menopause, we do not lose all our oestrogen; the adrenal glands make a little and some oestrogen is held in body fat, maybe explaining why many women's weight can increase as their periods cease. Other hormones are also manufactured by the body: at the beginning of the monthly cycle, just before we bleed, oestrogen levels drop; this sends a message to the pituitary gland in the brain, to encourage the ripening of an egg in the ovary by releasing FSH - follicle stimulating hormone. As the egg ripens, so the blood levels of oestrogen start to rise and this then sends another message to the pituitary gland to reduce FSH. Oestrogen rises until it triggers (on about day 14 of the menstrual cycle) the release of LH - luteinizing hormone, which in turn triggers other hormonal changes to liberate the matured egg from its follicle; the now empty follicle changes into the corpus luteum, full of yellow fatty sterols which are then converted into progesterone, the hormone which prepares the body for pregnancy and milk production. All this activity reduces throughout the peri-menopausal years resulting in any or all of the symptoms listed above.

With careful management of diet, exercise, stress and lifestyle, together with the appropriate therapies, these years of changes can be lived to the full without the constant feeling that something isn't quite right. Some women may find their symptoms alleviated by increasing their intake of water, nuts, seeds, oily fish and reducing consumption of red meat and dairy products, caffeine - yes, including chocolate! - and alcohol.

This may a time to take up walking to help avoid osteoporosis, or yoga or Tai Chi to relax and strengthen mind, body and spirit.

Many women are now turning to herbal preparations as alternatives to HRT.

Herbal preparations have been used since time began to alleviate the symptoms of hormonal changes, whether in puberty, pregnancy, premenstrual or perimenopausal problems. Currently, some of the most popular are:

BLACK COHOSH - *cimicifuga racemosa*
A Native American herb used as an anti-inflammatory to ease low back ache and joint aches and pains. It also contains phyto-oestrogens, which may compete with oestrogen uptake when oestrogen is abundant but may also promote oestrogen production when levels are low. Popular use of this herb is for alleviating hot flushes and night sweats BUT it may not be appropriate for someone who has had oestrogen-responsive cancer.

SAGE - *salvia officinalis*
Sage inhibits the production of perspiration, making it number one herb of choice for alleviating night sweats. It is a tonic for the nervous system; as a gargle it is used as an antiseptic and anti-inflammatory for sore throats and mouth ulcers; it tonifies the uterus.

RED CLOVER - *trifolium pratense*
Another favourite to alleviate hot flushes and relax the nervous system. Like both Black Cohosh and Sage, Red Clover has some oestrogenic-like activity but it has an anecdotal track record in the treatment of hormonally responsive breast cancers as it may block the uptake of oestrogen by the cells, receptors.

PASSION FLOWER - *passiflora incarnata*
This herb is useful in helping to lower blood pressure and rapid heartbeat. It is a wonderful sedative aid to restless sleep and eases pain and headaches.

VALERIAN - *valeriana officinalis*
This herb smells horrible but it helps to reduce exhaustion, agitation, anxiety, spasmodic pains and aids restful sleep. It can be used to help through periods of stress.

...Continued

SIBERIAN GINSENG - eleutherococcus senticosus

This herb is an adaptogen which means that it is effective for a wide range of different conditions, including tiredness, lack of energy, woolly-thinking, mood swings and hormonal related imbalances such as stress, elevated blood pressure, changes in blood sugar levels and long term stress, such as adverse working conditions.

Some women who still have a regular menstrual cycle may experience some breast tenderness on this herb, in which case, Codonopsis (a similar but weaker herb) can be substituted.

These are just a few of the more popular herbs used to ease the journey for many women. There are many choices to be purchased across the counter but if individual herbs do not help, it may be time to consult a qualified herbalist for a tailor-made prescription.

Jenny Boys, DipCH, MURHP

01483 301144

email: jenny.boys@ntlworld.com in practice: Saturdays: Neal's Yard Remedies, Guildford. Appts. 01483 450434.

Wednesdays: Lifestyle Natural Health, Hershams Green. Appts. 018932 254624.

Other: Ashford Hospital @ **New Approaches New Room Address.**
phone: 0800 389 2662.



Yin Yang PRESS RELEASE

HRT Natural Alternative

By Katie May

With current warnings about the dangers of long term use of HRT we are pleased to be able to offer our best selling Wild Yam cream, which has proved beneficial in so many ways to so many women, since it was formulated by Katie May and produced by Yin Yang in 1996. Katie is a very experienced skin care formulator, who has specialised in creating whole plant (where possible organic) products since 1972. Starting in London, she moved out to Chertsey in Surrey in 1984 and to Oxfordshire in 1989. Since 1998, she has been creating a herb garden in the Cotswolds out of a farm yard that had been at the heart of a small farm run organically for centuries. The land, typical of the area, is best suited to the Mediterranean style, with the use of lots of stone and gravel. This interest is an inspiration for her continuing work with organic or wild crafted plants and herbs in her carefully researched and constructed Yin Yang products.

YIN YANG WILD YAM CREAM is made from plant ingredients appropriate for use during hormonal changes. During the reproductive years, there is a balancing of the two hormones, estrogen and progesterone that constantly fluctuates between dominance and submission, one way or another. Yin Yang use two important plant ingredients in this cream.

1. Organic Soya, which has obtained a reputation as a plant estrogen because

Japanese women, who have a diet rich in fermented Soya, suffer no menopausal symptoms.

2. Wild Crafted Wild Yam, which shares a chemical structure with progesterone.

THE ENERGY HORMONE is progesterone and estrogen is **THE SEDUCTIVE HORMONE** for the conception of babies. During the reproductive years, the two are constantly balancing and the cycles of the balances are known as hormonal changes, which can be disruptive. This is particularly so during **MENOPAUSE** when estrogen levels drop and progesterone secretions cease altogether. It is suggested that dropping estrogen levels cause hot flushes but it is the end of progesterone secretions which cause most menopausal problems. This causes a drop in energy levels resulting in confusion, loss of confidence as well as the much publicised hot flushes and lack of interest in sex.

YIN YANG WILD YAM can be recommended with confidence to those who are concerned about the use of HRT not only to help them through menopause but also to help cases of PMT where sudden drops in energy levels cause other hormone related discomfort.

The Wild Yam cream has also been recommended to - and found useful by - women who are prescribed **TAMOXIFEN** following treatment for breast cancer.

PRODUCT CODE: YY023**PRICE EACH:- £14.50 FOR 50 ML**

YIN YANG BEAUTY CARE, NEW YATT BUSINESS CENTRE, WITNEY, OXON, OX29 6TJ.

TELEPHONE: Katie May - 01993 822800
www.yinyang.co.uk



"The water feature incorporating the old farm cattle trough and assorted thymes and violets when it was being created in the south facing Mediterranean Garden in 2001. It is now the inspiration for the latest Katie May formulations in progress at Beechgrove Farm in the Cotswolds".

Friday 08 August 2003 - For immediate release

HRT Causes Breast Cancer

Women taking hormone replacement therapy (HRT) in Britain can double the risk of developing breast cancer, says the world's largest study into the link between HRT and breast cancer. However, this risk has been known all along and was highlighted in a lecture, hosted by the Institute for Optimum Nutrition, last year.

Every year an extra 2,000 British women are developing breast cancer because of HRT. Researchers, led by Professor Valerie Beral, at Cancer Research UK's Epidemiology Unit in Oxford spent ten years tracking more than a million women in Britain. They suggest that the single pill moderately increases the risk of breast cancer, but the combined pill doubles the risk. About 1.5 million women in the UK take HRT, with half taking the combined version.

All this information was available a number of years ago by Dr John Lee - American expert on natural hormone therapy - who spoke about hormone imbalance as a critical factor for increasing the risk of developing Breast Cancer. The lecture, hosted by the Institute for Optimum Nutrition in October 2002, discussed the theory that oestrogen dominance is the major cause of breast cancer. Dr Lee emphasised that oestrogen dominance is not being acknowledged or addressed by many health professionals (orthodox and otherwise) when simple lifestyle and dietary advice could be

preventing the onset of this traumatic disease.

Dr Lee presented many research studies, which have drawn similar conclusions that there is no doubt, HRT is associated with a higher risk of breast cancer. The synthetic nature of the oestrogen and progestins used in current HRT prescriptions cause a multitude of problems.

His recommendation is a safe and successful treatment, which encompasses only hormones shown diagnostically to be deficient, the use of bio-identical rather than synthetic hormones and the application of hormones in physiological, rather than pharmacological doses.

Dr Lee concluded the lecture by saying, "It's up to you all to make the decisions on your life. I am trying to supply the information that you need. I have nothing to sell. I don't make money by the sale of the products. My only concern is to educate you because I think it's a terrible crime to kill 43,000 women per year in the US and equivalent amount by ratio in the UK just because the doctor refuses to learn basic chemistry and medical practice".

Adam Porter-Blake, Director of the Institute for Optimum Nutrition commented: "The significant implication of John Lee's message is clear, and that is hormone balance is essential in combating breast cancer.

What is not clear is why the medical establishment has ignored his message for so long".

Last night the Government's Committee on the Safety of Medicines has written to every doctor and health professional in the NHS, informing them of the new findings published today in *The Lancet*. With this new data to reinforce the link between breast cancer and HRT, no one can choose to ignore the implications it has on women.

For further press information please contact:

ION Press Officer, Aliya Chaudary on T 020 8877 9993 or E aliya.chaudary@ion.ac.uk

NOTES TO EDITOR:

Book by Dr John Lee - 'What your doctor may not tell you about Breast Cancer' Thorsons, £12.99, ISBN 0-00-714298-6

The Natural Progesterone Information Service on - Tel: 01298 245 07.

DDT Linked to Breast Cancer

Women with breast cancer are five times more likely to have pesticide residues such as DDT in their blood stream than healthy women, according to a

study in the *Journal of Occupational Environmental medicine*.

This is for All Women - Mothers, Daughters, Sisters, Aunts & Friends

In November a rare kind of breast cancer was found. A lady developed a rash on her breast, similar to that of young mothers who are nursing. Because her mammogram had been clear the doctor treated her with anti-biotics for infections. After two rounds it continued to get worse, her doctor sent her for another mammogram, and this time it showed a mass.

A Biopsy found a fast growing malignancy. Chemo was started in order to shrink the growth; then mastectomy; then a full round of chemo; then radiation. After about nine months of intense treatment, she was given a clean bill of health.

One year of living life to it's fullest. Then the cancer returned to the liver area. She took four treatments and decided that she wanted quality of life, not the after effects of chemo. She had five great months and she planned each detail of the final days. After just a few days of needing Morphine, she slipped away saying she had done what God had sent her into the world to do and now it was her time to go.

PLEASE be alert to ANYTHING that is not normal, and be persistent in getting HELP as SOON as possible.

Here is her message. Paget's disease: This is a rare form of breast cancer, and is on the outside of the breast, on the nipple and the aureola. It appeared as a rash, which later became a lesion with a crusty outer edge. I would not have ever suspected it to be breast cancer, but it was. My nipple never seemed any different to me, but the rash bothered me, so I went to the doctor for that. Sometimes, it itched and was sore, but other than that it didn't bother me. It was just ugly and a nuisance, and could not be cleared up with all the creams prescribed by my doctor and dermatologist for the dermatitis on my eyes just prior to this outbreak. They seemed a little concerned but did not warn me it could be cancerous.

Now I suppose there are not many women out there who know a lesion or rash on the aureola can be breast cancer. Mine started out as a single red pimple on the aureola. One of the biggest problems of Paget's disease of the nipple is that the symptoms appear to be harmless. It is frequently thought to be a skin inflammation or infection, leading to unfortunate delays in detection and care.

What are the Symptoms?

1. A persistent redness, oozing, and crusting of your nipple causing it to itch

and burn. (As I stated, mine did not itch or burn much, and had no oozing I was aware of, but it did have a crust along the outer edge on one side.)

2. A sore on your nipple that will not heal. (Mine was on the aureola area with a whitish thick looking area in center of nipple.)

3. Usually only one nipple is affected.

How is it diagnosed?

Your doctor will do a physical exam and should suggest having a mammogram of both breasts, done immediately. Even though the redness, oozing and crusting closely resemble dermatitis (inflammation of the skin), your doctor should suspect cancer if the sore is only on one breast. Your doctor should order a biopsy of your sore to confirm what is going on.

This message should be taken seriously and passed on to as many of your friends and relatives as possible; it could save someone's life.

My Breast cancer has spread and metastasised to my bones after receiving mega doses of chemotherapy, 28 doses of radiation and taking Tamoxofin. If this had been diagnosed as breast cancer in the first place, perhaps it would not have spread...

Your Letters;

Thank-you card

2nd July '03

To all at New Approaches to Cancer,

I came to you a couple of years ago when I was diagnosed with breast cancer. I went to the Royal Marsden yesterday and was told I didn't have to go back for a year! I'm returning 2 books I borrowed and just wanted to say **THANKYOU!**

For being there with information and help when I most needed it. Best wishes,

Tina O'Kane.



Past Trustee of New Approaches to Cancer

Norman Eddie (date? to 27 May 2003), Principal of the College of Natural Therapy from 1979, ran his own Clinic for many years. He was internationally known as a Clinical Nutritionist and Applied Kinesiologist. His Clinic appeared on two occasions on the television on a programme called The Nation's Health.

He attended courses such as the Metabolic Course in Nutrition that took place in Dallas, America; Nutrition and Applied Kinesiology Courses in America; Homoeopathy Courses in the UK and abroad, and was awarded many Diplomas in recognition of his work in Alternative Medicine. The Government of the South American country of Columbia, awarded him a Medical Degree in Homoeopathy in Madrid, in recognition of his work and he lectured in hospitals in this country on his natural approach to cancer treatment.

He appeared on two Channel 4 television programmes called "The Nation's Health"

and also in an award-winning video condemning the aspects of using animals for experiments. He took part in many phone-ins on the radio in this country and Europe and completed a series of eleven programmes in Los Angeles with the late Dale Alexander. He edited four magazines, and wrote articles for many others over the years.

He was a Member of the New York Academy of Science and made a Fellow, and became Chairman of the British European Osteopathic Association. Not only did he have his own College, that taught Herbal Medicine, Homoeopathy, Naturopathy Nutrition and Applied Kinesiology, he also was an advisor to the National Health Education Society of India.

He became associated with Dr. Alex Forbes and Dr. Ian Pearce and the Association of New Approaches to Cancer and was made a trustee of that association.

He lectured with the above two doctors on many occasions in London hospitals, etc.

It was through Norman's cancer work that Dr. Alec Forbes became interested in natural cancer treatment and finally opened the now well-known Bristol clinic.

Norman trained many doctors in his treatments and was recognised as an authority on diet.

He became a Fellow of the British and European Osteopaths for his work in the profession.

He was awarded a medical degree in Homoeopathy in Madrid by the government of the South American country of Columbia in recognition of his work.

In Copenhagen, he was awarded the Doctorate of Alternative Medicine by Medicina Alternativa, Sri Lanka.

He was an advisor to the National health Education Society of India.

Office News

- Jennie Hamel-Cooke
- Linda Johnson
- Lavinda Hicks
- Jyolasana Varma
- Carole Griffiths

have been a great team manning phones, helping with papers, moving etc. So many times they oblige and help. We love them all! Thanks to each one.

Please note new address for mail:

New Approaches to Cancer
PO Box 194
Chertsey
Surrey
KT16 0WJ

Freephone: 0800 389 2662
Email: help@anac.org.uk
Website: www.anac.org.uk

The Cancer Pack

This pack is suitable for Self Help Cancer Support Groups to learn what is available. For a donation to A.N.A.C. of £48.00 we provide the following:

Annual membership of the Charity, Association for New Approaches to Cancer.

The video "Co-operation

Cancer" made by Sue Shattock and Mervyn Cumming, the Production Team, on behalf of A.N.A.C.

Book "Mind over Cancer" by Colin Ryder Richardson

Book "Consider This..." by Ayn W. Cates, PhD. Independent Professional Therapist.

Raffle Winners

1st Prize	Mrs V Potter	Walton on Thames	Eurostar
2nd Prize	Mr J Carpenter Ann/David	Camberley	1 week @ Yoga for Health
3rd Prize	Maureen Neish	Woking	Weekend retreat at the Bury
4th Prize	Mrs Callender	Epsom	Free subscription of 'Here's Health'
5th Prize	Jo F		Reiki weekend with Rosemary Ryder Richardson
6th Prize	Pat Weston	Staines	Yoga weekend at Sachininanda yoga retreat
7th Prize	D Wilson	Brighton	Fisher Price Toy (Garage)
8th Prize	Nicola Fethes	Cobham	Three bears (please donate to Childrens ward, St. Peters)

To Become a Friend of New Approaches...



New Approaches to Cancer

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PO Box 194, Guildford Road, Chertsey, Surrey KT16 0WJ.

Please donate whatever you feel you can afford, but suggested donations would be £18 (single membership) and £9 (OAP's, students and unwaged).

Freephone: 0800 389 2662

Email: help@anac.org.uk **Website:** www.anac.org.uk

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