

## Dearest Friends,

Spring is in the air. It has been a whirlwind of activity here by the seaside. Visitors, friends and building our practice have kept us really busy. We have enjoyed getting your emails and letters. It is good to know that being healthy is becoming a way of life for many more people. The awareness of nutrition, pure and safe products, energy psychology and alternative therapies are spreading. I believe this is happening because there are so many of you living the message. A friend recently said to me, I may be growing older but I feel younger, fitter, and happier than I have ever felt before. I know exactly what she means. Being healthy is not just about stopping junk food; it is a whole mind-body-spirit activity. And when we do take the plunge towards a holistic healthy lifestyle we become powerful forces of positive change in this world. We are living in exciting times.

Every Friday we hold a meditation from 7 to 8pm. All are welcome. We look forward to hearing from you and seeing you. We do recommend the use of certain health products like Liquid minerals and vitamins like Maximol Solutions from Neways, Willau Tronic e-smog chips for EMF protection for the mobile phone and safe and pure personal care products from Neways International. Call us for info on any of the products mentioned in this newsletter.

- [Contents](#)
- The Cancer-Fighting Power of Broccoli Sprouts
- [More on Broccoli](#)
- Buddhist Tradition Thickens Parts of the Brain
- Lack of Information, Highlights Cancer Prevention Problem In UK
- HERNIA: Immediate surgery is rarely necessary
- Focus on Natural Remedies: Nutmeg
- Worry: A Major Contributor to Poor Health
- Gill Harley's Chocolate Tahini Spread
- Extra: More on Bowel Cleansing and
- the next EFT Approved Level 1 workshop

## The Cancer-Fighting Power of Broccoli Sprouts

A group of studies presented at the annual meeting of the American Association for Cancer Research have added to the evidence that diet can be crucial to health. In particular, two studies focused on the cancer-preventive powers of broccoli sprouts.

### **Prevents Stomach Cancer**

A team from Japan found that a diet rich in broccoli sprouts reduced *Helicobacter pylori* infection. *H. pylori* is a cause of gastritis, and it is believed to be an important factor in stomach cancer.

### **Sulforaphane**

The scientists were investigating the anti-cancer properties of sulforaphane, a chemical derived from broccoli sprouts. It acts as an antioxidant, and may destroy the *H. pylori* bacteria.

In another study on sulforaphane, performed by a researcher from Johns Hopkins University, broccoli sprout extract was applied to the skin of hairless mice, where it was found counteract the carcinogenic response caused by exposure to ultraviolet light.

### **Half the Tumors**

By the end of the study, 100 percent of the mice that had not been treated with the extract developed cancerous skin tumors. Only half that amount developed tumors among the treated mice, however, and those that did developed only half as many tumors.



### More on Broccoli

BBC News February 7, 2006

A chemical in vegetables such as broccoli, cauliflower and cabbage, as well as another one found in soy, can increase DNA repair in cells. This could prevent them from becoming cancerous.

Links have already been established between eating certain vegetables and a reduction in cancer risk.

These findings suggest a mechanism for why that might be the case.

Vegetables such as broccoli contain a compound called I3C, and one called genistein is present in soy beans.

These two chemicals increase the amount of BRCA proteins present in cells. These proteins prevent damaged genetic material from being passed from one generation of cells to the next.

Cancer cells typically contain low amounts of BRCA proteins, and faulty BRCA signaling heightens one's risk of some cancers, including prostate, breast and ovarian.

*British Journal of Cancer February 13, 2006; 94(3): 407-426*

## Meditate on This: Buddhist Tradition Thickens Parts of the Brain

By LiveScience Staff posted: 11 November 2005

Meditation alters brain patterns in ways that are likely permanent, scientists have known. But a new study

shows key parts of the brain actually get thicker through the practice.

Brain imaging of regular working folks who meditate regularly revealed increased thickness in cortical regions related to sensory, auditory and visual perception, as well as internal perception -- the automatic monitoring of heart rate or breathing, for example.

The study also indicates that regular meditation may slow age-related thinning of the frontal cortex.

"What is most fascinating to me is the suggestion that meditation practice can change anyone's gray matter," said study team member Jeremy Gray, an assistant professor of psychology at Yale. "The study participants were people with jobs and families. They just meditated on average 40 minutes each day, you don't have to be a monk."

The research was led by Sara Lazar, assistant in psychology at Massachusetts General Hospital. It is detailed in the November issue of the journal *NeuroReport*.

The study involved a small number of people, just 20. All had extensive training in Buddhist Insight meditation. But the researchers say the results are significant. Most of the brain regions identified to be changed through

meditation were found in the right hemisphere, which is essential for sustaining attention. And attention is the focus of the meditation.

Other forms of yoga and meditation likely have a similar impact on brain structure, the researchers speculate, but each tradition probably has a slightly different pattern of cortical thickening based on the specific mental exercises involved.



## Lack of Information, Highlights Cancer Prevention Problem In UK

“ 95% of the population believe there is little or no information available to help them ”

New research commissioned by CANCERactive highlights that whilst 71% of the population believe cancer can be prevented, 95% of the population believe there is little or no information available to help them. Chris Woollams, founder of CANCERactive said, "It's just sad that fortunes have been spent on cancer 'cures' yet so little has been done in our schools and similar areas to educate people on how not to develop cancer in the first place. Frankly, it's time for action. Cancer has virtually doubled in the last 30 years and is predicted to double again in the next 20. Surely, with such vast numbers of people likely to develop cancer at current

growth rates, prevention would be much, much more cost effective than cure? And better for the individuals concerned. Especially when, the truth is, many causes are preventable if only people knew." Research reveals that 95% of Britons believe a greater amount of cancer prevention information should be available, with nine out of 10 saying they'd welcome clearer labelling on products which contain ingredients that may lead to an increased risk of developing cancer.

The research also highlights the lack of accessible and relevant consumer information on possible causes of cancer in spite of the majority of the general public crying out for it. The results also show that the UK's perceived knowledge of how to prevent the disease (15%) currently falls vastly behind their understanding of how to avoid heart disease (40%) and HIV/Aids (31%).

"With cancer causing a quarter of all UK diseases today and with rates predicted to double in the next 20 years<sup>1</sup>, these results are hugely concerning and action needs to be taken now," said Chris Woollams, founder of CANCERactive. "The results reveal a very real and obvious public need for more opportunities to access straightforward advice on how to reduce the risk of developing cancer. Over the last 30 years there has been a worrying lack of resources and consumer focus in Britain's cancer strategy. We have been far too focussed on cure, with too little attention on prevention, which simply must offer the most cost effective approach to controlling cancer."

“ 99% of the UK is unaware that obesity can cause cancer ”

While more than seven out of ten people (71%) believe that cancer can be prevented, there remains widespread ignorance about its broad range of causes. 99% of the UK is unaware that obesity can cause cancer and contributing factors like diet (94%) and stress (94%) are also unknown to the majority. Preventative cancer education about the dangers of smoking dominates people's attentions (72%), while the next cause is thought to be sun damage, identified by one in ten (11%). These results are released at a time when World Health Organisation scientists estimate that poor diets cause over 30% of cancers<sup>2</sup>.

The World Health Organisation has also reported that at least one third of all cancer cases are preventable, ([www.who.int/cancer/prevention/en/](http://www.who.int/cancer/prevention/en/)) yet more than six out of ten people (62%) have no idea which foods could increase their chances of developing cancer. Nearly a quarter (24%) can identify common high fat/high salt meals like sausages and bacon as potentially increasing the risk of developing cancer. However knowledge that other possibilities might include pickles (3%), other high salt products such as soy sauce (11%) and even dairy foods like chocolate (5%) or cheese (6.5%) were unknown to most people<sup>3</sup>.

The results also show a lack of awareness about the 'super-foods' known to potentially reduce the risk of developing cancer, with nearly one in five people (18%) not being able to identify a single positive food. Of those that could, half of the UK recognise oily fish (51%) and broccoli (44%) as a superfood, but less people can currently identify the anti-cancer benefits of tomatoes (40%), garlic (38%), pulses (35%) and green tea (34%)<sup>4</sup>.

“ Nearly one in five people (18%) are not able to identify a single positive 'super-food', known to

potentially reduce the risk of developing cancer. Additionally when it comes to household or cosmetic products just over half the population claim to take notice of the on-pack ingredients (56.4%). Of those that do, (48%) do so to avoid skin irritants rather than possible cancer-causing ingredients (20%). The majority of the population is currently unaware that toothpaste (98%), shampoo (97%) and nail varnish (93%) may possibly contain chemicals, which might potentially increase the risk of developing cancer. This lack of awareness decreases slightly when it comes to anti-perspirent (77%)<sup>5</sup>.

Chris Woollams adds, "Let's be absolutely clear. This is not a black and white area. Indeed it is extremely unlikely that any single factor causes cancer. But I feel strongly that people have a right to know that some things may increase risks and some things may help prevent cancer. We need appropriate warnings and helpful on-pack messages."

CANCERactive is organising the UK's inaugural cancer prevention conference in order to put cancer prevention at the top of the UK health agenda. To be held on 17th November, speakers include Professor Mike Richards (National Cancer Director at the Department of Health), Dr Ian Gibson (Chairman of the All Party Group on Cancer) and Professor Tony Howell (Cancer Research UK and leading cancer prevention expert). The conference will cover factors, which are contributing the raising levels of cancer in the UK including lifestyle, infection and diet, and current Government policy.

Founder Chris Woollams explains, "We believe it is time to be grown up about cancer prevention in the UK and to start to provide simple, helpful information designed to help ordinary people increase their odds of not developing the disease if they make some small lifestyle, dietary and other changes.

CANCERactive is about optimism and helping people beat this terrible and, in many cases unnecessary disease.

*1850 UK wide representatives were polled by Canvasse Opinion from Experian in September 2005*

**Date: October 13th 2005**

<sup>1</sup> - [www.canceractive.com](http://www.canceractive.com)

<sup>2</sup> - WHO 2004 Cancer Report - 10 million new patients with cancer a year globally, 3 million due to tobacco, 3 million due to diet, 1.5m due to infection

<sup>3</sup> - 1995. Scandinavian research in 2000 & American Study

<sup>4</sup> - US National Cancer Institute, 1986

<sup>5</sup> - 1995. Steinman and Epstein; The Safe Shoppers Bible

*I have always respected Chris Woollams for the work he has done to bring cancer prevention into the mainstream. By founding Cancer Active he has created a charity that changes the way we deal and heal with cancer.*

*We recommend he use of safe pure and effective Neways products.*

## HERNIA:

### Immediate surgery is rarely necessary

It's extraordinary just how many health problems can be left well alone without the doctor having to do anything. The approach is known in medical circles as 'watchful waiting', and it's a strategy that many more doctors would do well to adopt.

The latest example is the inguinal hernia, which, in its mild form, can have absolutely no symptoms at all. The wise doctor will delay surgery until the patient is in pain or discomfort - partly because he knows that surgical repair can carry a long-term risk of recurrence, and can cause as much pain and discomfort as the hernia.

The 'watchful waiting' approach has been vindicated in one recent trial of 720 men with hernias, half of whom had immediate surgical repair, and the rest were treated to two years of watchful waiting. During that time 17 per cent of patients experienced pain and so had surgery. Only two others in the watchful waiting group suffered complications - the vast majority carried on in their everyday lives without a moment of pain, and without the need of surgery. (Source: Journal of the American Medical Association, 2006; 295: 285-92).

## Focus on Natural Remedies: Nutmeg

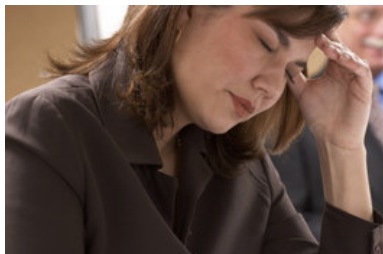
Nutmeg is another spice that has a variety of healing properties and can be used in a wide range of dishes during the holidays and all year long. It is useful for:

- \* Insomnia (nutmeg can produce drowsiness so it should be taken when you have a chance to relax or sleep)
- \* Anxiety
- \* Calming muscle spasms
- \* Nausea and vomiting
- \* Indigestion
- \* Diarrhea
- \* Joint pain and gout
- \* Lowering blood pressure
- \* Male infertility and impotence

- \* Improving concentration
- \* Increasing circulation
- \* Lowering cholesterol
- \* Toothaches (nutmeg oil)

\*\* Please note that taking too much nutmeg (one to three nuts or less) can cause side effects such as nausea, hallucinations, swelling and shock.

While there are many benefits to be had by adding spices to your diet, don't forget that these foods should not be taken every day or you run the risk of developing an allergy to them. Spices should not be looked at as a "cure" for your health problems, only by addressing the underlying causes of illness with a healthy diet and lifestyle will you be able to achieve optimum health.



## Worry:

### A Major Contributor to Poor Health

A British survey conducted by BUPA

insurance indicates that people are worrying more than they did five years ago. Health was at the top of the list of worries, particularly heart disease and cancer. Fears of bird flu and terrorist attacks caused less worry, according to the 1,800-person survey.

Stress-related medical problems are also becoming more common, including anxiety-caused insomnia. More than a third of those surveyed reported losing sleep.

The survey showed that over two-thirds of the population was chronically worried, and more than one in five people were considering getting medication for it.

BBC News February 15, 2006

From [www.mercola.com](http://www.mercola.com) Dr. Mercola's Comment: That "more than one in five" people seeking medical treatment for worry accounts for about 12 million people in Great Britain alone. Take that same percentage and apply it to America, and the domestic worrywarts could top 60 million. (I suspect this is a conservative estimate.)

Emotions can have an incredible impact on your overall health, both positive and negative.

Worry is certainly a strong variable on the latter side; for example, it can increase your Alzheimer's risks. That makes it somewhat ironic that the primary worry most people have is about their health, particularly heart disease and cancer, two totally preventable, treatable conditions.

Most people fail to realize that you typically will manifest whatever you focus your attention on. If you are constantly worrying you will tend to have a self-

fulfilling prophecy and experience the target of your concern through the very process of worrying about it.

The key is to focus on what you want, not on what you don't want. Admittedly this can be difficult and requires some special tools.

The best way to eliminate out-of-control worry doesn't come in the form of a dangerous drug, however. Your best bet is to adjust your body's ability to tolerate stress by learning how to use an energy psychology tool like the Emotional Freedom Technique.

*We also recommend Jin Shin Jyutsu as a stress relieving therapy. Call us for information*

*The article on chocolate in the last newsletter was a winner with everyone. Gill sent me this wonderful recipe that I have tried and it is delicious.*

## Gill Harley's Chocolate Tahini Spread

Dear Ranjana and everyone

Here is a delicious spread made of chocolate that is healthy, and that I eat everyday. I'm afraid that I don't have any exact measurements, though. I just chuck in a bit of this and that to my own taste

Mix Green and Black Organic Cocoa with tahini. Then add a good dollop of Blue Agave Cactus Nectar, which is a natural sweetener with very low GI. Mix it all up together and you end up with a chocoately nutty creamy spread. You get all the goodness of pure chocolate along with the protein and EFAs of the sesame seeds, and the Blue Agave Cactus Nectar does no harm at all, yet sweetens it wonderfully.

I get Blue Agave Cactus Nectar at my health food shop. If you can't get it, you could always use a fruit concentrate or even honey, bearing in mind that the GI is higher with these two foods.

I have this spread every morning, on Cranks Sunflower Seed and Honey Wholemeal toast. It's absolutely delicious!

Love and blessings Gill

That is all for now.

Till the next time much love and light,

Ranjana and Eddie,

Ps. don't forget call between office hours for info and appointments.

*Pps we are not qualified medical healthcare professionals, most of this information is available on the World Wide Web. Any recommendations we have made are based on our personal experience and opinion.*

Contact us on

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