

News



Spring 2014 Issue

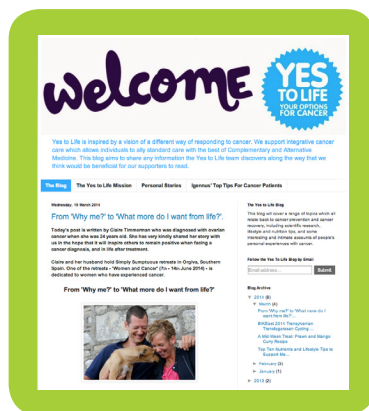
YES TO LIFE YOUR OPTIONS FOR CANCER

Dear Friends and Supporters,

In the last Newsletter, we told you about our autumn London Seminar on prostate cancer, the first of our seminars to focus on a particular cancer type. This was such a great success, both in terms of attendance and feedback, that we have put together a 2014 London Seminar on breast cancer, as part of a weekend of breast cancer events (see further details below). I'm thrilled to let you know that this event includes, amongst other top speakers, Dr Contreras, Medical Director of the Oasis of Hope Hospital in Mexico, an internationally renowned centre for integrative cancer care.

Robin Daly, Chairman and Founder

The Yes to Life Blog



We have launched the Yes to Life Blog, a whole new forum for us to interact with the public. The blog dovetails with our other web and social media channels - our website, Facebook and Twitter - to significantly extend our online presence, to provide a space for exploration of new ideas from the world of Integrative Medicine and to feature helpful resources and personal stories.

The blog has hit the ground running with brilliant and broad ranging content from contributors as diverse as mindfulness expert Clare McLusky, nutritionist/cook Jenny Phillips, naturopath/author, Xandria Williams, and nutritional advisor Sophie Tully.



The blog can be accessed direct from the Blogger icon at the top right of every page of our website, and once on the blog, you can of course subscribe to receive new posts as they are published, and to comment on the posts.

Website

Meanwhile, our website has had a full rebuild. Based on a more sophisticated platform, the new site, whilst largely retaining the same look and feel, has had its content thoroughly refreshed. Please take a look! We hope you like the changes - do let us know.

Public Events

Prostate Cancer Seminar

Our November London Seminar, at the College of Physicians, was very well attended and has received consistent praise for the breadth and quality of its content. **Sheila Dillon** of the BBC4 Food Programme hosted the day, introducing the speakers, interviewing men about their experiences of integrative approaches, and chairing panel discussions.

Seminar at the Penny Brohn Centre



In March we put on another in our series Lifestyle Choices & Cancer. Our two speakers were **Dr Marie Polley**, Senior Lecturer at University of Westminster, and an expert in environmental issues and health, and **Jessica Richards** a personal transformation mentor and author of 'The Topic of Cancer'.

Marie spoke about making your environment a healthier one, sharing insights from both her scientific work and her personal experience as a parent. Jessica shared her rational approach to her breast cancer. Her very personal and powerful talk, 'Finding your way through cancer' was illuminating, inspirational, moving and, at times, hilarious.

Audience feedback - 100% Excellent or Good

Yes to Life

Unit 4, The Energy Centre, Bowling Green Walk, London N1 6AL

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Company No: 05495576. Registered Office: As above. Registered Charity No: 1112812

"I am so grateful to you and really humbled by all the help you are giving me at the moment."

- Ben

Team News



As ever, the team at Yes to Life continues to grow!

We are delighted that **Felicity Allsop** has joined us as an intern. She has already got her feet firmly under the desk and is proving to be a massive asset to the charity. Furthermore, she is making a significant contribution towards keeping our Executive Director, Sue, sane amidst the whirlwind of demands from a growing charity!

Fundraising News

• The **Pilates Foundation** supported Yes to Life during the month of October. Practitioners donated the fees from their classes, and some decided to go creative with 'Silly Sock Week'. Many thanks to all who got involved.

Thanks also go to the **NorthWestTWO Residents' Association** for donating the money received from their quiz night to Yes to Life, in memory of Pravin Patel; also to Pravin's daughter Puja, who donated to Yes to Life in fond memory of her Dad.

And we're grateful to the shoppers at Waitrose for dropping the green discs into the tank and supporting Yes to Life. We have received donations from Waitrose Putney and Kensington High Street with a further donation to collect from Old Brompton Road.



Fundraising Idea A really easy way you could help Yes to Life - simply ask in your local Waitrose store for the small form on which you can nominate Yes to Life to be a chosen charity. That's it! This usually results in several hundred pounds coming to us, and you can even ask again at the same store a little while later!

The lovely **Barbara Gallani** raised money for Yes to Life from her Friday Yoga Class at The Life Centre in Islington. Barbara runs a whole host of classes but also specialises in Yoga for Cancer.

Jenny Phillips, a nutritionist who has had cancer and is one of our more adventurous supporters, has been getting herself on top of a mountain in Morocco the hard way, all in aid of Yes to Life. Thanks for your brilliant support, again, Jenny!

You Can with CAM: Therapists at **Clerkenwellbeing**, a centre for yoga, pilates and holistic therapies, organised classes to help people to stop smoking and generously donated the proceeds to Yes to Life.



Upcoming Events



• **Marathons:** Why not join the crowds on April 13th and cheer on our runner Kim Wall, ex Team GB sprinter, now transformed into a marathon runner. And even if you can't make it on the day, do please support her by donating at uk.virginmoneygiving.com - search for Kim Wall.

And **Jo Sharp** is running the Edinburgh Marathon for Yes to Life - www.justgiving.com/Jo-Sharp6.

• **Wellbeing Workshop in London:** 'Cooking for Cancer'. Jenny Phillips and Jeraldine Curran, a dynamic duo of nutritionist-cooks, will be leading a workshop for those with cancer.

• **Breast Cancer - the Power of Choice:** Our July London seminar headlines **Dr Francisco Contreras**, Medical Director of the Oasis of Hope Hospital in Mexico, speaking about the work with breast cancer at this fully integrative hospital. Additionally there will be lectures on hyperthermia and mistletoe from experts **Dr Siegfried Trefzer** and **Dr Stefan Geider**.



This long overdue seminar brings together experts in the field of integrative medicine to present a range of treatment options for those with breast cancer. Two other events are timed to dovetail with the seminar: a screening of **The Promise**, a powerful investigation into breast screening, and a workshop run by the Oasis of Hope.

• **Free From Gravity:** All proceeds from the band's first live gig, showcasing their single 'The Long Road', will go to Yes to Life. You can pre-order the single 'The Long Road' from iTunes - search for 'Free From Gravity'. Tickets and information on the tour will be on our website.



• **Biking Fundraiser:** Our hardy bikers are getting themselves in shape for an incredible ride to Romania in September. Join them (or suggest a friend) to climb the amazing Carpathian Mountains, ride across the incomparable Transfagarasan Highway and to explore the legend of Count Dracula (you have been warned - garlic optional) as the ride reaches a crescendo at Bran Castle. Four days of riding with an amazing slice through life in rural Romania. Go to Get Involved > Our Fundraisers on the Yes to Life website to find out more.

See the Calendar below for more details of all the above events.

Calendar

5 April: Free From Gravity, at Water Rats, Kings Cross, London **

13 April: London Marathon

24 May: Edinburgh Marathon

28 June: Cooking for Cancer, at Central St Cookery School, EC1 **

4 July: Film 'The Promise' *

5 July: London Seminar: Breast Cancer - The Power of Choice *

5 - 10 Sept Romanian Bike Adventure **

* Venues and starting times tbc ** Contact our office to find out more

Non-Toxic Options

Pfeifer Breast Protocol

Following the success of his protocol for prostate cancer, Professor Ben Pfeifer developed a similarly natural approach to breast cancer at Aeskulap International in Switzerland. In addition to MGN3, or BioBran, a Natural Killer Cell booster that is also an element of the prostate protocol, the breast protocol includes Indole-3-Carbinol, a well established anti-cancer nutrient, and Imusan, a complex formulation of biological agents. Although simple, this protocol must be administered under expert supervision for maximum efficacy. If you want to find out more, start by visiting our LIFE> Directory on our website, and searching for Pfeifer Breast Protocol.

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"I would like you to pass on to the team how deeply I appreciate the support from Yes to Life for the supplements ... a tremendous relief"

- Jan