

**Yes to Life**

Welcome Pack  
Version 2.4/Pg1  
10 July 2014



# 01 Welcome Pack

**Yes to Life**

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

**Telephone: 0845 257 6950 [office@yestolife.org.uk](mailto:office@yestolife.org.uk) [www.yestolife.org.uk](http://www.yestolife.org.uk)**

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

## Yes to Life

Welcome Pack  
Version 2.4/Pg2  
10 July 2014



## Welcome to Yes to Life.

Yes to Life is dedicated to making integrative cancer care a reality in the UK by providing information on a range of complementary and alternative medicine (CAM) available both in the UK and internationally. Over the years the interest in integrating CAM therapies into cancer care has increased and many people are now aware that they can play a vital role in the approach to cancer. The integrative medical approach to cancer is often confusing as there is so much information available. Yes to Life aims to make it easier for those with cancer to find the best approaches for their individual circumstances.

## Our Services

The HelpCentre is our primary means of offering assistance. Enquiries can be made through:

- Our HelpLine - 0870 163 2990
- By e-mail from our website - [yestolife.org.uk](mailto:yes@yestolife.org.uk)

Information available includes the following:

- Information on CAM therapies worldwide
- Information on practitioners, clinics and suppliers
- Qualified help with developing a personalised programme (through our partnership with Cancer Options)
- Nutritional advice
- Psychological and emotional support
- Funding support for consultations and therapies for those in need
- Personal Fundraising Schemes
- Wellbeing Workshops
- Educational Seminars

## Internet Services

Our website, [yestolife.org.uk](http://yestolife.org.uk), contains a wealth of information for people with cancer. Our searchable web directory, **LIFE>**, is a unique service, accessible by following the Therapies link from our home page. It enables users to quickly identify promising CAM therapies for their particular cancer, as well as to locate practitioners and suppliers involved with those therapies. The second phase of this service, currently under development, will enable users to engage in dialogue with other users to share personal experiences of the therapies found in the directory.

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### Some Responses from Callers to our Help Line

*"Thank you SO much, I am extremely grateful. Throughout my ordeal over the last few years, it's so heart warming to at last get help from someone who actually cares about me. Thank you!!"*

*"Thanks so much for your support in helping me in my search to understand and move forward towards a cure with this testicular cancer from which I am suffering. It is such a boost to communicate with your team and to receive so much feedback so promptly. It has given me a real feeling that I am going in the right direction and I am glad to know there is support and practical help for people like me now, and in the future. It can be a scary and lonely journey at times so thank you for your warmth. Once again, many thanks to you and all at Yes to Life."*

*"Firstly I would like to thank you for all the useful information you have provided me with so far and to say how amazing it has been to speak to such lovely, committed and knowledgeable people.."*

*"It was really good to speak with you today and lovely to know that there are people out there on the same wave length as myself."*

*"It was good to speak to you too, it really helps to find support in our quest for an alternative/complementary therapy for Ben. Steve and I certainly don't feel as alone and overwhelmed as we did a couple of days ago, so thank you."*

*"It has been a relief not to have to worry about money for a while and I'm extremely grateful to Yes to Life for the help they are giving me."*

### Contact Details:

Help Centre

0870 163 2990

helpcentre@yestolife.org.uk

Mailing Address

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

Office

0845 257 6950

office@yestolife.org.uk

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# 02 General Dietary & Lifestyle Suggestions

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## **Optimum Nutrition for Support Through Cancer**

Most of us are aware that good health begins with good food but often it can be difficult to know exactly what the most crucial changes are. Conflicting messages in the media can be confusing and our hectic lifestyles may mean we reach for foods that are not always the best choice. These general dietary guidelines may provide support during cancer and help to get you back on track to optimal health.

**Please note additional handouts are available on request – text highlighted in blue indicate an available hand-out and their names are in brackets.**

### **Foods to Increase**

#### **Organic Foods**

Organic foods have had less exposure to pesticides, fertilisers, preservatives and hormones. This reduces your intake of these harmful chemicals. It is also thought that organic produce has a higher level of nutrients than intensely farmed non-organic produce.

If cost is an issue, you can prioritise which foods to buy organic – any animal products should ideally be organic, or wild caught (e.g. fish), and for vegetables and fruit – use the table below.

#### **Anti-Oxidant Fruits and Vegetables**

Fruit and vegetables are rich sources of several compounds that are anti-oxidants. Anti-oxidants are natural compounds that work together to boost detoxification, improve immune function, reduce inflammation, improve cellular structure, and protect against toxins. Aim to choose a variety of bright, colourful fruit (especially berries eg blueberries, blackberries) and vegetables (but more vegetables than fruit) and eat at least 8 portions a day. Please see the [anti-oxidant rich diet](#) handout (diet1) for further information. Include mushrooms such as the maitake, reishi and shiitake mushrooms as they contain molecules that may help boost the immune system. [Juicing](#) (diet2) can often be a good way of increasing anti-oxidants. Juices are best prepared at home and consumed within 15 minutes to obtain the maximum benefit.

#### **Fibre**

Food sources such as vegetables, fruits, nuts and seeds, wholegrains, beans and pulses are rich in fibre. It has been shown to feed the beneficial bacteria in the intestines thus helping to prevent constipation and the build up of toxins. Please also see [good sources](#) (diet5) handout for more information

**N.B. If you have cancer of the digestive tract and have been given an ileostomy or colostomy you will be unable to follow a high fibre diet. It is also essential to have a good water intake if you follow a high fibre diet.**

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## When to Choose Organic

### Dirty Dozen

Buy these organic

- 1  Apples/pears
- 2  Celery
- 3  Strawberries
- 4  Peaches
- 5  Spinach
- 6  Nectarines
- 7  Grapes
- 8  Sweet bell peppers
- 9  Potatoes
- 10  Blueberries
- 11  Lettuce
- 12  Kale/collard greens

### Clean 15

Lowest in Pesticide

- 1  Apples/pears
- 2  Sweet Corn
- 3  Pineapples/bananas
- 4  Avocado
- 5  Asparagus
- 6  Sweet peas
- 7  Mangoes/papaya
- 8  Aubergine
- 9  Cantaloupe – domestic
- 10  Kiwi
- 11  Cabbage/broccoli/cauliflower
- 12  Watermelon
- 13  Sweet potatoes
- 14  Grapefruit

Adapted from <http://www.ewg.org/foodnews/summary>

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## Water

It is important to maintain a good [water](#) (diet3) intake. Aim to drink at least 1½ to 2 litres a day. This is roughly equivalent to 8 large glasses a day. Tap water can contain chemicals and hormonal residues and so it is best to use a water filter, preferably a reverse osmosis filter. If this is not possible then use a filter jug or bottled water. If bottled water is used it is best from a glass, not a plastic bottle. This is because plastic bottles may leach xeno-oestrogens (false oestrogens that can mimic our own hormones in the body) into the water.

## Healthy Fats

The omega 3 oils found in walnuts, flax seeds and oily fish such as salmon, tuna, herring, mackerel, trout and sardines have good anti-inflammatory actions and so may support the immune system. Aim to eat 3 portions of oily fish a week and snack on nuts and seeds (ground flax seed may be particularly beneficial, especially in hormone-sensitive cancers). An omega 3 supplement may also be of benefit.

## Foods to Reduce

### Red Meat and Dairy

It is advisable to decrease your intake of red meat and dairy, as they are often high in saturated fats. The saturated fats may be broken down in the body and this may lead to increased inflammation. Inflammation has been linked to the onset of and progression of cancer. Ideally keep intake of beef, lamb, pork and duck to no more than once a week and make sure it is a lean organic source. Processed foods such as sausages, pâtés, salami, processed meats; bacon and corned beef should be eaten rarely, if at all. Avoid overcooked, barbequed and burnt meat as these produce a lot of free radicals in the body. Free radicals have been linked with damage in cells that may lead to cancer or the progression of cancer. Keep milk, butter, cream, cheese and ice cream intake low. Choose semi-skimmed or skimmed milk (or better still, a non-dairy alternative such as soy, rice, almond or oat milk).

### Sugar

Tumour cells have been shown to feed off simple carbohydrates – sugars – and so it is vital to reduce your intake of sugars and sugary foods. It has also been shown that a high intake of sugar can suppress white blood cells by up to 50% for up to five hours after consumption. Avoid white “refined” foods, such as white breads, pasta and rice, and choose wholegrain alternatives. Beware of processed foods, as these are often laden with sugars and sweeteners. Keep chocolate and confectionary intake to a minimum. If you do indulge, go for the darkest organic chocolate with the highest cocoa content and low or no sugar. Better still, try ‘raw’ which is a natural superfood.

### Coffee and Tea

Coffee and tea stimulate the adrenal glands releasing sugar into the system. They also have a dehydrating effect and if taken after a meal can decrease the absorption of nutrients. Keep tea and coffee to 1-2 cups a day. Try [caffeine free](#) (diet4) alternatives. Green tea has been shown to have an anti-cancer action when drunk in moderation.

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## **Foods to Avoid**

### **Pre-Packaged and Ready Made Food**

The quick and easy ready-made foods found in most supermarkets should be avoided. They have been over processed and are therefore low in most nutrients. They are often laden with sugar, salt, saturated fats, additives, flavourings and preservatives.

### **Trans Fats and Hydrogenated Fats**

Trans fats and hydrogenated fats are found in margarines, spreads and other refined products such as biscuits and other packaged foods. The body will use these fats in the absence of the more healthy essential fats. This may promote weakness in the cell structure and progression of cancer. These fats also tend to interfere with the more positive anti-inflammatory actions of the healthy essential fat found in nuts and seeds.

### **Artificial Sweeteners**

Artificial sweeteners are in many products on the supermarket shelves. One of the main artificial sweeteners is a substance called Aspartame. These artificial chemicals may play a role in immune disruption and are best left out of the diet. If you have a sweet tooth use xylitol instead. It is a natural molecule that has a natural sweetness to it and has been shown to be a suitable sugar alternative with fewer effects on the body. It can be found in most supermarkets usually in the free from or healthy range section.

### **Alcohol**

Alcohol has many effects within the body. It has been shown to deplete the body of B vitamins, reduce immune functioning and increase the workload of the liver. Alcohol is also very high in sugar. If you find it difficult to give up alcohol completely cut your intake down and try to change to organic sources of wine. A good choice for a limited intake of alcohol is red wine (Pinot Noir particularly) which contains a high level of resveratrol, a natural salvestrol with anticancer properties. Ideally have no more than one glass of wine a day, with a meal (for some types of cancers even small amounts of alcohol are best avoided).

### **Salt**

High salt foods should be avoided. This includes ready meals, soy sauce, miso, anchovies, salted peanuts, crisps and any heavily salted meals. Do not add salt to your cooking and meals; use different seasonings and herbs instead. If you do use salt, choose Celtic or Himalayan salt, which have a broader spectrum of minerals, and use very little.

### **Fizzy Drinks**

Carbonated soft drinks are loaded with either sugar or artificial sweeteners. The phosphoric acid used to maintain the “fizz” has been shown to increase losses of certain minerals. The artificial colourants and flavours also put a load on the body's elimination systems. Choose fresh juices diluted with water or chilled water with a slice of lemon or lime instead. You can make your own fruit-flavoured water by adding freshly cut fruit to a jug of filtered water.

**These recommendations are a general guideline of supportive dietary alterations. In some cases there may be more specific recommendations for each individual person that may be of benefit. Please ask for more information on how to obtain specific advice.**

**Important note:** *It is always advisable to consult a trained nutritional practitioner before embarking on any programme of supplements. Self-prescribing can lead to nutritional imbalances that can be harmful rather than helpful.*

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## Lifestyle Recommendations For Those with Cancer

There are several ways in which lifestyle may affect progression through cancer. A **positive mental attitude** has been shown to have a significant effect on how we cope with the situation and in some cases has shown to be associated with a better outcome and quality of life. It can often be difficult to maintain a positive outlook during cancer (as opposed to maintaining a 'brave face') and it is usually essential to have some help and support. This may be provided in many ways – through friends, colleagues, and support groups, or through a counsellor or other practitioner. Do not be afraid to ask for help - its importance cannot be overestimated.

Another way to aid a positive mental attitude is through [visualisation](#) (life1). Visualisation techniques such as imagining the body producing white blood cells and watching them engulf the cancer cells and removing them from the body may assist in the treatment of cancer and improve quality of life.

Stress may play a significant role in the development of cancer and inevitably, a diagnosis of cancer brings considerable additional stress. **Stress reduction** may result in improved immune system function and a more positive outlook. Each person has their own way of dealing with stress and there are several approaches that are beneficial. Time management and knowing your limits are often forgotten but vitally important. Other ways to reduce stress include massage, aromatherapy, meditation and moderate exercise. Aim to take part in activities such as tai chi, swimming, golf or yoga at least 2-3 times a week and try to take at least a short walk every day. Physical activity of at least 20-30 minutes/day is very beneficial.

**Stop smoking** and avoid inhaling second hand smoke. Help to quit smoking can be found through your GP or pharmacy staff. Hypnotherapy has also been shown to be of benefit.

## Environmental Issues

Unfortunately we are exposed to an ever increasing list of potentially cancer causing agents. These carcinogenic agents are found in the air we breathe, the food that we eat and water we drink. They are found primarily in agricultural pesticides and sprays, industrial chemicals and city pollution. It is important to take a serious look at what you use:

- To cook (avoid any coated pans and use instead ceramic, glass, cast iron or stainless steel)
- To clean your home (use white vinegar, bicarbonate of soda, or natural cleaning products)
- To clean your teeth and on your skin (use natural and organic products, free of parabens and phthalates, and natural deodorants without aluminium)
- In your garden (if necessary, use pesticides made from essential oils or boric acid)

Excessive ultra violet radiation from the sun, sunlamps and x- rays also has a negative effect upon the body and it is important to avoid these, if possible. Sunshine is beneficial, exposure to sunlight being the primary way in which we produce vital vitamin D, deficiencies of which have been linked to cancer incidence. However, over exposure to full sunshine creates damage that can be the precursor of skin cancers. This risk is greatest for those who are more prone to burning.

Xeno-oestrogens (oestrogens mimics) may be found in plastics, industrial chemicals and also in our water supply. These have been implicated in hormone sensitive cancers. Try to avoid plastic packaging (particularly of fatty foods), plastic bottles, cling wrap, and never heat foods wrapped in plastic.

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# 03 Useful Resources

**Yes to Life**

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## Information on Cancer Types, Therapies and Practitioners

### Yes to Life

[www.yestolife.org.uk](http://www.yestolife.org.uk) - Therapies - Click on **LIFE>Directory**

A searchable directory of integrative cancer therapies, clinics, organisations, practitioners and suppliers. Users can now log in to save 'favourites', select personal interests to receive notifications about, and will shortly be able to engage in our new forum to discuss Therapies in the Directory.

### Cancer Options

[www.canceroptions.co.uk](http://www.canceroptions.co.uk)

Tel: 0845 0092041

## Some UK Clinics and Support Centres

### The Dove Clinic

Hockley Mill Stables  
Church Lane  
Twyford  
Hants. SO21 1NT  
Tel 01962 71800

### The Dove Clinic London

19 Wimpole Street  
London. W1G 8GE  
Tel: 020 7580 8884  
[www.doveclinic.com](http://www.doveclinic.com)

A clinic supporting the body through cancer and using treatments such as photodynamic therapy and intravenous vitamin C.

### High Tree Clinic

Eastbourne Road  
Uckfield  
East Sussex  
TN22 5QL  
Tel: 01825 761 140

The High Tree Clinic offer many therapies including intravenous vitamin C and hyperthermia.

### Penny Brohn Cancer Care

Chapel Pill Lane  
Bristol. BS20 0HH  
Tel: 0845 123 2310  
[www.pennybrohncancercare.org](http://www.pennybrohncancercare.org)

A centre offering residential and day courses in self help during cancer including complementary therapies such as massage and shiatsu, as well as dietary counselling and psychotherapy.

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### Raphael Medical Centre

Hollanden Park  
Coldharbour Lane  
Hildenborough  
Tonbridge  
Kent. TN11 9LE  
Tel: 01732 833924  
[www.raphaelmedicalcentre.co.uk](http://www.raphaelmedicalcentre.co.uk)

A clinic offering anthroposophical approaches to cancer (based on Rudolf Steiner's work) which include mistletoe therapy.

### Vision of Hope Clinic

332a Dyke Road  
Brighton BN1 5NB  
Tel: 01273 232779  
[www.visionofhopeclinic.com](http://www.visionofhopeclinic.com)

A clinic specialising in the integrative approach to cancer offering a range of therapies and nutritional advice including intravenous vitamin C and hyperthermia.

## Emotional Support

### The Cancer Counselling Trust

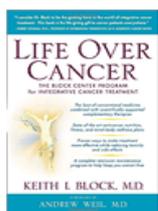
Although, after over 10 years of activity, The Cancer Counselling Trust had to close in August 2010 and is no longer able to offer national free counselling sessions to patients and those close to them, many of its team of experienced psychotherapists and counsellors continue to offer specialist support to individuals and couples. For information and contact details, as well as a number of useful articles and links, please Google 'The Cancer Counselling Trust'.  
[www.cancercounselling.org.uk](http://www.cancercounselling.org.uk)

### Macmillan Cancer Support

89 Albert Embankment  
London. SE1 7UQ  
Tel: 0808 808 2020  
[www.macmillan.org.uk](http://www.macmillan.org.uk)

Macmillan provide practical, medical, emotional and financial support and campaign for better cancer care.

## Books



### Life Over Cancer

Keith Block MD  
ISBN-10: 0553801147

Keith Block has been at the forefront of what is now termed 'integrative' cancer care since the 1980s. In his recent book 'Life Over Cancer' he shares his wealth of experience in a very accessible

manner, providing people with an enormous variety of approaches to treating themselves and augmenting their orthodox treatment.

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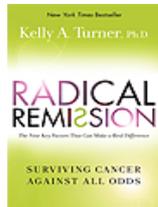
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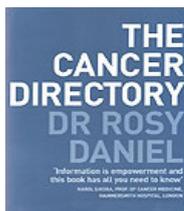
### Radical Remission

Kelly Turner PhD

ISBN-10: 0062268759

A remarkable study of the most important strategies for recovery shared by people who survived cancer against the odds, ie contrary to their medical prognosis. The book has a chapter

dedicated to each of the top nine approaches used, giving both inspiration and practical guidance on ways to follow their example.



### The Cancer Directory

Dr Rosy Daniel

ISBN:0007154275

Dr Daniel has used her 20 years experience at the Bristol Cancer Centre to compile a 400+ page book that guides the cancer sufferer through every step of the journey. The book covers topics

such as the orthodox approach as well as the complementary approach. It focuses on the emotional aspects of dealing with cancer as well as the body-mind link.



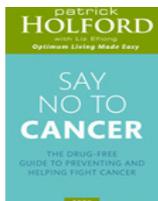
### Anti Cancer - A New Way of Life

Dr David Servan-Schreiber

ISBN-10: 0718154290

This book is exceptional. Its power lies in the credentials of its author, an ambitious young medical researcher with little interest in the welfare of patients until he discovered, by pure chance, that he had a brain tumour. Cancer often

proves a turning point in life - in his case it threw into stark relief the limited view and lack of care so endemic in orthodox medicine, and opened him to the unfamiliar world of Complementary and Alternative Medicine.



### Say No to Cancer

Patrick Holford & Liz Eflong

ISBN: 978-0-7499-5411-6

As the leading British writer in his field, with this new book, Patrick is pushing the agenda forward for taking what is now termed an 'integrative' approach - one that combines both orthodox and comple-

mentary & alternative approaches. Say No to Cancer is both informative and well grounded in evidence, meeting the usual criticism levelled against CAM head on, with thirty pages of scientific references.

## Service Disclaimer

1. Yes to Life's service provides access to information about treatments for cancer and is intended in particular to assist its users to find out about alternative treatments that may be available. Yes to Life has used all reasonable care and skill in compiling the content of the service but provides no warranty or guarantee as to the accuracy of any information and cannot accept liability for any errors or omissions.

2. Yes to Life's service is not provided by fully qualified health practitioners or doctors able to give advice on medical matters. Cancer is a very serious and individual disease. Users must consult with experts in their appropriate medical field before taking up any form of treatment. The information provided under this service is not intended or implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment.

3. Yes to Life shall not be liable to any person for any loss or damage which may arise from the use of the information provided under this service. These exclusions of liability will not apply to damages arising from death or personal injury caused by the negligence of Yes To Life or any of its employees or agents.

4. Users of this service are responsible for compliance with local laws if and to the extent they are applicable.

5. This disclaimer is prepared under and shall be governed by English law.

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