



Welcome Pack

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Registered Company No: 05495576 Registered Charity No: 1112812

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 Help Line is our primary means of offering assistance. Enquiries can be made through:

Our helpline: **0870 163 2990**

By email: helpcentre@yestolife.org.uk

Our office: **0203 222 0587**

By email: office@yestolife.org.uk

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General Nutrition & Lifestyle Suggestion

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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.

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. Organic produce is likely to have 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).

Include mushrooms such as the maitake, reishi and shiitake mushrooms as they contain molecules that may help boost the immune system. Juicing 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. There are lots of different types of juicers on the market and sometimes it is a bit difficult to decide which one is best for you. Masticating juicers do not provide heat when juicing but can often be slower and more difficult to use. For the best advice on juicers, take a look at the chapter in The Cancer Revolution by Jason Vale.

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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.

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.

When to Choose Organic



<https://www.ewg.org/foodnews/summary.php>

Water

It is important to maintain a good water 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.

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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

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 alternatives. Green tea has been shown to have an anti-cancer action when drunk in moderation.

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

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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.

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.

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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.

The Cancer Revolution book includes heaps of useful and helpful information if you have cancer or if you are a carer or family member who wants to know more about options. It is a guide to integrating complementary and conventional medicine and has been written by Patricia Peat of Cancer Options together with 37 other contributors. Split into 8 sections it covers nutrition, lifestyle, restoration of health, dealing with toxins; dealing with your medical team and getting the most from testing; useful resources and referencing. With lots of tips, myth busters and pointers to great information, the book is a great tool. For more information go to: <http://thecancerrevolution.co.uk/>

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. 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

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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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Useful Resources

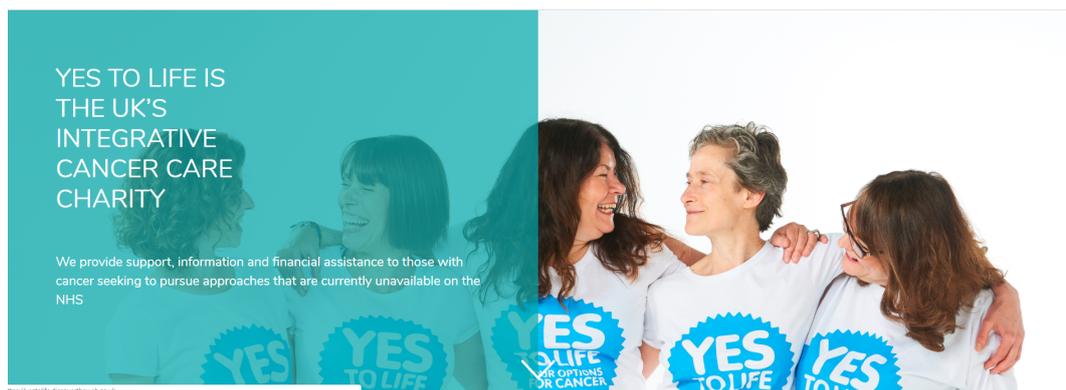
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Yes to Life website – <http://yestolife.org.uk/>



Cancer Options – <http://.canceroptions.co.uk>

The Cancer Revolution <http://.thecancerrevolution.co.uk>

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Food for Life <http://bit.ly/foodforliferies>

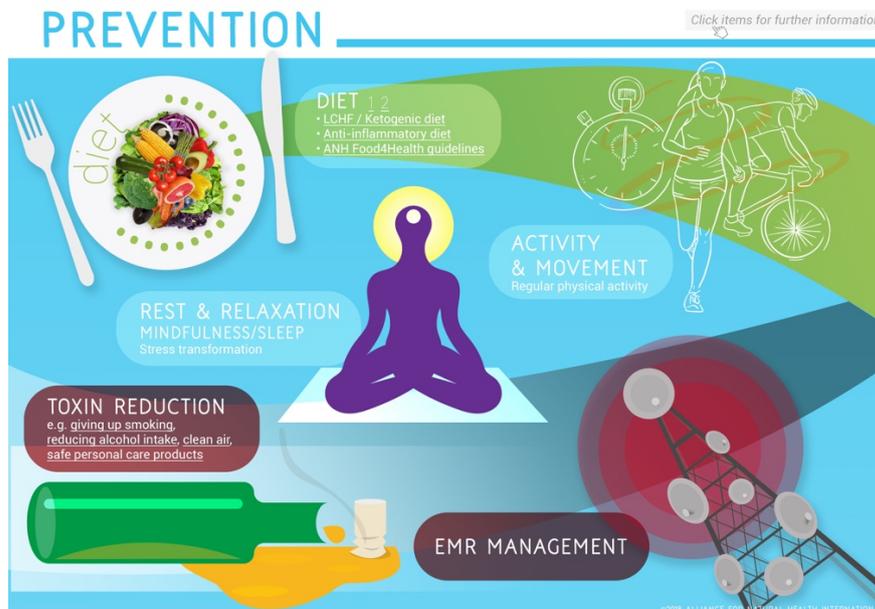


Food for Life is Yes to Life’s collaboration with consultant oncologist Professor Robert Thomas, founder of CancernetUK and author of ‘Lifestyle after Cancer’, founder of Live Lean Health Chantal di Donato and vegan chef Day Radley.

“There is an increasing body of evidence to suggest that at least 50% of cancers could be prevented by healthy living, particularly nutrition. It is also very relevant after a cancer diagnosis because a healthy, nutritious diet can help reduce the odds of relapse, and can also help people to cope with the many side effects like fatigue, joint pains, hot flushes and weight gain.” - Professor Robert Thomas Consultant Oncologist at Cambridge and Bedford.

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Alliance for Natural Health <https://anhinternational.org>



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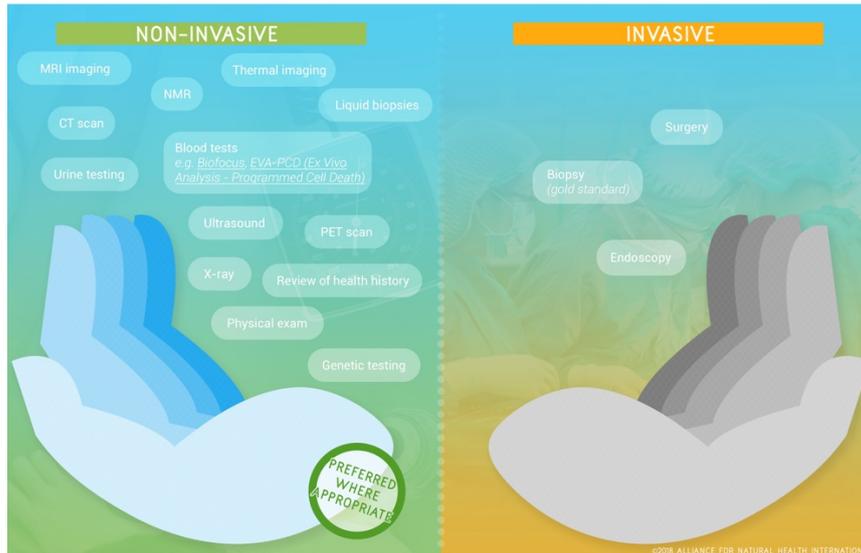
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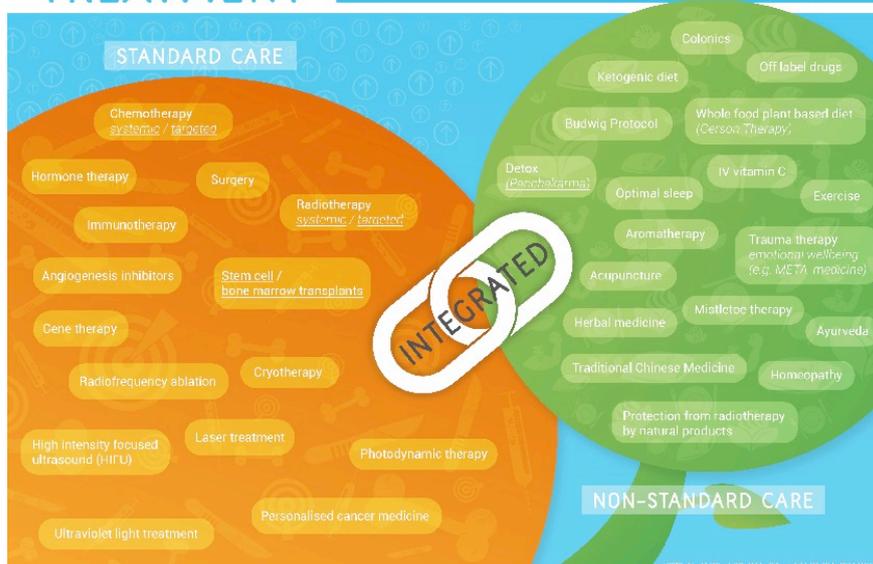
DIAGNOSIS

[Click items for further information](#)



TREATMENT

[Click items for further information](#)



Images taken from <https://anhinternational.org/2018/05/16/the-well-oiled-cancer-machine/>

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Breast Cancer Care

www.breastcancercare.org.uk/

UK-wide charity providing support for anyone affected by breast cancer to get the best treatment, information and support.



Bowel Cancer UK

www.bowelcanceruk.org.uk/



UK's leading bowel cancer charity with a determination to save lives and improve the quality of life of everyone affected by bowel cancer.

Roy Castle Lung Cancer Foundation

www.roycastle.org/

Provides information, support and news to lung cancer patients as well as an online forum.



Ovacome

www.ovacome.org.uk/

A group set up to provide a strong, supportive and knowledgeable community for people with ovarian cancer.

Leukaemia Care

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www.leukaemiacare.org.uk/

Dedicated to providing both carers and patients affected by blood cancer with the right information, advice and support.

Leukaemia Care
YOUR Blood Cancer Charity



The Prostate Cancer Charity

[https://](https://www.prostatecanceruk.org/)

www.prostatecanceruk.org/

Providing information and supporting for those affected by prostate cancer with specialist nurses available via their helpline.

Pancreatic Cancer UK

www.pancreaticcancer.org.uk

A source for information about pancreatic cancer, including diagnoses, treatment options, managing symptoms, diet and living with pancreatic cancer.

**Pancreatic
Cancer
UK**



The Brain Tumour Charity

www.thebraintumourcharity.org/

Aiming to answer questions about treatments, providing information as well as supporting and connecting people with brain tumours.

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Teenage Cancer Trust

www.teenagecancertrust.org/

Specialised nursing care, information and support for young people with cancer need.



The Eve Appeal

www.eveappeal.org.uk/

Raising awareness and funding research into the five gynaecological cancers – womb, ovarian, cervical, vulval and vaginal.

Macmillan Cancer Support

www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support

Information about benefits if you are unable to work or are on a low income, if you are caring for someone with cancer or have dependents. Also access to the Macmillan grant scheme.



Victoria's Promise

www.victoriaspromise.com/

Dedicate themselves to providing care in areas that are currently under catered for such as specialist skin care, chemotherapy beauticians, wig funding and counselling services.

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Hello Beautiful

<https://www.hellobeautiful.org/>

A UK based cancer prevention charity that explores the issues that arise when loved ones are faced with cancer and the importance that NonToxic Practice has in this reality.



Trekstock

<https://www.trekstock.com/>

Gets young adults moving again when cancer puts their lives on hold by delivering practical and social support programmes tailored to the individual's needs.

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Some useful books

There are now many great books available which provide help and support. Some have been written as personal stories and others which provide insight into cancer as a disease and an integrative approach.

We have listed some below but if you have suggestions of others to include please do let us know and we can add them.

If you are considering purchasing anything from Amazon please sign up to **Amazon Smile** and select **Yes to Life** to donate 0.5% of all your eligible purchases to Amazon at no extra cost to you.

The Anatomy of Hope – Jerome Groopman

<https://www.amazon.co.uk/Anatomy-Hope-People-Prevail-Illness/dp/0375757759>

Anticancer: A New Way of Life – Dr David Servan-Schreiber

<https://www.amazon.co.uk/Anticancer-New-Life-David-Servan-Schreiber/dp/0718156846>

Cancer as a Turning Point – Lawrence LeShan

<https://www.amazon.co.uk/Cancer-As-Turning-Point-Handbook/dp/0452271371>

Cancer in Context – James Brennan & Clare Moynihan

<https://www.amazon.co.uk/Cancer-Context-Practical-Supportive-Publications/dp/0198515251>

Cancer is a Word, Not a Sentence – Dr Robert Buckman

<https://www.amazon.co.uk/Cancer-Word-Sentence-Robert-Buckman/dp/0007254687>

The Cancer Revolution – Patricia Peat

<https://thecancerrevolution.co.uk/order/>

The Cancer Whisperer – Sophie Sabbage

<https://www.amazon.co.uk/Cancer-Whisperer-cancer-heal-your/dp/1473637988>

Doctor You – Jeremy Howick

[https://www.amazon.co.uk/Doctor-You-Revealing-science-self-healing/dp/1473654203/ref=sr_1_1?](https://www.amazon.co.uk/Doctor-You-Revealing-science-self-healing/dp/1473654203/ref=sr_1_1?ie=UTF8&qid=1523303473&sr=8-1&keywords=DOCTOR+YOU)

[ie=UTF8&qid=1523303473&sr=8-1&keywords=DOCTOR+YOU](https://www.amazon.co.uk/Doctor-You-Revealing-science-self-healing/dp/1473654203/ref=sr_1_1?ie=UTF8&qid=1523303473&sr=8-1&keywords=DOCTOR+YOU)

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The Emperor of All Maladies – Siddhartha Mukherjee

<https://www.amazon.co.uk/Emperor-All-Maladies-Biography-Cancer/dp/0007250924>

Getting Well Again – O. Carl Simonton

<https://www.amazon.co.uk/Getting-Well-Again-Revolutionary-Self-Awareness/dp/0553280333>

How to Starve Cancer – Jane McLelland

<https://www.howtostarvecancer.com>

The Ketogenic Kitchen – Domini Kemp & Patricia Daly

<https://www.amazon.co.uk/Ketogenic-Kitchen-Domini-Kemp/dp/071716926X>

Lifeshocks – Sophie Sabbage

<https://www.amazon.co.uk/Lifeshocks-love-them-Sophie-Sabbage/dp/1473638003>

Keep Healthy After Cancer – Robert Thomas

<https://www.keep-healthy.com/keep-healthy-after-cancer/>

The Metabolic Approach to Cancer – Dr Nasha Winters & Jess Higgins Kelley

<https://www.amazon.co.uk/Metabolic-Approach-Cancer-Integrating-Bio-Individualized/dp/1603586865>

The Mindful Path to Self-Compassion – Christopher K. Germer

<https://www.amazon.co.uk/Mindful-Path-Self-Compassion-Yourself-Destructive/dp/1593859759>

Radical Hope – Kelly A. Turner

<https://radicalremission.com/about-the-books/>

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<https://radicalremission.com/about-the-books/>

Say No to Cancer – Patrick Holford

<https://www.holfordirect.com/say-no-to-cancer-patrick-holford.html>

The Street-Wise Patient's Guide to Surviving Cancer – Karol Sikora

<https://www.amazon.co.uk/Street-Wise-Patients-Guide-Surviving-Cancer/dp/1911204114>

Tripping Over the Truth – Travis Christofferson

<https://www.amazon.co.uk/Tripping-Over-Truth-Metabolic-Illuminates/dp/1500600318>

You Are the Placebo – Dr Joe Dispenza

<https://www.amazon.co.uk/You-Are-Placebo-Making-Matter/dp/1781802572/>

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s=books&ie=UTF8&qid=1538479800&sr=1-1&keywords=placebo+effect

Books for children to read with parents about cancer and bereavement:

The Secret C – Straight Talking about Cancer

<https://www.amazon.co.uk/Secret-Straight-Talking-About-Cancer/dp/0955953928>

As Big as it Gets – Julie A. Stokes

<https://www.amazon.co.uk/As-Big-Gets-Supporting-Seriously/dp/0953912396>

Badger's Parting Gifts – Susan Varley

<https://www.amazon.co.uk/Badgers-Parting-Gifts-Susan-Varley/dp/1849395144>

The Tenth Good Thing About Barney

<https://www.amazon.co.uk/Tenth-Good-Thing-about-Barney/dp/0689712030>

What Can I Do to Help? – Deborah Hutton

<https://www.amazon.co.uk/What-Can-Help-Practical-Frontline/dp/1906021562>

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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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