

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter



Spring Time Allergies

Some simple steps to help reduce your exposure to pollen. See page 5.

What is Reiki and how can it help you?

A therapy for stress reduction and relaxation. See page 4.

'Shining Through' now seeking participants

Award winning photographer Heidi Linehan joins Cancer Care Centre in an upcoming fundraising project 'Shining Through' See page 6.



The leading provider of supportive cancer care in South Australia, since 1985

Cancer Care Centre Inc is a community based, not-for-profit organisation offering a wide range of complementary care to support cancer patients and their families. Complementary care refers to a variety of holistic health services which enhance wellbeing on physical, emotional, mental and

spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches such as meditation and massage and nutritional approaches such as diet and nutrients. Research has demonstrated that complementary care improves cancer patients'

wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families to empower

themselves as they travel the cancer journey. We provide an environment which complements medical treatment as clients work towards wellbeing.

To keep up to date with what's happening at the Centre, visit our website www.cancercarecentre.org.au or follow us on Facebook.


**Cancer
CareCentre**
a place of help, hope and understanding

Cancer Care Centre Inc
76 Edmund Ave,
Unley SA 5061
Call (08) 8272 2411
cancercarecentre.org.au



Christmas is just around the corner.

Why not treat someone you know with a gift voucher for one of our therapies? For the member price of just \$40.00 (\$85 non-member) your special person will be cared for with a tailored professional massage by one of our qualified therapists. We also have copies of Di Cornelius' *Healthy Plant Based Cooking*, Debra Vinecombe's *Another Chance*, Jean Bryant's *Food For Thought* and Stephen Taylor's *Meditation CDs* for sale.

Please note: The Centre will be closed from Friday 18 December and open again on Monday 3 January 2016. We wish all our readers a happy and safe holiday season.



Support your Centre

Often the loved ones we leave behind are not sure of how best to celebrate our lives and how to create a legacy in our name. Why not make it a little easier on them by arranging a bequest to the Cancer Care Centre in your will and letting them know you would like donations to the Centre in lieu of flowers. These arrangements for the future are a legacy of support for others who follow.

A bequest can be made anonymously or recognised in our magazine and your name will be added to our Donor Board in the Centre.

Donations

The Centre would like to thank the following people for their generosity:

Malcolm Warrick
Peter Mumford
Lynda Dreosti
Debra Vinecombe
Tom Morgenstern
Doreen Molinaro
Mrs D. White
David Toohey
Margaret Southcott
Kevin Walsh
Margaret McNeill-Baxter

Andriana Costaridis
Jan Riordan
Michael Evans
M & B Piggott
P & T Schulz
Allan Nitschke
Flame Moloney
Rob Stiles
Merry Wickes
Raymond & Kristina Spencer
CC Champion

Frances Birrell
John Rate
Fiona Hewett-Rose
Jenny Housden
Ian Wilkinson CC Champion
Elena Voss
Krystyna Collins
Jann Claxton
Bendigo Bank Blackwood
Glenice Edwards & Supporters
City to Bay Fundraiser

Simon Coker
Eleanor Mengel
Shona & Scotty Harris
Ian Bray
Counsellor Michael Rabbitt
CC Champion
Rita De Luca
Jenny Leak

Donations made after 22 September will appear in the next edition of Healthy Living.

Like us on Facebook and follow us on Twitter



Remember to like Cancer Care Centre on Facebook and spread the word to friends.



@CANCER_CARE

Dear Members

Welcome to the spring edition of Healthy Living.

In August the Centre held its annual dinner at the Adelaide Pavilion. This year's dinner was a special celebration as it is our 30th birthday. We were very fortunate to have three excellent guest speakers; Don Caddy, one of the original founding members and a long serving volunteer at CCC; and two of our current clients who shared with us their story and how CCC has been an integral part of their healing journey. Please refer to page 13 for a list of local businesses that sponsored the night and I encourage you to support them where you can.

The Annual General Meeting for Cancer Care Centre was held in mid-September. Mr Ray Nicholson retired as Chairman and President after six years of being at the Board's helm. Ray gave a recap of his time here and the positive changes and improvements he has seen take place for CCC. He has been committed to building a strong and professional organisation which he has succeeded in doing. All the Board members, staff and volunteers wished him well and thanked him most sincerely for his tireless efforts and energy he has given to CCC.

Mr Ian Budenberg has been elected as the new Chairman and President. Ian is no stranger to CCC, serving on the Board since 2009. Gerard McCabe has been elected Vice-President and Brian Murphy will serve as Treasurer. Other members of the Board include Mark Gibbs, Yvonne Smolenski, Sarah Trangmar, Yvonne Martin-Clark, Dr Stephen Hardy, and Professor Brendon Coventry. I will continue to serve on the Board as an ex-officio member.

If you wish to read full biographies of our Board members, please refer to our website <http://www.cancercarecentre.org.au/about-us/governance>

Hope to see you at the Centre soon.

Jane Horton, Manager



a place of help, hope and understanding

Please give generously

What your donation will do for Cancer Care Centre and its clients:

With a fully tax deductible donation of:

- \$100** help purchase books for the library collection
- \$200** help purchase organic ingredients for our vegetarian cooking course
- \$300** help subsidize the cost of 'Mindfulness for Cancer Stress' course for a client
- \$600** help mail out an edition of Healthy Living

These are just a few of the costs that can be covered by a fully tax deductible donation.

You can make your contribution by:

- becoming a Cancer Care Champion
- donation – by completing the 'cut out' slip on the next page and post-marking the envelope 'reply paid' (donations are 100% tax deductible)
- bequest – by contacting the Manager for details
- in memoriam donation – by naming the Cancer Care Centre.

Your gift to the Cancer Care Centre will assist the support and care of cancer sufferers and their carers.

Thank you for supporting the Cancer Care Centre.

Ray Nicholson
President



Tax Deductible Gift

Title _____

First name _____

Surname _____

Address _____

Suburb _____

Postcode _____

Email _____

I wish my gift to be:

- ☐ anonymous
- ☐ publicly acknowledged
(name only is published)

I would like to donate \$ _____ by _____

☐ Credit Card

- ☐ Visa ☐ Mastercard

Card number _____

Expiry date _____

Name on card _____

Signature _____

☐ Cheque / Money order payable to:

Cancer Care Centre and posted to:
The Manager
Cancer Care Centre
Reply Paid 83842
76 Edmund Ave Unley SA 5061

☐ Direct credit to:

BSB: 105 011
Account number: 075 271 440
Account name: Cancer Care Centre Inc
Reference: Your name

☐ Telephone:

For credit card payment by telephone
please ring the Manager on (08) 8373 1470
Monday – Friday, 10.00am – 4.00pm

**Thank you for your generosity.
Your support is greatly appreciated.**

ABN 73 640 293 985



What is Reiki and how can it help you?

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing.

It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive.

If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

A treatment feels like a wonderful glowing radiance that flows through and around you.

A three year study involving 118 patients at the San Giovanni Battista Hospital, Turin, Italy (1) was conducted to see if Reiki therapy had a positive effect on pain and anxiety in patients attending a day oncology and infusion service unit.

Before each session, the nurses collected the patient's personal data and clinical history. Pain and anxiety were evaluated according to a numeric rating scale by the Reiki practitioners. Each session lasted about 30 minutes; pain and anxiety scores were recorded using a Visual Analog Scale (VAS), together with a description of the physical feelings the patients perceived during the session.

All 118 patients received at least one Reiki treatment (total number, 238). In the subgroup of 22 patients who underwent the full cycle of four treatments, the mean VAS anxiety score decreased from 6.77 to 2.28 and the mean VAS pain score from 4.4 to 2.32.

Results showed that overall, patients felt that the sessions were helpful in improving well-being, relaxation, pain relief, sleep quality and reducing anxiety.

Reiki is offered fortnightly on a Monday afternoon by Angela Hart. Each therapy is for one hour.

Cost: \$40 members; \$85 non-members. For more details or to book an appointment with Angela please ring the Centre on 8272 2411

Ref: 1) American Journal of Hospice & Palliative Care. 2012 Jun; 29(4):290-4. doi: 10.1177/1049909111420859. Epub 2011 Oct 13.

Spring time allergies



Spring time is here, and unfortunately for some people, so are allergies.

As sufferers know, the symptoms can range from mild to debilitating. Common symptoms include skin rashes, watery eyes, sneezing and runny noses; these very mild allergic responses are commonly called hay fever. If your symptoms affect your breathing it is best you visit your healthcare professional and discuss the symptoms with them.

For all people suffering with allergies that are worse in the springtime, there are many different things we can do to naturally decrease the severity and occurrences. Here's a list of top tips that can help you manage your symptoms.

Sleep Well

The amount of sleep you get on average, every night may be related to severity of symptoms. Try to avoid too many late nights during the hay fever season. Surveys of people with hay fever who get a good night's sleep indicate they tend to have the mildest symptoms. Just one in eight (13%) people who had at least seven hours sleep a night reported severe symptoms, compared with one in five (21%) who regularly had five hours sleep or less a night.

Stress reduction matters

Stress makes any problem a person has – worse. It is important to implement strategies to reduce stress levels. This can be as simple as doing a 10 minute meditation 2 times daily. In a survey, a clear link between stress and the severity of hay fever symptoms was shown. Almost seven out of ten stressed-out seasonal allergy sufferers rate their symptoms as unbearable or debilitating. As stress levels drop, symptoms are likely to become milder.

Wash your hair

For pollen to work for plants, it has to be sticky. This means that it can stick to hair and clothes. Washing your hair before bed, and keeping clothes in the laundry on high pollen days if you have been outdoors is important. Pollen on clothes and hair can have people experiencing seasonal allergies in their bedroom.

Diet – watch what you eat.

Diet will impact on allergies even when those allergies are not obviously triggered by foods. Many foods can increase the amount of mucous that a person produces, or create a situation where people become more likely to react to known allergens and new allergens. This can worsen some of the already nagging symptoms such as the blocked nose, red, watery eyes, skin irritations and sniffles. Some of the key offenders are going to be any foods containing wheat and/or dairy. Generally a diet higher in vegetables, and plant based foods is recommended. Avoiding wheat, dairy, alcohol and soy, will likely decrease your reactivity to the pollens that cause springtime allergies.

Stinging Nettles

Stinging nettle (*Urtica* spp.) tea has been used for many years and has a very good reputation. You should be consuming 2–3 cups per day for the initial week or two, and then reduce to one to two cups daily. You can add a little honey if you like, but milk is not recommended. For best results start this 2 weeks before there's lots of pollen (depending on the season, no later than the last week of August).

Decrease alcohol consumption

Watch how many alcoholic beverages you consume at BBQs, picnics and social functions outdoors! Alcohol worsens hay fever symptoms. It has a detrimental effect on the digestive system and

increases the inflammatory response of the body. Beer, wine and spirits also contain histamine, which triggers allergy symptoms. Alcohol not only makes you more sensitive to pollen but also dehydrates you, making symptoms worse. Rather than having a mild runny nose and watery eyes, your nose will be blocked, and the discharge from the eyes will be much thicker and more unpleasant.

Time it right

Timing is everything. The changes in night time and day time temperatures influence the times when the pollen count is worse. In the morning it rises, at night, as it cools, it falls. Try to avoid the outdoors between 8–10am and 5–7pm.

Shut the windows

Seems pretty simple – but not everyone thinks of it. Open bedroom windows at night (after dark), but close them when you get up in the morning. Air filters can be used indoors, trapping the pollen so it's not floating in the air. As for driving – don't drive with the windows open. Many cars nowadays have inbuilt pollen filters, if so, just close the window and turn on the fan and venting.

Damp dust regularly

It doesn't matter where you spend your time; if you have allergies then dusting is a must. While dust does not cause the hay fever, it will be another allergen in the mix – likely worsening symptoms. Dusting with a damp or microfiber cloth will collect dust and stop any pollen from becoming airborne.



Paul Kern has been a practicing naturopath for the past 21 years. Since 1998 he has been delivering highly informative seminars to Doctors and Naturopaths throughout Australia and New Zealand, as well as maintaining a busy private practice and lecturing to students at colleges around Australia. He currently practices on King William Rd in Unley.

Note: The Cancer Care Centre is a support and resource organisation and provides information of a general nature. It does not recommend any specific treatments.

Seeking participants for 'Shining Through'

SHINING THROUGH is Cancer Care Centre's upcoming photographic fundraiser celebrating the inner strength, courage and spirit of people touched by cancer.

Beautifully photographed black and white portraits will capture each individual's inner strength that shines through when fighting cancer.

If you have had cancer, or have been personally affected by a cancer diagnosis, we would love you to take part. Participants will attend a photo shoot at Cancer Care Centre with award winning photographer Heidi Linehan.

There is no cost to participants. Each participant will have their own exclusive sponsorship page on Cancer Care Centre's website where they can invite their family, friends, and work colleagues etc. to sponsor their portrait.

Once the sponsorship goal of \$1,000 for each portrait is reached or exceeded, participants will receive a large print of their black and white portrait image to keep. A beautiful memento to have for a time in their life when their inner strength shone through!

Funds raised will go towards supporting the services and programs provided by Cancer Care Centre.

To register your interest or for more details, please contact the Centre's manager Jane Horton
Email: manager@cancercarecentre.org.au
or Phone: 8373 1470.



Heidi Linehan is an AIPP award winning professional photographer based in Adelaide and has been photographing for the past fifteen years. She has photographed people from prime ministers, athletes at the Melbourne Commonwealth Games to the kids next door. Her warm and very approachable style makes her the perfect photographer for Cancer Care Centre. She is passionate about giving back to her community and has offered her services pro bono for this fundraising project.



Examples of Heidi's portraiture.



Aromatherapy Massage Practitioner now at Cancer Care Centre



Aromatherapy is the therapeutic use of essential oils derived from aromatic plants, flowers and resins. Aromatherapy massage works on our most powerful senses, touch and smell to return harmony to the body and mind improving ones health and increasing vitality.

Aromatherapy massage works on both the physical senses and the emotions to sooth aches and pains, calm anxiety and ensure a sense of wellbeing.

Aromatherapy massage is a very gentle, soothing and deeply relaxing massage which is enhanced by the therapeutic properties of the carrier and essential oils. Everyone is different and unique and the aromatherapy massage practitioner will select and blend the oils to best suit individual needs and preferences.

Aromatherapy massage has many benefits and can assist in a holistic treatment of stress anxiety and depression, aches, back ache, muscular aches and pains, bereavement, shock and being overwhelmed. In addition it can help in calming nerves and settling emotions, promoting relaxation, improving skin conditions, removing toxins and improving circulation, promoting a sense of wellbeing.

Sue Duffin has been an aromatherapy massage practitioner for the past 15 years and has worked extensively in both the UK and Australia. She has worked with nurses, doctors, patients, relatives, carers, bereaved, and counsellors who have been affected by all aspects of cancer. She worked at St Mary's Hospice in the UK, and at Daw House Hospice in Adelaide, as well as at ACH in Glenelg. Sue is available for consultations every Friday afternoon. Please ring the Centre to book an appointment.

What's on at the Centre... Weekly Program

What is Pathways?

Pathways is an opportunity to spend time with one of our trained Support Workers in a private, quiet environment to explore and prioritise goals, needs and skills regarding your cancer journey, or if you are a carer, to explore how you can be of support, while at the same time taking care of yourself. Pathways appointments are available most days, please ring the Centre to book your free Pathways appointment.

Monday

Massage – Remedial, Relaxation, Myofascial; Cranio Sacral, Trigger point

Therapist: Ryan
Weekly, Monday mornings
Members \$40 Non-Members \$85

Massage – Remedial

Therapist: Trudie
Fortnightly, Monday afternoons
Members \$40 Non-Members \$85

Reiki

Therapist: Angela
Fortnightly, Monday afternoons
Members \$40 Non-Members \$85

Journey to Wellness

This six week course covers a range of topics specifically designed to assist cancer patients to maximize their wellbeing on a physical, emotional, psychological and spiritual level. This course is inspired by Dr Gawler's Cancer Healing and Wellbeing course.

Key Facilitator: Sarah
Commences 12 October
9.30am – 12noon
Members \$120 Non-members \$150
(includes workbook)

Chair Yoga

For those unable to participate in a regular yoga class. No prior yoga experience necessary.

Facilitator: Nina
Next course commences 23 November
10.30am to 11.30am
Five week course
Members \$40 Non-members \$60

Counselling

Counsellor: India
Weekly, Monday afternoons
Members \$40 Non-Members \$85

Young Women's Support Group

A friendly support group for women under 40 to discuss issues affecting them on their cancer journey.

Facilitator: India
6.00pm – 7.30pm
1st & 3rd Monday of the month
By Donation

Tuesday

Massage – Oncology, Relaxation, Remedial, Lymphatic Drainage; EFT, Bowen therapy

Therapist: Judy
Fortnightly, Tuesday mornings
Members \$40 Non-Members \$85

One on One Meditation

Facilitator: Evelina
Weekly, Tuesday morning
(other days and times can be arranged)
Members \$10 Non-Members \$20

Balance through Art

This six week course provides opportunity to explore your creativity

Facilitator: Helen
Next course commences 27 October
1.00pm – 3.15pm
Members \$48 Non-members \$68

Counselling

Counsellor: Dagmar
Weekly, Tuesday afternoons
Members \$40 Non-Members \$85

Men's Meeting

This group provides an opportunity for men to discuss issues affecting them on their journey, whether they are a patient, carer or partner of a patient.

Facilitator: Mel
1st & 3rd Tuesdays of the month
7.00pm to 9.00pm
By Donation

Please register your interest by telephoning the Centre on 8272 2411

Twilight Talk

Twilight Talks are an informative session held monthly on Tuesday evenings.

6.00pm to 7.00pm
Members free Non-members \$20

Please ring the Centre or look on our website for upcoming dates and topics.

Wednesday

Massage – Oncology; Bowen Therapy, Kinesiology, EFT, Lymphatic Drainage

Therapist: Sarah
Weekly, Wednesday mornings
Members \$40 Non-Members \$85

Massage – Oncology, Remedial; Cranio-Sacral, Reiki, SER (emotional release)

Therapist: Anne-Marie
Fortnightly, Wednesday afternoons
Members \$40 Non-Members \$85

Clinical Hypnotherapy

Therapist: Jean
Weekly, Wednesday mornings
Members \$40 Non-Members \$85

Group Meditation

Facilitator: Dharmamodini
No booking necessary
Weekly, Wednesday mornings
10.30am – 12noon
Members \$7.50 Non-Members \$10

With the exception of Wednesday morning meditation, you are advised to contact the Centre on (08) 8272 2411 to confirm course commencement dates and times, and to make bookings for all courses listed.

**All sessions are held at the Cancer Care Centre
76 Edmund Ave, Unley
unless otherwise specified.**

Counselling

Counsellor: Natalie
Weekly, Wednesday afternoons
Members \$40 Non-Members \$85

Family and Friends Support Group

Family and friends need support too. This group aims to discuss the issues facing family and friends who are supporting someone with cancer and how they can be supported in their important role in the cancer journey.

Facilitator: Margaret
2.00pm – 3.00pm
1st & 3rd Wednesdays of the month
By Donation

Please register your interest by telephoning the Centre on 8272 2411

Yoga

It's safe, fun & easy to do. You will enjoy this relaxing class of gentle exercise and conscious relaxation. An eight week course that requires no prerequisites

Facilitator: Tina
Course commences 21 October
3.00pm – 4.00pm
Bookings are a must – class is limited to 1 Eight week course
Members \$50 Non-members \$80

Juicing Workshop

This workshop shows you how easy it is to make your own fresh juice and harness all the goodness of vegetables and fruit.

Facilitator: Cherie
1st Wednesday of the Month
1.00pm – 2.00pm
Members \$7.50 Non-Members \$10

Seeds for Health

Our very popular six-week organic gardening course.

Facilitators: Diana, Cath
Course runs from 28 October at Fern Ave garden, Unley
10.00am to 12 noon
Bookings essential – Ring 8272 2411
Members \$85 Non-Members \$105

Thursday

Massage – Relaxation, Lymphatic Drainage, Myofascial, Oncology, Positional Release, Lymphoedema Therapy

Therapist: Richard
Weekly, Thursday mornings
Members \$40 Non-Members \$85

Massage – Oncology, Remedial, Lymphoedema Therapy

Therapist: Erin
Fortnightly, Thursday afternoons
Members \$40 Non-Members \$85

Exercise Your Lymphatics

Six week course. Learn safe and effective techniques to improve your Lymphatic System function

Facilitator: Richard Roope
Commences 22 October
1.30 – 2.30pm
Members \$45.00 Non-Members \$70.00

Women's Support Group

A friendly support group for women to discuss issues affecting them on their cancer journey.

Facilitator: Carolyn
1st & 3rd Thursday of the month
10.00am – 12noon
By Donation

Please register your interest by telephoning the Centre on 8272 2411

Counselling

Counsellor: Lynne
Weekly, Thursday afternoons
Members \$40 Non-Members \$85

Friday

Vegetarian Cooking Class

Join a naturopath and a skilled cook in the kitchen. Discover important nutritional facts to consider when eating vegetarian; try ingredients that may have been a mystery up until now and have some fun.

Facilitators: Sue and Jane
Commences 4 November
11.30am – 1.00pm
Cost \$60 members \$85 non-members

Counselling

Counsellor: Sue
Weekly, Friday afternoons
Members \$40 Non-Members \$85

Massage – aromatherapy

Therapist: Sue
Weekly, Friday afternoons
Members \$40 Non-Members \$85

Saturday

Counselling

Counsellor: Helene
Weekly, Saturday mornings
Members \$40 Non-Members \$85

Monday – Friday

Resource Centre

The library is an easy and convenient way to find information and inspiration. Come in and have a browse, ask our staff how these great resources can help. Internet research can be arranged for you by a support worker.

The library is open during office hours
9.30am – 4.30pm, Mon-Fri
No Charge – Members' facility only



Healthy eating: the Ayurvedic way

Ayurveda, the medical system that originated in India about 5000 years ago, shows ways to manage and help heal some debilitating medical conditions.



In this personalised medical system, food is considered almost equivalent to medication.

Wholesome food of desired qualities are recommended to patients so that it offers a congenial environment for medicine acceptance by the body as well as nourishes it.

There are four basic principles that dictate one's acceptable food characteristics. Firstly, food should be agreeable to the body constitution of the individual. Secondly, it should have compatible ingredients so that the chances of Ama formation is nil or negligible. Thirdly, food should be devoid of Visha (toxins and poisons). Finally, it should provide acceptable levels of nutrition. Ama, pronounced as 'Ah'-ma' is undigested food that escapes the gut barrier and enters the blood stream. Ama then attains an antigen like property and finds itself localised in certain target organs according to patient's susceptibility, triggering immune system problems. Scientists studying the composition of joint fluids of some rheumatoid arthritis patients surprisingly discovered nano-sized foreign particles suspended in it, vindicating the existence of Ama.

According to Ayurveda, the majority of diseases initiate from the altered functioning of the Gut. The gastrointestinal lining is meant to be a barrier between food/chyme and the blood, allowing only the nutrients to enter the blood stream. Intestinal hyper-permeability has been suspected as a contributing factor in a wide range of diseases including malignancies, food and chemical sensitivities, asthma, headaches, digestive problems, chronic fatigue, and arthritis. The type and composition of food is mainly to blame for this unwelcome hyperactivity.

Like humans, plants and their produce have bio-energetic aspects known as Doshas. There are three Doshas namely Vata, Pitha and Kapha, which coexist in varied proportions and remain in a state of dynamic equilibrium. Imbalance to the dosha equilibrium could trigger a disease formation. In case of carcinomas, sarcomas, and leukaemia, a high Pitha dosha is normally indicated. Ayurveda advises individuals suffering from such pathologies or those on the path of recovery to avoid Pitha increasing foods such as chillies, garlic, horseradish, wasabi, onions, pumpkin and any foods including some grains that may increase Pitha. On the other hand, wholesome Kapha- Vata increasing food may be taken to compensate for the deranged Pitha. The general principle is to eat any foods that are low in inducing Pitha or those which balance all three doshas to get the balance right. Examples of such foods are: cranberries, gooseberry, dates, banana, figs, grapes, melons, oranges (sweet), peaches, plums, and tangerines, coconut, macadamias, pecans, pomegranate, sesame, and walnuts, milk, and rice. The rule of thumb is to take foods that taste sweet, astringent or bitter, in moderation and to avoid pungent, salty, and sour foods. However, foods need to be selectively taken in appropriate quantities according to one's digestive capacity and general health profile.

Gooseberry, a rich source of vitamin C, has many qualities including anticancer and antiulcer properties, and is helpful in balancing all three doshas. Details of the health and nutritional value of gooseberry are available in the reference cited below. A noteworthy food that is used in the southern Indian state of Kerala is gooseberry-coconut chutney. Mature gooseberry tastes bitter, sour, astringent and sweet in succession. Equal quantities of seeded gooseberry and grated coconut blended together in an electric blender serves as a dip or a spread. Gooseberry is readily available in any Indian groceries in Australia, including Adelaide.

Healthy colonic bacterial metabolism is largely reliant on food residues from the upper gut areas. In cancer sufferers and those recovered, such Pitha reducing diet allows the gut to perform at normal pace and helps retain good colonic microbiota. People following such a dietary regime usually feel much better comfort than indiscriminate taking of foods.

Ayurveda also cautions people about taking incompatible foods as it could trigger gut permeability and Ama formation. For example, butter and honey in itself are regarded as harmless. However, equal quantities of butter and honey taken together cause Ama formation. Similarly, zucchini, cucumbers, pumpkins, squash, melons and gourds are incompatible with milk. There are several other foods that are incompatible. Again, the quantity and frequency of taking incompatible foods, and the health profile of the person consuming it, determine the manifestation of adverse effects. A table of some incompatible foods according to Ayurveda is given below.

Incompatible Foods	
Melons	Cheese, grains and fried foods
Milk	Acidic (sour fruits), meat and
ish Radish	Banana, raisins and milk
Cassava	Mango and Banana
Lemon/lime	Cucumbers, tomato & yoghurt

To avoid any unwelcome health episode, it is advised to consciously select and consume compatible foods. Healthy foods chosen and consumed properly help individuals in having a better quality of life.

Ref: 1. Singh E, Sharma S, Pareek A, Dwivedi J, Yadav S and Sharma S, *Phytochemistry, traditional uses and cancer chemopreventive activity of Amla (Phyllanthus emblica): The Sustainer. Journal of Applied Pharmaceutical Science*, 02 (01); 2011: 176-183.

Manuel Vivera is a Naturopath who practices Ayurvedic medicine in Northgate. He holds a Master's degree in Toxicology from RMIT University, Melbourne as well as a master's degree in chemistry. Currently, he is a research scholar in Clinical Science at the School of Translational Health Science, University of Adelaide. Manuel can be contacted on 0422 342 638.

Note: The Cancer Care Centre is a support and resource organisation and provides information of a general nature. It does not recommend any specific treatments.

Young Women's Support Group

We have a new support group at Cancer Care Centre for women less than 40 years of age.

The support group will be facilitated by India Wallace. India's own experience of a cancer diagnosis at the age of 42 helps her to offer support to others on a similar journey. She is also a qualified counsellor and meditation teacher and runs her own private practice in Stirling.

The support group meets on the 1st and 3rd Monday of each month at 6pm. Please ring the Centre for more information or to book into the group.



Counselling now on offer at the Centre six days a week

An important part of the cancer journey is the need to deal with all the emotions you will feel and to seek clarity in your thoughts. Confidential counselling will help you.

We now have professional counsellors available at the Centre every Monday to Saturday. All Counsellors are professionally qualified and members of the Australian Counselling Association (ASA) or the Counselling Association of South Australia (CASA). As part of their ongoing voluntary commitment the Centre counsellors attend supervision classes regularly.

Counselling appointments are for one hour. Please ring (08) 8272 2411 to book your appointment. Cost is \$40 (members) or \$85 (non-members)

First counselling session for a member is free of charge.



Living Fully, Dying Well... another opportunity to attend this terrific workshop.

This recent workshop held at Cancer Care Centre will be repeated again in November for those of you who weren't able to attend last time.

Once again we are fortunate to have Pam Mitchell facilitate. Pam has worked for 30+ years in the areas of aged care and community health. She is a qualified meditation teacher and counsellor.

This session will focus on healing, strengthening and nurturing our relationships. Based on the work of Ira Byock, it will explore how four simple phrases – 'I love you', 'Thank you', 'I forgive you' and 'Please forgive me' have the power to resolve long standing interpersonal difficulties and deepen and cherish existing loving ones. Even in the midst of personal tragedy and challenges it is possible to experience a deepened sense of emotional wellbeing, wholeness, healing and growth enabling us to live fully and face the future with peace.

Saturday 14 November

2.00pm–4.00pm at Cancer Care Centre.

Cost: \$5 members, \$10 non-members

Please ring the Centre to book your place or for further details.

New in the Library

The Centre has purchased quite a few new books for the library this quarter. We encourage all our members to come in and browse the shelves. A Support Worker is always on hand to help you with your selection.

What to Eat If You Have Cancer: Healing Foods That Boost Your Immune System

by Maureen Keane and Daniella Chace

Cancer and cancer treatment take a toll on your body, but you can help make cancer treatment more effective and reduce its unpleasant side effects with good nutrition. 'What to Eat if You Have Cancer' presents the best foods to fight cancer and suggests ways to keep your body strong.

I Quit Sugar: Your Complete 8-Week Detox Program and Cookbook

by Sarah Wilson

'I lost weight and my skin changed, it cleared. But when I quit the white stuff, I also started to heal. I found wellness and the kind of energy and sparkle I had as a kid. I don't believe in diets or in making eating miserable. This plan and the recipes are designed for lasting wellness.' Sarah Wilson was a self-confessed sugar addict, eating the equivalent of 25 teaspoons of sugar every day, before making the link between her sugar consumption and a lifetime of mood disorders, fluctuating weight issues, sleep problems and thyroid disease. She knew she had to make a change. What started as an experiment soon became a way of life, then a campaign to alert others to the health dangers of sugar.

Say No to Cancer: The Drug-Free Guide to Preventing and Helping Fight Cancer

by Patrick Holford and Liz Eflong

According to the World Cancer Research Fund, up to 39 per cent of the most common cancers – lung, breast, colorectal, skin, mouth/throat and oesophagus, liver, stomach, prostate, cervical ovarian, testicular, endometrial and pancreatic - are preventable through diet, physical activity and weight control alone. SAY NO TO CANCER contains the very latest information on the connection between diet and lifestyle and the risk of developing cancer. It offers guidance for people who wish to avoid getting cancer, and for those who want to know what they can do nutritionally if they have cancer and/or want to prevent reoccurrence. By improving your diet and taking the right nutritional supplements you really can say no to cancer.

Unscrambling Grief

by Gail Miller and Amanda Hancock

Unscrambling Grief is the story of the two authors' sojourn through losing two daughters. It describes all the emotions that they experienced along the path and gives the reader permission to walk their journey in their own unique way, as they did. This book highlights that grief can result from a multitude of sources, including business failure, a friend moving away, infertility, death of a pet, loss of a limb, having your driver's license revoked and many more. It's designed to remove the notion that grieving must follow a set process in a designated time frame and will also highlight the fact that it's possible to emerge somewhere along the journey, as a happy and well-adjusted person, again ready to make a valuable contribution to the world.



The Board and Staff of Cancer Care Centre would like to thank the following sponsors for their generous support at this year's Annual Dinner. We encourage you to repay the kindness and support these local businesses if you require their services.



**Adelaide
Chocolate
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Artist**



**Chem Mart
Myrtle Bank**





Your chance to ask the experts and find out more about Gastro-Intestinal (GI) Cancers

Engage Community Forum

Gastro-intestinal (GI) cancer is the most common cancer in Australia. It affects the oesophagus, stomach, liver, gall bladder, pancreas and bowel. Here's your chance to ask the experts and learn from health professionals.

Free community event

Tuesday, 27th October 6.30pm–9.00pm

At the Engage Community Forum:

- Learn more about the impact of a GI cancer diagnosis on a person and their family
- Hear about cutting edge GI cancer research from medical specialists
- Understand the benefits of clinical trials
- Meet cancer survivors and leading health professionals
- Learn about support resources available in your area

Presentations:

- GI Cancer: The Big Picture
- Latest Advancements in Research and Treatments
- Tips for better living
- Support and Survivorship

Complimentary refreshments will be served from 8pm.

For information or to register:

Visit www.gicancer.org.au/engage

Email engage@gicancer.org.au

Call 1300 666 769

Register early as seating is limited!

Address:

**Gawler & Barossa
Jockey Club
Galilee Room
Barnet Road, Evanston
Free parking available**



The Engage Community Forums program is a Cancer Australia Supporting people with cancer Grant initiative, funded by the Australian Government

Also supported by:



Courses beginning soon

Seeds for health

This course is the Cancer Care Centre's very popular course where you can learn everything you need to know about growing organic vegetables. Held at Fern Avenue Community Garden, Fullarton you will learn all you need to know to begin your own organic veggie patch at home. Learn about sowing seeds, creative garden design, permaculture and management, composting, water systems, mulch and more. At the end of each week's teaching, participants enjoy lunch together in the garden.

Vegetarian cooking

Join a Naturopath and a skilled Cook in the kitchen at CCC. Over a period of four weeks learn how to make delicious meals using tofu, quinoa, lentils, pulses and other nutritious vegetarian ingredients. You will discover important nutritional facts to consider when eating vegetarian, along with a chance to try ingredients that may have been a mystery up until now.

Chair yoga

This gentle form of yoga that is practiced sitting on a chair. It is ideally suited for those people that are unable to participate in a traditional yoga class due to poor energy, limited mobility, balance issues or a disability. Group participants can learn many kinds of yoga postures, breathing techniques, meditation and ways of relaxation, with the user of a chair. No yoga experience necessary.

Balance Through Art

This 6 week course that provides an opportunity to explore your creativity as a catalyst for healing. Throughout the six week course you will explore techniques, colours, different media and have a bit of fun too! Suitable for beginners or advanced.

Month of Mindfulness

This was developed by Barbara and Tina from Adelaide Mindfulness. The course incorporates elements of western psychology with meditation and mindfulness practices together with heartfulness and compassion. There are only 4 places left in the course so please book early.

Kundalini Yoga

Kundalini Yoga focuses on awakening kundalini energy through regular practice of meditation, pranayama, chanting mantra and yoga asana. Often called the 'yoga of awareness' it aims to cultivate the creative spiritual potential of a person. Kundalini yoga is a very gentle and nurturing form of yoga which is suitable for everyone.

For more information about the above courses please ring the Centre and speak with one of our Support Worker volunteers.

**A big thank you to our
wonderful volunteers**



Been diagnosed with cancer?

Start your journey with a free Pathways appointment.



Pathways is a free service offered by the Cancer Care Centre to people with cancer.

In a caring and supportive environment, one of our Support Workers will meet with you and listen to your story.

Telling your story is an opportunity to spend time with someone who cares, in a private, quiet environment to explore and prioritize goals, needs, and devise a healing plan appropriate to you and your personal cancer journey.

A Pathways appointment is also available to carers of someone with cancer. The Support Worker will explore how you can be of support to that person, while at the same time taking care of yourself.

The Support Worker will link you to services that will help assist you – either within Cancer Care Centre or with other community organisations.

A Pathways appointment is of one-hour duration and is your first step in complementary care for your cancer journey.



Cancer Care Centre...empowering individuals and families as they travel the cancer journey