

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter



Shining Through – on again in March

Don't miss out! Be photographed
by award winning photographer
Heidi Linehan. See page 5

Causes of Cancer Part III

What we've done to the
environment. See page 6

The Dirty Dozen

Do you know your Dirty Dozen
and your Clean Fifteen?
See page 11

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

Become a Champion!

Join our Cancer Care Champions by committing to a monthly donation.

Cancer Care Champions:

- Proudly support the work of Cancer Care Centre
- Advocate for the Centre within their community
- Support exclusive, tailored courses to educate and empower the individual

Your monthly donation will ensure every client of the Centre has vital access courses, support groups, professional counselling and complementary therapies (including Oncology and Lymphatic drainage massage).

You will also assist us in future planning to provide more courses, guest speakers, and health inspired workshops to address the needs of our clients.

Cancer Care Champions' tax deductible support is acknowledged in the Healthy Living magazine and within the Centre. Champions are also invited to participate in activities within the Centre from time to time as part of the supporter community.

For more information on how you can be a Champion, please ring and speak to the Centre Coordinator, Leanne Isaacson on 8272 2411.



Donations

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

Dianne Mader	Miss Mahoney	Dominie Nelson
Eileen Mahoney	John Parletta	Julie Sorrel
Lynn Murphy	Marisa Frangos	Robin Crompton
Magaret McNeil Baxter	Jo Cooper	Judith Langdon
Jan Riorden	Early Ford V8 Club	Deb Herriot
Largs Bay Health and Yoga	Glen Osmond Road Traders Association	Shirley Andersson
Wendy Turner	Fiona Rose-Hewitt	David & Nicole Crawford
Valerie & John Schroeder	Trica Tyerman	Browal Constructions
Adrian Kenney	Coralie Hunt	MJ & SA Krips
Pam Neilsen	Sally Rush	Helen Irving
Margaret Nisbet	Jenny Leak	Natalie Playford
Lyn Betelli	Peter & Denise Cockerham	Peter Allan
Lalita Singh	Tony Hamdorf	Ron & Margaret Thomas



Thank you to the following people who are our Cancer Care Champions:

Elena Voss	Browell	Rebecca Burnett
Malcolm Potticary	Ray & Jocelyn Nicholson	Yvonne Martin-Clark
Jan Wilkinson	Raymond & Tina Spencer	Cr Michael Rabbitt
Hugh and Juliet		

Donations made after 1 December 2016 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

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.

Dear Healthy Living readers

Welcome to the first edition of Healthy Living for 2017.

By the time you read this, the New Year will be underway and many will be in the middle of the long summer holidays. In October, Jane Horton told the Board of her plans to retire over the coming months and once a replacement person or structure had been put in place. The Board is very grateful to Jane for her achievements at the Centre over the last three years, in particular the improved relationships with the wider health community and the increased level of professionalism within our own community. After some deliberation, the Board decided to return to employing one person to run the Centre, so in mid-November Leanne Isaacson increased her hours and started in an expanded role as Centre Co-ordinator. Leanne is now responsible for the day to day running of the Centre and we wish her all the best as she ensures that the Centre operates smoothly and provides our members with the full range of services in a calm, warm and supportive environment.

We have slightly reduced the opening hours – we now close at 4pm every day – as we found that last half hour to be particularly quiet.

I would like to thank all those who responded so generously to our Christmas fundraising appeal. Our membership fees and our fees for services do not fully cover the cost of running the Centre and the Centre's continued existence depends on the generosity of all our donors. Jane Horton has kindly volunteered to run another *Shining Through* programme in a couple of months which was a great success last year and we hope it will build from year to year to become the bedrock of our fund raising. I am very grateful to those who work hard in this fundraising space and of course to everyone who participates and donates to keep our door open.

International Volunteer Day is mandated by the UN General Assembly and is held each year on 5th December. It is a day for volunteers and volunteer-involving organisations to celebrate their efforts and to showcase the difference they make in their communities. We chose to hold our celebration on Friday 2nd December with a quiet and relaxed event at the Centre in the early evening. It was also an opportunity to say 'Goodbye' to Jane Horton and afterwards many of us enjoyed a meal together on Unley Road.

The new year of 2017 will doubtless bring to many of us new challenges, but I'd like to think that challenges shared in the environment we have at the Cancer Care Centre are more easily faced and even overcome. A Happy New Year to you all.

Ian Budenberg
Chairman



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.



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



Young Women's Support Group

Are you a woman under 45yrs of age who has been diagnosed with cancer and would like to meet with other women going through a similar experience? Here at the Centre we offer a Young Women's Support Group to female members.

The support group is a chance for you to connect with other young women navigating the same challenges as you might be going through.

You will have the chance to talk openly and honestly about your feelings and to share your experiences. The group lends support to each other, offering encouragement and hope.

Possibly the biggest advantage of attending a support group is helping you realize that you are not alone – there are other people who have the same problems.

The group is facilitated by India Wallace and meets on the 1st and 3rd Monday of each month at 6pm. India is a trained counsellor and her own experience of a cancer diagnosis at the age of forty two gives her a great depth of understanding as to the needs of group attendees.

Please ring the Centre for more information or to have India call you to discuss how the group may be of benefit for you.

Shining Through

a photographic memento for you

Calling all who have been affected by cancer. A unique fundraiser to celebrate shining through adversity and to help support others on their cancer journey.

Beautifully photographed black and white portraits will celebrate each individual's inner strength that shines through their experience with 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 Leanne Isaacson, Centre Coordinator
Email: admin@cancercarecentre.org.au
or Phone: 8272 2411

Registrations due by March 2017

**The photo shoot will be held on:
Friday 10 March & Saturday 11 March, 2017**

proudly sponsored by



heidi
WHO
photos

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Causes of Cancer – Part III: What we've done to the Environment...

by Dr Stephen Hardy PhD.



In the first two articles of this series (1, 2) we discussed preventing 37,000 Australian cancer cases each year by addressing the following six lifestyle factors (3).

- Alcohol;
- Smoking;
- Poor Diet;
- Obesity;
- Lack of regular exercise; and
- Excessive exposure to UV light.

We also discussed the first of the causes of cancer listed by Professor Ian Frazer of the University of Queensland (4):

- 30% of cancer is caused by what we do to ourselves;
- 30% of cancer is caused by what we've done to the environment;
- 30% of cancer is caused by what you catch; and
- Only 5 – 10 % of cancers are genetic.

In this article we will look in more detail at the second: 30% of cancer is caused by what we've done to the environment.

Since the industrial revolution advances in physics, engineering, manufacturing, material science, electronics, mathematics, biology, medicine and particularly chemistry have changed our lives. While no-one would argue antibiotics, plastics, pharmaceuticals, industrial chemicals, pesticides and a host of other artificial chemicals have not brought advantages, at what cost have those advances come?

There are over 80,000 man-made chemicals in common use, with over 2,000 more added each year (5, 6). Produced in massive quantities and used so widely and pervasively, there is no way you can escape being exposed. They are in the air you breathe, the water you drink, the food you eat, the products you buy and out-gassing from your car and the buildings you live and work in. They have spread to every corner of the globe to contaminate the environment. Indeed, significant levels of artificial chemicals can be found in the Arctic and other remote locations and in native peoples living their traditional lives (11), while babies are arriving into the world "pre-polluted", with over 300 artificial chemicals found in umbilical cord blood (6, 7).

Despite their widespread use and global distribution, we only have reliable safety data for around 7% of these artificial chemicals and for over 40%, no data at all (5, 6). What this means is we really do not know whether they are safe or not.

Professor Frazer has proposed what we have done to the environment is responsible for 30 % of cancers. By far the vast majority of this environmental damage is chemical pollution, particularly artificial chemicals. This does not mean all these artificial chemicals cause cancer directly, although some do. They can also cause cancer by either interfering with the systems of the body that protect you from cancer, or by setting up conditions which encourage the development and growth of an existing cancer. For example, chemicals that interfere with your immune system or hormone system (endocrine disruptors), have the potential to influence and encourage the development and growth of cancerous cells.

There is a considerable and growing body of evidence that some of these artificial chemicals are far from benign. Indeed, history is awash with examples of chemicals in widespread use and thought to be safe but later shown to be dangerous: DDT and Poly-Chlorinated Biphenyls (PCB) to name just two.

There is not the time here to discuss specific chemicals, their interactions and behaviour nor their potential health effects. Suffice to say, the list is large and growing (12, 13).

We could also discuss what governments can do to protect us through improving the legislation around the registration and use of these chemicals. While important, this would only be picking at the edges however. The reality is the choices you make every day have by far the greatest influence on the amount and type of potentially harmful chemicals you are exposed to.

Seeing we know so little about the long-term safety of many of these artificial chemicals, it is wise to live by the practical embodiment of the precautionary principle: "Better safe than sorry". The same caution goes for natural chemicals too. Natural doesn't automatically mean safe: Arsenic is natural; Alcohol is natural; Asbestos is natural. Yet all are known carcinogens. When it comes to chemical exposure, don't volunteer to be a victim.

For example: Every year the Environmental Working Group (EWG) (www.ewg.org) publishes the "Dirty Dozen" – a list of 12 common foods most heavily contaminated with pesticides (8). According to the EWG, avoiding the most contaminated fruits and vegetables and eating the cleanest (9) can reduce your pesticide exposure by up to 80 %. (Please refer to our article 'Who are the Dirty Dozen and Clean Fifteen' on page 11 of this edition.)

So where are these chemicals and how do you assess your risk? A sobering exercise to demonstrate how many chemicals you are exposed to daily is to write every chemical you come in contact with through the day on a notepad. What would this list look like?

Soap, Shampoo, Conditioner, Deodorant, Talcum Powder, Toothpaste, Moisturiser, Foundation, Sunscreen, Make Up, Eyeliner, Lip Gloss, Mousse, Hairspray, Perfume.

And that's before you've left the bathroom. It is not uncommon for the list to run to several pages by the end of the day.

The cumulative effects of these daily chemical exposures can be profound. Some estimates put the amount of artificial chemicals absorbed during a lifetime as high as 35 kg for men – almost half the average body weight and 120 kg for women – nearly twice their average body weight (10). Why is a woman's lifetime exposure so high compared to men? Because women, by choice, expose themselves to more chemicals.

So where do you start and what do you do to protect yourself and your loved ones? The first step is to identify the risk by preparing your list of daily chemical exposure, both at home and at work. Become aware of the chemicals in your food; under your kitchen and laundry sink; in your bathroom; medicine cabinet; garden shed; around your home and your workplace. Once you have your list, become an intelligent consumer and ask yourself, honestly, why you are using the chemicals.

Do you really need them? What can you do without? What could be done to minimise your exposure? Is there protective clothing and equipment you could use or implement a change in workflow to minimise your exposure? And of the chemicals that remain, are there safer or healthier alternatives? What cosmetics or personal care products? What cleaning agents? What type of paints and materials? What sprays are you using in the garden? Are you eating foods grown organically, or without the use of pesticides, or grown in a country with stringent safety standards? What about the packaging? Are there other ways of living or working?

The questions you ask, and the honesty of the answers, can have a dramatic effect on your chemical exposure, the potential damage they may do and the load they place on your body. It is also prudent to remember the object of the exercise is to reduce your total exposure to all chemicals, both natural and artificial, not just substitute one for another.

In the next article we'll look at the third cause of cancer: The things you catch.



Dr Stephen Hardy serves on the Cancer Care Centre Board and is a cancer biologist and immunologist. He has many years' experience

in the preventative health, wellness and environmental sector and is the founder and managing director of Promoting Good Health Pty Ltd.

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

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

Young Women's Support Group

A friendly support group for women under 45 to discuss issues affecting them on their cancer journey.

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

Please register your interest by telephoning the Centre on 8272 2411.

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

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

Massage – Oncology, Relaxation, Remedial

Therapist: Gerrie
Fortnightly, Monday mornings
Members \$40 Non-Members \$85

Massage – Remedial, Relaxation

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

Reiki

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

Tuesday

Counselling

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

Men's Support Group

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 – 9.00pm
By Donation

Please register your interest by telephoning the Centre on 8272 2411.

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

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

Massage – Oncology, Relaxation, Remedial

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

Reiki

Therapist: Colomba
Weekly, Tuesday afternoons
Members \$40 Non-Members \$85

Wednesday

Counselling

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

Group Meditation

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

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

Thursday

Thursday Women's Support Group

A friendly support group for women over 45yrs of age to discuss issues affecting them on their cancer journey.

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

Please register your interest by telephoning the Centre on 8272 2411.

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

Counselling

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

Courses and Workshops

Please ring the Centre on 8272 2411 to book into a workshop/course as bookings are essential.

Friday

Massage – Oncology, Relaxation, Remedial

Therapist: Louise
Fortnightly, Friday mornings
Members \$40 Non-Members \$85

Reiki

Therapist: Colomba
Fortnightly, Friday afternoons
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 this great resource can help. Internet research can be arranged for you by one of our volunteers.

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

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.

Monday

Journey to Wellness – a highly recommended course for all our new members.

This 6 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. The course is inspired by Dr Gawler's Cancer Healing and Wellbeing course.

Facilitators: Sarah Trangmar, Richard Roope, Paul Kern, Lynne Murphy, Anne-Marie Halligan and Pam Mitchell
Next course commences 20 February
10.00am – 12.30pm
Cost: \$120

Wednesday

Seeds for Health Organic Gardening

Facilitators: Diana Bickford, Cath Caon
6 week course. Next course commences 26 April, 10.00am – 12.30pm
Members \$85 Non-Members \$105
Full details page 14

Yoga

Yoga It's safe, fun & easy to do. You will enjoy this relaxing class of gentle exercise and conscious relaxation. An 8 week course that requires no prerequisites.

Facilitator: Tina
Next course commences 15 February
2.30pm – 3.45pm
Class is limited to 12
Members \$56 Non-members \$80

Juicing Workshop

This monthly 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

Friday

Vegan Cooking

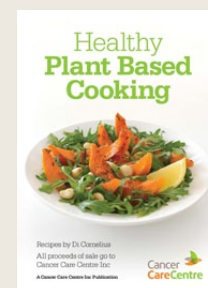
Come along to this fun morning workshop, exploring a vegan way of cooking.

The workshop is suitable for anyone new to vegan cooking or for those who are currently vegetarian and looking to include some healthy vegan alternatives to their diet.

Participants who attended one of our vegetarian cooking courses might find this workshop worthwhile to refresh their vegetarian meals.

Course will be held on Friday 24 February from 10am – 1.00pm
Members \$55 Non-members \$75
Full details page 10

The course fee includes a copy of 'Plant Based Cooking', Cancer Care Centre's own vegan cook book by Di Cornelius.



Saturday

Exercise your Lymphatics

Facilitator: Richard Roope
2 consecutive Saturday afternoons
Next course commences 4 February, 1.30pm – 4.30pm
Members \$48 Non-members \$75
Full details page 14



Cooking for Your Health!

Introducing a fun morning of vegan information and cooking. Join Brigeen Gilroy in this informative workshop where you will learn ways to adapt a vegetarian diet to a vegan one.

As many people are aware, vegetarians do not eat meat, fish, or poultry. Vegans follow a vegetarian diet, but they also ensure they do not use animal by-products such as eggs, dairy products, or honey.

People choose to be vegan for a variety of reasons. Some choose to not eat any foods containing animal produce due to their concern about animals, others wish to reduce their environmental footprint and some just wish to work on improving their health via their diet.

The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes.

Nutritious vegan eating can be inexpensive and quick to prepare using ingredients found in any local supermarket. Fresh whole plant foods make up the bulk of a vegan diet for optimum health.

The workshop will discuss healthy alternatives to animal products such as eggs, milk, cheese and honey. Several dishes will be cooked during the morning for you to enjoy, along with extensive notes given and a copy of 'Healthy Plant Based Cooking' by Di Cornelius will be included as part of the workshop fee.

Those who have already attended one of CCC's 'Vegetarian Cooking' classes will find this workshop a good add on to their vegetarian repertoire.



Beetroot lentil burgers.



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. first step in complementary care for your cancer journey.

Who are the Dirty Dozen and the Clean Fifteen?

Continuing on from Dr Stephen Hardy's article on page 6, the 'Dirty Dozen' and the 'Clean Fifteen' refer to the fruits and vegetables that are the most and least contaminated by pesticide use.

All fruit and vegetables are valuable additions to a healthy diet, including those in the 'dirty dozen' group. However, with the 'dirty dozen' it might be wise to buy organic. That way they will become part of the 'clean' group, as you will be avoiding the pesticides that are used extensively in these fruit and vegetables' production.

"Non-organic foods usually cost less money. But there are other costs, hidden costs, that have to be considered too. These include abstract factors like the cost of demanding more from the earth than it can produce and the long-term health costs associated with ingesting chemicals" says David Suzuki; award-winning scientist, environmentalist and broadcaster.

Both the dirty dozen and the clean fifteen are discussed at the Centre's monthly juicing workshop.

The juicing workshop is facilitated by Cherie Gauci from Grass Roots Wellness. Cherie will discuss different juicing combinations, what tastes best together and what to do with the leftover pulp. She will also talk about different types of juicers on the market and which type is best to use. You will be given comprehensive notes, including the Dirty Dozen and Clean Fifteen when you attend.

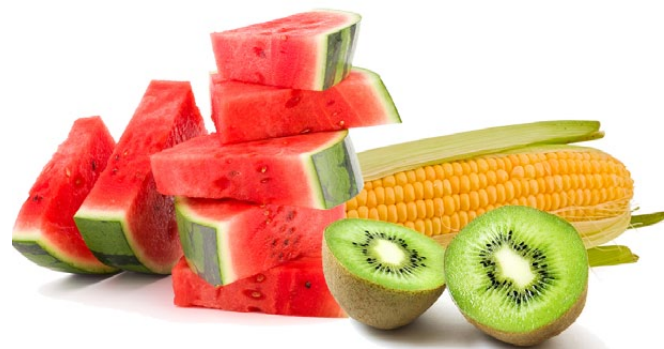
All fruit and vegetables used during the workshop are organic and are kindly provided by Organic Box, an Adelaide family based company that delivers organic produce directly to your door. Organic Box are an ACO certified retailer and are passionate about providing high standard organic fruit and vegetables to their customers.

Members \$7.50,
Non-members \$10

**Bookings essential;
please ring the Centre.**



All fruit and vegetables used in the juicing workshop are kindly supplied by Organic Box.



Dirty Dozen

Foods most contaminated by pesticides and insecticides:

Apples	Cucumbers
Strawberries	Cherry tomatoes
Grapes	Snap Peas (imported)
Celery	Potatoes
Peaches	Blueberries (domestic)
Spinach	Lettuce
Sweet Bell Peppers	Kale
Nectarines (imported)	

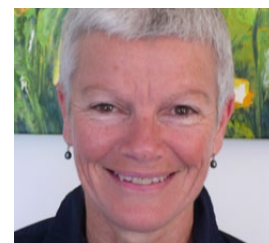
Clean Fifteen

Foods lowest in pesticides and insecticides:

Onions	Eggplant
Sweet corn	Kiwi Cantaloupe
Pineapple	Sweet Potatoes
Avocado	Grapefruit
Cabbage	Watermelon
Sweet peas (frozen)	Mushroom
Asparagus	Eggplant
Mango	

New Year's Resolution... take time to meditate.

Join our meditation class every Wednesday morning.



Dharmamodini
who facilitates the
Wednesday morning
meditation class.

There is an old Zen saying: "You should sit in meditation for 20 minutes a day, unless you're too busy. Then you should sit for an hour".

Unfortunately most of us really are too busy to sit and meditate for an hour each day. However, establishing a daily meditation practice of even just 10 minutes, will have a positive and noticeable impact on how you cope with the busy-ness and stress of daily life. Petrea King, CEO and Founder, Quest for Life Foundation says,

"The classic mistakes we all make when dealing with stress are:

1. We avoid what's bothering us. Dealing with things that stress us gives us mastery over them.
2. We stay up late. Stress and lack of sleep are partners in crime! We're more likely to be irritable and dwell on our worries without proper rest.
3. We give in to our inner couch potato. Exercise is known to reduce stress, even if it's just a short walk.
4. We eat junk food. Those chips and chocolates might seem like a good idea after a stressful day, but the surge and subsequent slump in blood sugar levels can make us feel even worse!"

"Meditation is a practical way to combat our stress mistakes", says Petrea.

Attending a weekly meditation class is a great addition to your daily practice as it helps you 'check in' with how your practice is going.

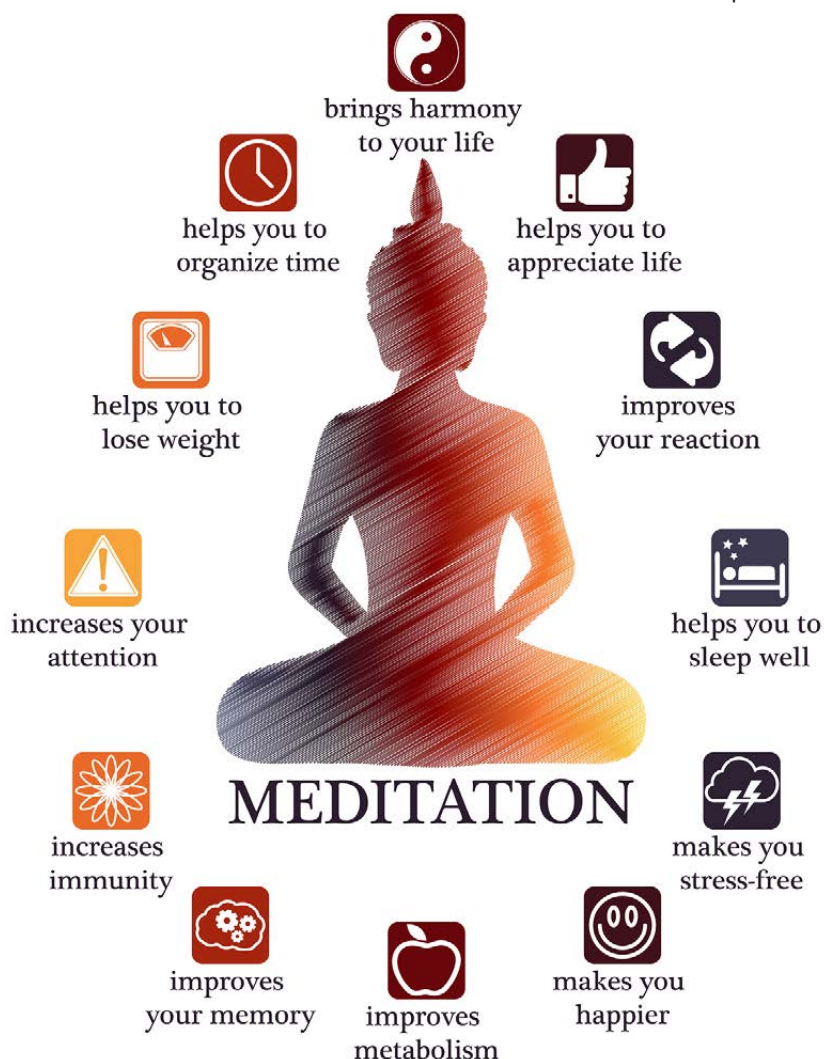
The Centre offers a weekly meditation class every Wednesday morning. The class is suitable for everyone, regardless of your meditation experience.

Most attendees in the class choose to sit on a chair to meditate, but you are welcome to sit on the floor if you would prefer. The session is facilitated by Dharmamodini, an ordained member of the Triratna Buddhist Order, who has twenty years' experience practising and teaching meditation.

Members \$7.50
Non-members \$10.50

Bookings not necessary.

If you are unable to attend the Wednesday morning session, you may like to borrow a meditation CD from the Centre's library. We have numerous titles including Petrea's *Learning to Meditate*; *Be Calm*; *Golden Light Meditation*; and *Tranquil Night*. (Note: only members may borrow from the library).



Portable Laser Machine purchased thanks to Dry July®



Earlier this year the Centre purchased a portable hand held laser machine thanks to funding received by Dry July®

The handheld device is used to deliver Electro-lymphatic therapy (ELT), which sends high frequency electrical pulses into the lymphatic system.

ELT is a very successful therapy to assist people with lymphoedema.

There are many benefits to using ELT in conjunction with manual lymphatic massage.

The frequencies emitted by the machine assist in breaking up the congestion of lymphatic fluid at a fast rate and are able to target an affected area efficiently. EFT can also reach areas that may not be reached manually and able to stimulate lymph nodes that are protected by bony structures such as the upper chest area.

Four therapists at the Cancer Care Centre, who are accredited lymphoedema management practitioners, have been trained in the correct and safe use of the hand-held laser machine.

Results so far have been very encouraging with many of our clients who suffer lymphoedema reporting good and noticeable improvement after a treatment.

Please phone the centre to book a treatment with one of our specially trained therapists.



Richard demonstrating the hand-held laser machine on Antonella, one of CCC's volunteers



A great afternoon of entertainment and fundraising for the Centre!

Recently Anita, one of our members, held a fundraiser at the Parkside Hotel.

Leanne (CCC Coordinator), along with Ian Budenberg (CCC Chairman) and his wife Rosie, joined the guests. The afternoon consisted of a live jam session with band members from the Zep Boys.

Joining them to support their friend Anita were celebrities Ernie Dingo and Diane Dixon.

The event raised over \$6,000 that was generously donated to St Andrews Hospital and Cancer Care Centre.

Pictured above is Leanne with Brad and Vince from the Zep Boys, Ernie Dingo, Anita, and Bob who organised the event.

Upcoming Short Courses & Workshops at the Centre



Exercise Your Lymphatics Weekend Workshop

Based on our popular six-week course, we are offering two consecutive Saturday afternoons to learn safe and effective techniques to improve your lymphatic system function.

Facilitated by one of the Centre's lymphatic massage practitioners, Richard Roope will guide you through techniques and exercises you can do at home. Past participants have found Richard's information and handouts to be very useful and practical.

Saturday 4 & 11 February, 1.30pm – 4.30pm
Members \$48 Non-members \$75



Seeds for Health Organic Gardening Course

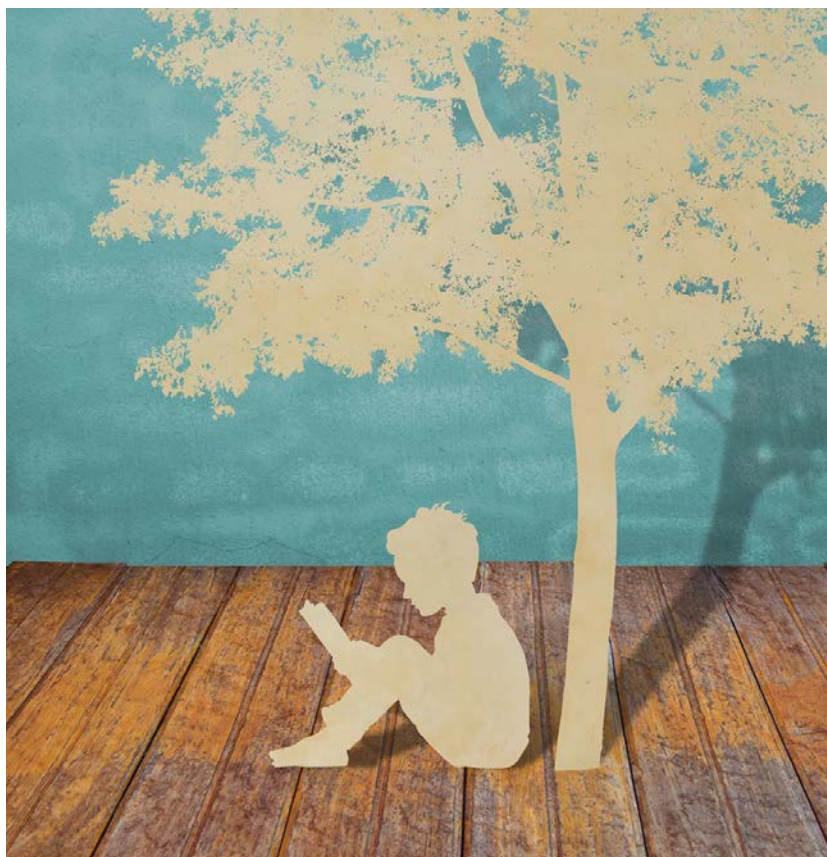
Our ever-popular autumn course will again be held at the Fern Avenue community garden, commencing on Wednesday 26 April.

The course is held over six weeks, from 10am to 12noon, with a shared lunch to follow.

Learn about the principles of organic gardening, sowing seeds, permaculture and management, composting, water systems, mulch and much much more.

Please ring the Centre on 8272 2411 as bookings are essential.

Members \$85 Non-Members \$105



New Books in the Library

Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar – Your Brain's Silent Killers

by Dr David Perlmutter

Renowned neurologist Dr David Perlmutter, blows the lid off a topic that's been buried in medical literature for far too long: gluten and carbs are destroying your brain. And not just unhealthy carbs, but even healthy ones like whole grains can cause dementia, ADHD, anxiety, chronic headaches, depression, and much more. Dr Perlmutter explains what happens when the brain encounters common ingredients in your daily bread and fruit bowls, why your brain thrives on fat and cholesterol, and how you can spur the growth of new brain cells at any age. He offers an in-depth look at how we can take control of our 'smart genes' through specific dietary choices and lifestyle habits, demonstrating how to remedy our most feared maladies without drugs. With a revolutionary 30-day plan, *Grain Brain* teaches us how we can reprogram our genetic destiny for the better.

Brain Maker: The Power of Gut Microbes to Heal and Protect Your Brain – for Life

by Dr David Perlmutter

Debilitating brain disorders are on the rise, from children diagnosed with autism and ADHD to adults developing dementia at younger ages than ever before. But a medical revolution is underway that can solve this problem. Astonishing new research sheds light on the influence of the human microbiome in every aspect of health, including your nervous system. In *Brain Maker*, Dr Perlmutter explains the connection between intestinal microbes and the brain, describing how the microbiome develops from birth and evolves based on the environment, how it can become 'sick', and how nurturing gut health through a few easy strategies can alter your brain's destiny for the better. With simple dietary recommendations and a highly practical program of six steps to improving gut ecology, *Brain Maker* opens the door to unprecedented brain health potential.

A big thank you to our wonderful volunteers



Cancer Care Centre...
a place of help, hope and understanding.

Become a member of Cancer Care Centre

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 enhances well-being on physical, emotional, mental and spiritual levels. Areas specific to cancer care include interpersonal support such as counselling and support groups; stress management approaches including meditation and massage; and nutritional approaches to create a healthy diet.

Research has demonstrated that complementary care improves cancer patients' well-being and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre is staffed mainly by volunteers, many of whom have been affected by cancer in their own lives. They include Support Workers and Practitioners experienced in the fields of counselling and an extensive range of therapeutic choices.

As a member of Cancer Care Centre you can enjoy discounted products and services.

Discounted services include:

- counselling
- therapies – including remedial massage, lymphatic drainage massage; Reiki; Bowen Therapy and EFT
- Exercise classes – Yoga, Exercise Your Lymphatics
- Nutritional courses
- water purification system (heavily discounted by \$400)
- receive discounts on various events and products

You will also at be entitled to (free of charge):

- receive a Healthy Living magazine subscription
- use the Centre's extensive library of books and DVDs
- attend Twilight Talks
- avail yourself to our Pathways Interview – our 'flagship' entree into the Centre.

When you become a member you will receive a free therapies session of your choice (value \$85 non-member) plus a free counselling session (value \$85 non-members).

Membership fee for 12 months:

Standard \$80 Concession \$60

To join now:

Call 8272 2411 or visit
www.cancercarecentre.org.au

Cancer Care Centre membership is available to cancer patients and their family members.

A Cancer Care Centre membership also makes the perfect gift.



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