

HealthyLiving

Cancer Care Centre Inc.
Quarterly Program and Newsletter

Gluten – to EAT or NOT to EAT

What are the symptoms
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A Retreat in India

CCC volunteer Cherie shares
her recent retreat experience.
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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'

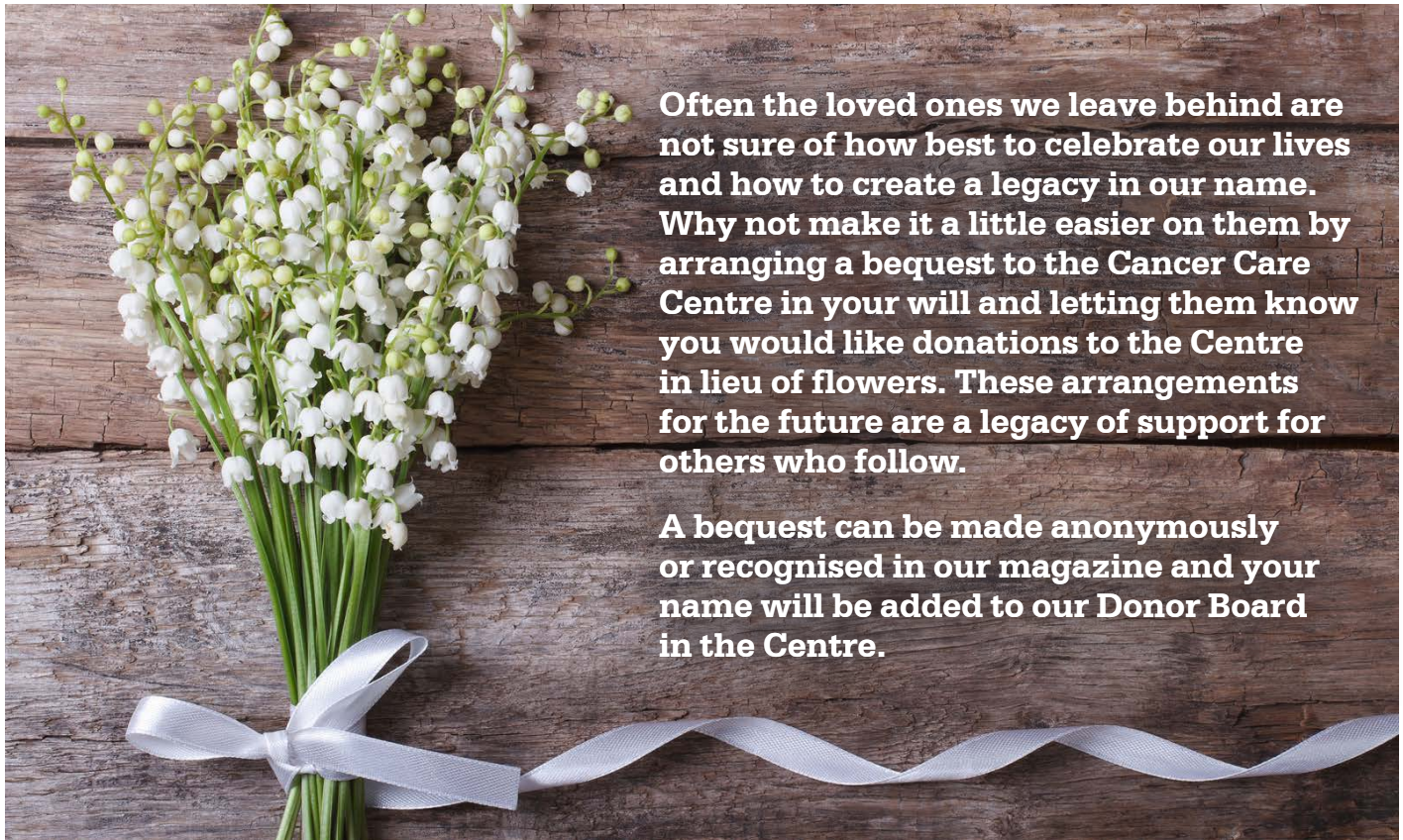
wellbeing and may assist them to better tolerate their medical treatment for optimal outcomes. Cancer Care Centre Inc staff consist of a variety of dedicated health care professionals and trained volunteers – many of whom have been affected by cancer in their own lives. We support individuals and families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



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:

- | | |
|------------------------------|--|
| David and Nicole Crawford | Kerry Phillips |
| June Hanlon Charitable Trust | Margaret Southcott |
| Ken Hancock | David Toohey |
| Christine Bradfield | Adrian Kenney |
| Peter Totsikas | Hugh Browell |
| BJ J& CA Slack | Penelope Gore |
| Pearl Benveniste | Steven risitano |
| Carolyn Watkins | Bruce Trebilcock |
| Annette Masters | Kristine Spencer |
| Vicki Braidwood | Family and friends of Pam Nielsen |
| Gregory Stanford | Family and friends of Carmelo Fogliano |
| Babara May | |
| Marg McClure | |

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

- Elena Voss
Malcolm Potticary
Ray & Jocelyn Nicholson
Yvonne Martin Clarke
Alex May



Donations made after 16 June 2017 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

It's my pleasure to be writing this on an extended cycling holiday in Europe where we are enjoying some warm weather, although from weather reports I see winter has arrived in Adelaide with quite a cold snap.

From these notes in Healthy Living and from AGM reports over the last few years, you will be aware that we are trying to attract many more people to our services and to raise our profile among the whole cancer community in South Australia – whether that be those with cancer and their carers; those medical professionals treating cancer or those alongside us in the not for profit sector. We are trying to be strategic and collaborative as we don't have the funding to flood the internet, the TV or print.

The Board is working to establish a national network of like-minded organisations to be called The National Alliance of Wellness in Cancer Care. Founding members alongside us will be Solaris (WA), Bloomhill (Qld), Olivia Newton John Centre (Vic), Peter Mac. (Vic) and the Chris O'Brien Centre (Sydney). The aims include

- providing strength and support to each other as we provide a unified voice across the country;
- better gathering and dissemination of the overwhelming evidence behind our philosophy,
- creating quality frameworks for our operations.
- sharing advocacy roles, raising awareness of our activities and trying to drive health policy changes
- sharing resources and learning from each other.

I expect to advise members further at the AGM on September 20th.

I am sad to report that Ms Yvonne Smolenski resigned from the Board earlier this year. I will acknowledge her contribution in more detail on September 20th but I miss her expertise and wise words at our meetings – and in between.

I look forward to seeing many of you on September 20th.

Kind regards,

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 'Journey to Wellness' course
- \$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 Centre Coordinator 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



Juicing Workshop... first Wednesday of each month.

If you are new to juicing or would like to know more, come along to this informative workshop.

During the hour-long session, you will learn some great information such as

- how to juice
- the benefits of juicing
- what to juice to optimise your wellbeing
- best time to drink juice to gain maximum benefit

You will have the opportunity to try several different combinations, made fresh during the workshop.

Handouts, covering the benefits of juicing, juicing machines on the market and which type is best, and ideas on what to do with the pulp are included.

Juicing is an easy and fast way to consume a large number of vitamins, minerals, enzymes and antioxidants which are all highly beneficial for good health. Drinking small amounts of vegetable juice can boost your energy, enhance your immune system and assist with the breakdown and elimination of toxins.

So come along and join Cherie Gauci, Integrated Nutrition Health Coach, for a fun and informative workshop.

The workshops are held at the Cancer Care Centre on the first Wednesday of every month, from 1 to 2pm. Bookings essential.

Cancer Care Centre's juicing workshops are kindly sponsored by Organic Box.



Nutritionist now available for consultations at the Centre



Here at the Centre we now have a nutritionist as part of our volunteer team. Michelle Allen graduated with a master of Nutrition and Dietetics from Flinders University in 2016 and gained hands on experience in clinical, food services and community and primary health care during her final year of study.

Michelle is very passionate about the importance of good food and nutrition in order to nurture, nourish and care for our bodies and our souls. She has a strong desire to make a positive difference in people's lives and to use her knowledge of nutrition and its impact on health, particularly in the area of chronic disease.

"My decision to become a dietitian was due to my love of good food, health and wellbeing and wanting to strive to become as educated in this area as possible in order to make a positive impact on individual lives as well as the wider community" says Michelle.

"My philosophy is to get back to basics and incorporate plant based wholefoods in as close to their original form as possible to make home-cooked meals filled with the goodness needed to live out our lives as fully as possible. To include a range of different fruits and vegetables into our daily lives full of freshness, colour and taste. Good food is not only important for the body, but the heart and mind. It's also such an important part of our daily lives, family, relationships and traditions, so let's give it the importance it deserves".

Michelle is available at the Centre each Friday. Please ring to book an appointment. Each appointment is for one hour and the cost to members is \$40

Annual General Meeting

Members are advised that the Annual General Meeting for Cancer Care Centre will be held on **Wednesday 20 September at 7pm** in the meeting room at the Centre. You are encouraged to attend and support your Centre. A light supper will be served afterwards.

Please RSVP by 13 September for catering purposes.





Gluten – to EAT or NOT to EAT that is the (digestion) question?

by Craig Wainwright, Naturopath, Pharmacist.

Going gluten free has become an increasing trend in recent years. In fact it appears to be more fashionable than smashed avocado. But there is often scepticism expressed about the medical need, and concern about any dietary deficiencies associated with going gluten free.

Gluten avoidance in Coeliac disease and wheat allergy is vital. Now there exists good evidence that gluten can cause a myriad of other health problems in those without Coeliac Disease or a wheat allergy.

Many people have discovered this through their own process of elimination, and the detrimental effect of gluten on their health.

Symptoms sufferers experience can include:

- foggy / cloudy mind
- depression
- headache
- fatigue
- leg and arm numbness
- hyperactivity
- schizophrenia

And

- abdominal pain
- diarrhoea
- bloating
- constipation
- weight loss
- anaemia

And

- skin itch, redness
- eczema



It has now been shown that the same genes that predispose people to Coeliac disease (these genes exist in up to 30% of the population) also are involved in a condition called Non Coeliac Gluten Sensitivity (NCGS). Despite the fact that only a small percentage of these people develop Coeliac Disease, it has been shown that up to half the people with these genes have and will develop gluten sensitivities and that these are responsible for the many symptoms that they experience.

Going Gluten free for these people is important to improve their health.

I am a strong advocate for testing for the genes that pre-dispose you to NCGS & Coeliac Disease. This is a test that can be done by your GP or by some naturopathic clinics (at a cost to yourself). If you are positive for either of these 2 genes (known as HLA-DQ 2 and DQ8), then this can explain why you have a problem with gluten.

Why does it start?

Different factors, at any stage of life, can lead those with this genetic predisposition to develop gluten sensitivity.

- Gastroenteritis
- Antibiotic induced diarrhoea (even recurrent antibiotic use without diarrhoea)
- Stress
- Chemical exposure (food and environmental)
- Early introduction of gluten
- Reduced breastfeeding of infants
- Change in gluten (modern agriculture has led to the development of wheat with higher gluten content)
- Gluten overload (if you have your toast, weet-bix for breakfast, sandwiches for lunch and pasta for dinner, you may be maxing out on gluten!)

It is not uncommon to suffer from just the neurological effects of gluten sensitivity, with little or no bowel discomfort. This is due to the production of antibodies to not only gluten but enzymes important for healthy brain, mental and skin health.

The good news is that along with avoiding gluten, we can reverse the damage by using specific probiotic, herbs and nutritionals (and good foods as well!) This can lead to many or all of your symptoms disappearing quickly.

What do I eat instead?

Including whole foods such as chickpeas, quinoa, buckwheat, beans and peas can ensure you get all the fibre and nutrients you need, if you go gluten free.

Always best to buy whole foods. Many processed gluten-free foods, whilst having no gluten may not be a good source of important nutrients

If you suffer from any of these complaints, I would advise booking an appointment with a naturopath who can help you achieve a healthier you.

Above: Gluten free grains to include in your diet: buckwheat, amaranth, brown rice, millet, sorghum, teff, black and red quinoa.



Craig is both a qualified naturopath and pharmacist with nearly 30yrs experience in the health industry. He is a contributor to Blackmores Institute education programmes and also serves on their Pharmacist Advisory Group. He has a keen interest on evidence based medicine and is able to use his combined naturopathic and pharmaceutical knowledge to ensure safe prescribing of herbal and nutritional supplements with pharmaceuticals.

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.

Melanoma Support Group

Facilitator: Karen

Last Monday of the Month
10.30am – 11.30am

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

Therapist: Ryan

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

Counselling

Counsellor: Natalie

Weekly, Monday afternoons
Members \$40 Non-Members \$85

Tuesday

Counselling

Counsellor: Dagmar

Weekly, Tuesday afternoons
Members \$40 Non-Members \$85

Art Therapy – one on one

Individual 90-minute session

Facilitator: Rebekah

Weekly, Tuesday mornings
Members \$60 Non-members \$90

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

One on One Meditation

Facilitator: Dagmar

Weekly, Tuesday afternoon
Members \$20 Non-Members \$30

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.

Twilight Talk

Twilight Talks are an informative session held on the second Tuesday of each month from 6.30pm to 7.30pm.

Cost: Members free Non-members \$20
Bookings essential.

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

Wednesday

Group Meditation

Facilitator: Dharmamodini

No booking necessary
Weekly, Wednesday mornings
10.30am – 11.30am
Members \$7.50 Non-Members \$10

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

Therapist: Sarah

Weekly, Wednesday mornings
Members \$40 Non-Members \$85

One on One Meditation

Facilitator: Nicole

Weekly, Wednesday morning
Members \$20 Non-Members \$30

Massage – Oncology, Lymphatic Drainage, Remedial

Therapist: David

Weekly, 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 – Oncology, Remedial, Lymphoedema Therapy

Therapist: Erin

Fortnightly, 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.

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

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

Counselling

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

One on One Meditation

Facilitator: Lynne
Weekly, Thursday afternoon
Members \$20 Non-Members \$30

Friday

Massage – Oncology, Lymphatic Drainage, Remedial

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

Dietician/Nutritionist – One on One Dietary/Nutrition

Dietician: Michelle
Weekly, Friday morning and afternoon
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

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 7th August
10.00am – 12.30pm

Wednesday

Yoga

It's safe, fun & easy to do. You will enjoy this relaxing class of gentle exercise and conscious relaxation.

8 week course that requires no prerequisites

Facilitator: Tina

Next course commences 9 August
2.30pm – 3.45pm

Class is limited to 12

Cost: Members \$55 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

Eat to Thrive

This 4 week course will teach you how to prepare simple healthy vegetarian meals. The workshop will be fun & interactive and allow for participants to ask questions and discuss relevant topics.

Facilitator: Michelle Allen

– Dietician/Nutritionist

Next course Commences 7 July

10am – 12.30pm

Members \$55 Non-Members \$80

Saturday

Vegan Cooking

Come along to this fun 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 vegan alternatives.

Next course commences 12 August,
9.30am – 12.30pm

Members \$15 Non-members \$30

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.



Causes of Cancer – Part 4b: Your immune system

by Dr Stephen Hardy PhD.

Previous articles in this series (1 - 4) have discussed preventing 37,000 Australian cancer cases a year by addressing six lifestyle factors (5).

Part 4a looked at the cancers you catch – bacteria, viruses, fungi, parasites and other infectious agents (4). We also discussed how surprisingly common these cancer-causing infectious agents were and how your immune system protects you from them. But your immune system does far more: It is fundamental to protecting you from all cancers, no matter what may have caused them. This is what we'll cover here.

To begin, we need to understand two things:

1. What is cancer?
and
2. What does your immune system do?

We'll tackle the second question first: Your immune system is your defence system and protects you from threats. The most obvious threats are from outside – the "What you catch" microorganisms Professor Frazer is talking about we discussed in Part 4a (4, 6). But threats don't just come from outside the body. They can also come from within.

A healthy society works because everyone living in it obeys an agreed set of rules. Every individual has a job to do, knows what is expected of them and does their bit for the common good. As a result, the society survives and prospers. Your body works exactly the same way. You are made up of around 30 trillion highly specialised cells, all working harmoniously together to make up the unique person you are (7). But what happens when one cell isn't interested in the collective good and does its own thing? We have a name for that: Cancer.

Cancerous cells are selfish. Whatever may have caused them to turn cancerous; they aren't interested in being a responsible member of society or in supporting the other cells of your body. They have rejected the rules and only care about getting what they want, when they want it. And they don't care who they lie to, rob, use, ride roughshod over or hurt in the process. They are so selfish that if left unchecked, they will destroy the society they live in and all the other cells in it. And if enough of your cells die, so do you. Cancerous cells are therefore Enemies of the State.

Nature has invested a lot of energy in creating something as large and complex as you. It protects this investment – be it against an attack from outside or one from within – through your immune system. So in addition to protecting you from viruses, bacteria, fungi and parasites, specialised cells of your immune system, notably T-cells and Natural Killer (or NK) cells, play a watchdog role, constantly on the look out for potentially cancerous enemies of the state. When they find them, they flag these early cancers for destruction by the immune system.

This seek-and-destroy mission never stops. It started on the day you were born and will continue to the day you die. Early cancers, irrespective of whatever may have set them off, arise in your body surprisingly often – some would argue almost daily. We will discuss why in later articles. If these early cancerous cells get missed or use camouflage or sneaky tactics to slip past or trick your immune system - which they do (8) - it may be just the start they need to become a full-blown cancer and put your life at risk. I cannot stress this point enough: Potentially life-threatening cancerous cells are constantly being formed in your body and your immune system stops them.

When your immune system is at the top of its game, it will spot these early cancers and flag them for destruction within days to weeks. If your immune system isn't doing its job effectively and an early cancer gets missed or sneaks past your defences, then it is on its way. Left to its own devices a cancer may have been growing inside you for between 2 and 9 years before the doctors know about it (9 - 13). That's giving your opponent a 780 metre head start in an 800 metre race. You've then a real battle on your hands. Do you really want to leave it that long?

So what can you do? Previous articles of this series give powerful clues (1 - 4). As the cost of freedom is eternal vigilance, you need to do everything you can to keep your immune system at the top of its game. Then it can promptly and effectively deal with whatever threats may arise. We touched on this in the opening article of this series (1):

- The worse your diet, the worse your immune system gets;
- The worse your lifestyle, the worse your immune system gets; and
- The more chemicals and pollution you are exposed to, the worse your immune system gets.

We also need to touch on another thing that affects your immune system: Your mental and emotional state. I'm sure it will come as no surprise to discover the worse your mental and emotional state, the worse your immune system gets. Being depressed is an apt description, because that's exactly what it does to your immune system (14, 15). And a watchdog that isn't watching, is no watchdog at all.

You are responsible for your diet, your lifestyle, your chemical exposure and your mental and emotional state. We know from the previous articles these factors not only influence the health and competence of your immune system, they also determine how many cancers may be forming in your body and how quickly they grow. The more early cancers are formed and the faster they grow, the harder your immune system has to work to stop them. Taking action to reduce the load on your immune system so it doesn't have to work so hard to keep you safe is therefore a very good idea.

So what are the take home messages from this article (and this series)?

- If you want to protect yourself from cancer: Look after your immune system so it can spot developing cancers early and eliminate them;
- If you are undergoing treatment for cancer: Look after your immune system as many of the current treatments for cancer also damage the immune system, often severely;
- If you are recovering from cancer: Look after your immune system as it will be cleaning up any residual cancer your treatment might have missed; and
- If you've had cancer and don't want it again: Look after your immune system so it can eliminate any re-occurring cancers early.

If you want to avoid cancer and many other conditions besides, looking after your immune system is an essential and non-negotiable cornerstone of good health.

A search of the scientific literature shows great strides are being made in understanding the role the immune system plays in cancer: From developing vaccines for cancer or the microorganisms that cause them; recruiting the immune system to fight cancer; using the microbiome and immune system as combination therapies against cancer; making the immune system aware of how cancer camouflages itself, how it sneaks past your defences or how it hijacks the immune system for its own ends and many more besides. In time such ideas will flow to the clinic to improve the effectiveness of cancer treatments, although many are still years to decades away. Irrespective of how effective these future treatments may be however, none will ever be better than prevention of not getting cancer in the first place. This is and will forever remain your best defence. Indeed, it is the primary focus of this entire series of articles. Your body is set up by nature to protect you from cancer – provided you respect it. The decisions you make every day determine whether you are supporting or interfering with the process and therefore, your cancer risk.

Finally, given what is happening to the environment (3) and the increasing stress the immune system is under, I would encourage you to investigate and consider incorporating supplements into your health plan specifically designed to educate and support the immune system and keep it at the top of its game. Because if your immune system isn't happy and healthy, neither are you.

In the next article we'll look at the last cause of cancer: Genetics.

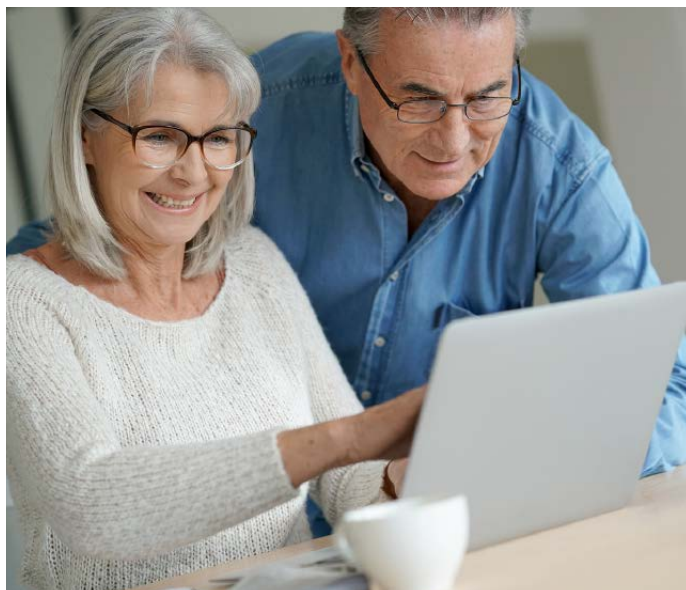


Dr Stephen Hardy serves on the Cancer Care Centre Board and is the founder and managing director of Promoting Good Health Pty Ltd.

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Online Self-help Program to help Support People Diagnosed with Cancer



A new online support program has been developed by researchers from Flinders University in collaboration with Flinders Centre for Innovation in Cancer. The programme, 'Finding My Way', can be accessed by anyone newly diagnosed with cancer.

The program is free to use and gives you strategies to manage different issues you might experience during diagnosis, treatment and recovery.

The program focuses on six key areas of physical and mental wellbeing:

- Initial diagnosis – how to manage what is happening, how to communicate with your oncologist and other medicals involved in your treatment
- Managing the physical symptoms of treatment such as pain and nausea
- Strategies to help you cope with the emotional stress you may be experiencing
- Dealing with identity and role changes in your life
- How to support loved ones
- Life after cancer

To access 'Finding My Way' go to www.findingmyway.org.au

Winter Rainbow Chard Salad

...a healthy winter salad from nutritionist Michelle Allen

While salads are usually more common in the warmer summer months, this winter salad recipe is fresh, satisfying and comforting and makes a great simple lunch or dinner idea.

While swiss rainbow chard has been used in this recipe due to the delightful colours, any type of leafy green can be used. A beetroot and walnut dip is a lovely combination of flavours to compliment the salad and is very easy to make!

Ingredients:

Salad

- 250g swiss chard
- ½ butternut pumpkin diced and roasted
- 1 red onion chopped
- 1 clove garlic chopped
- 1 tbsn olive oil
- 1 tspn paprika
- 1 tspn cumin
- 2 tbsn pomegranate seeds
- 1 pear sliced
- 50g walnuts
- ¼ cup red wine vinegar

Beetroot & walnut dip

- 100g walnuts
- 1 beetroot
- 2 cloves garlic
- 1 lemon
- ¼ cup olive oil
- ½ tspn paprika
- ½ tspn cumin



Method

Turn oven to 180 degrees celcius. Chop butternut pumpkin into small square pieces and place on baking tray in oven with drizzle of olive oil for 30 min.

Cut away the outer hard skin of beetroot and wrap in alfoil and place in oven for 30 min.

Peel 2 cloves of garlic and place in oven for 15 min.

Heat olive oil in frying pan over low heat and place chopped onion, garlic, walnuts and spices in pan until slightly browned.

Add red wine vinegar and chopped swiss chard stir until greens are lightly cooked.

Once the pumpkin has roasted well toss into salad.

Slice pear and top salad with it.

Sprinkle pomegranate seeds onto salad.

To make the beetroot and walnut dip use a food processor and place chopped beetroot (once roasted through) garlic cloves and walnuts, olive oil and spices. Process until smooth and creamy.

Place the salad on a serving dish alongside beetroot dip and enjoy!

If desired, quinoa can be used to bulk up the salad:

Place 1 cup of quinoa in saucepan and pour 2 cups of water.

Bring to boil and then simmer uncovered until all water has been absorbed and the tails of the quinoa have opened out.

Transfer quinoa to bowl and serve.

My Spiritual Leave

Cherie is a volunteer at the Cancer Care and runs the monthly juicing workshop. She is also a Wellness Coach and Yoga Teacher.



Cherie taking a dip in the sacred river Ganges.

I always like to jump on a good idea when it presents itself.

I was in the middle of teaching my juicing workshop at the Cancer Care Centre in February when a couple of the participants mentioned they had just returned from India. Always interested in an adventure story, I asked them lots of questions and felt a growing desire that I needed to visit this place they were describing. Arriving home that night, I jumped on Google and decided this is a place worth visiting. Rishikesh !

Rishikesh is the mother of all cities when it comes to spiritual leave from the western world and a paradise for anyone interested in meditation and yoga. Being a Yoga & Meditation Teacher and a passion for all things yoga, I thought this is a place I need to be to truly immerse myself - the very 'birth place of yoga'. A few days later, I booked a 10-day spiritual immersion retreat.

When I arrived, life on the streets of Rishikesh seemed chaotic! Scooters blaring their horns continuously, the road clogged with cars, tuk-tuks pattering past, donkey carts trudging along, cows deciding that the middle of the road is the best

place to rest; it seemed that there were no rules that applied to the road. Asking my local guide why there were no road accidents despite the chaos, he told me "everyone is so much more aware of their place on the road and of their surroundings compared to the West because there are no rules and people go with the flow".

Even with all the noise and busyness, I felt there was still a sense of calmness. For me, one who likes organisation and having everything in its place, I was surprised at how quickly I adjusted to my new environment. Perhaps I was "going with the flow" too?

My spiritual and healing retreat was an amazing experience. Having the opportunity to work with a small team of amazing yogis and philosophical geniuses from Rishikesh Yogis Shala was the absolute highlight. Their wisdom, understanding and teachings, which are available to everyone of all levels, was a gift.

During the retreat, I stayed in a beautiful ashram within walking distance to the Ganges River and being at the foothills of the Himalayas I was surrounded by stunning mountains too.

Our daily routine would involve rising around 5.30am to be ready for a herbal infusion by 6.00am, followed by a yoga class taught by the masters themselves. This was a perfect way to start off the day. The rest of the day was split up into lectures on yoga (it's history, different styles and philosophy), meditation and the mind, shamanic healing and pranayama (breath work), including a lot of practical experience which had my prana (energy) at an all-time high.

Meal times were simple but delicious. We were blessed with all dishes being made in accordance with the Ayurvedic healing ideals in mind, meaning they were not overly spiced, were easy to digest and had remarkable, authentic flavours. My tummy had never felt better – not to mention my hair and nails grew 7 x faster – even several weeks after my return – I'm sure of it!

Free time during the day allowed me to explore the town either on my own or with others from the group. Some days a guided tour was arranged to places of cultural and spiritual significance (including a visit to the Beatles Ashram). We were also put in contact with local and authentic

healing masters for massages, emotional release techniques, Ayurvedic medicine practitioners and other treatments and services to use if we wanted.

Everyone on the retreat was at varying levels along their healing journey (be it from childhood trauma, cancer, relationship breakdowns or other health issues) so we found that we were all using these options available based on how we were feeling and what we wanted to gain.

I am blessed to have formed great friendships with the team who ran the retreat and I will be returning to this magical place to assist them in their future retreats. Currently they are holding several in October and I would be happy to have a chat with anyone considering a trip to India.

India is a magical place and I still hold that small part of Rishikesh close to my heart that reminds me daily when things are not going my way, life is so much better when I just go with the flow.

Below left: my accommodation during the retreat.

Below right: one of the delicious meals served daily.



A Chance to Connect for Cancer Care Centre



Leanne Isaacson (Centre Coordinator) with one of our volunteers Nicole Crawford at the CCC's information stand

Cancer Care Centre recently had an information stand at the Cancer Nurses Society of Australia's national conference that was held in Adelaide at the Convention Centre.

Health professionals who attended the two-day conference heard from a variety of speakers, covering topics relating to the best support and treatment nurses can provide to their cancer patients.

The key note speaker was Professor Roma Maguire from the University of Strathclyde in Glasgow where she works in the area of Digital Health and Care. Professor Maguire has significant experience in the development and evaluation of supportive care and digital health interventions. She is one of the key investigators in the e-SMART study. This 5-year study is evaluating the impact of a mobile

phone based remote patient monitoring system on chemotherapy related toxicity.

The congress was a great opportunity for CCC to build connections and promote the Centre to those in the health industry. It was a chance for the volunteers manning the stand to educate nurses on the benefits complementary therapies play in the health and wellbeing of someone diagnosed with cancer.

Come along and have some fun!

We have two exciting courses at the Centre beginning soon – a vegetarian cooking course and a half day workshop on vegan cooking.

'Eat to Thrive' is a 4 week vegetarian cooking course that will teach you how to prepare simple healthy vegetarian meals. It will be fun and interactive; plenty of time during the course for you to ask questions and discuss relevant topics. The course will be run by Michelle Allen, Dietician/Nutritionist who has recently joined the volunteer team here at CCC.

Vegan Cooking

This half day workshop will explore a vegan way of cooking. It is suitable for anyone new to vegan cooking or for those who are currently vegetarian and looking to include some vegan alternatives. Please see page 9 for all details. Book early as space is limited.



A big thank you
to our wonderful volunteers



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

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.