



# Up and Running

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*Issue 02/09*

*Published By:*

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## Inside This Issue:

### **Breast Cancer - All You Need**

#### **To Know:**

This is a series of new web pages added to [www.cancer-gone.com](http://www.cancer-gone.com). The series of pages explain how to prevent breast cancer, and describes the types of breast cancer and what treatments are available. There are also pages that define the signs and symptoms. . . .

#### **Herbs:**

**Calendula** *Calendula officinalis*  
Known as the *pot marigold*. An amazing plant which is so underated and underused.

**Energy Conservation:** Electric cars and going off grid.

**News Headlines:** Latest news clips from around the world.

**Toa Te Ching** - Lou tzu Extract from ...

## **Pete's Ramblings**

Hi Pete here...

We are enjoying the warmer summer days here in London, however we are getting more thunder storms and humid days than normal for this time of year.

My wife thinks I didn't look cheerful enough in my last photo so this is me trying hard to be cheerful. And another go on the last page. What do you think?

This newsletter is focusing on Breast Cancer. If you are a man and think this does not apply to you think again, men can get breast cancer, although fairly rare, and all the symptoms are pretty much the same. If you are male or female it is a good idea to know your body and understand how to do a self examination. If you are a couple

you could have some fun and help each other. A good understanding of the types of disease, and what you can do to prevent it, or at the very least minimise risks of contraction is a must as this is the main cause of cancer death in woman today.

I have recently been investigating the possibility of building a electric powered vehicle for everyday use, the advances of technology and possibilities available are pretty good.

It looks as though my daily journey is just a bit too far, so I



*Me Pete at work on PC*

## **Breast Cancer:** **All you need to know:**

### **Breast Cancer**

Breast cancer has for a long time been the most feared disease that afflicts woman in the west. It is the 2<sup>nd</sup> leading cause of death in American woman and the most common malignancy in America and Europe.

There is a 1:8 risk of contracting breast cancer and a 1:28 risk of death.

Significant improvements have been made in screening and diagnosis which has enabled earlier treatment to start which has significantly reduced the death rate due to cancer.

A recent report stated that 1/3<sup>rd</sup> of all breast cancers removed were found to be benign. This suggests that the biopsy type diagnosis is fairly inaccurate and or inconclusive and as a result surgery is carried out to be on the safe side.

Given the significant improvements of treatment in general and the more frequent use of holistic mind body support, death resulting from breast cancer is in decline.

Prevention of breast cancer, like any cancer, is a real option. By prevention I do not mean the removal of breasts where there is a increased risk of contraction. I am talking about life style changes that have a significant effect in reducing the risks of contracting breast cancer.

### **The Breast**

The breast is made up of connective tissue, fat, and gland tissue which is divided into lobes. The breast is affected by the menstrual period and may become lumpy, change shape and size. The breast will also change with age becoming less dense as glandular tissue reduces and fat increases. The use of HRT may increase density.

The armpit has many lymph nodes which connect to the breast and the body's lymphatic system. There is also a line of lymph nodes vertically positioned between the breasts at the centre of the chest. This is called the Internal Mammary Chain.

The body's lymphatic system

am now looking at bio-fuels and producing my own at home. This looks much more feasible and could cut my fuel bills in half. As I currently commute 100 miles a day this is a significant chunk of my income. Look at the Energy conservation article inside.

Sadly several well known stars of TV and sport have contracted cancer. We wish them well with their journey and pray for a successful outcome.

My daughter and granddaughter arrive on Tuesday from Japan so am looking forward to a few weeks family get together for summer. They are going to show me how to make several Japanese style foods. If they are healthy I will obviously pass them on, if they are not so healthy I will be looking for ways to modify them. Could be interesting!

MY granddaughter is going to an American school out their and although it has only been 6 months she has already picked up a good accent. It will be interesting to see if she drops it while she is here.

I have been a bit lax lately with my diet so will be working hard to apply more raw foods to the menu.

Hope you are all well and working towards minimum risk by applying the six steps to a cancer free life.

Best wishes and good health

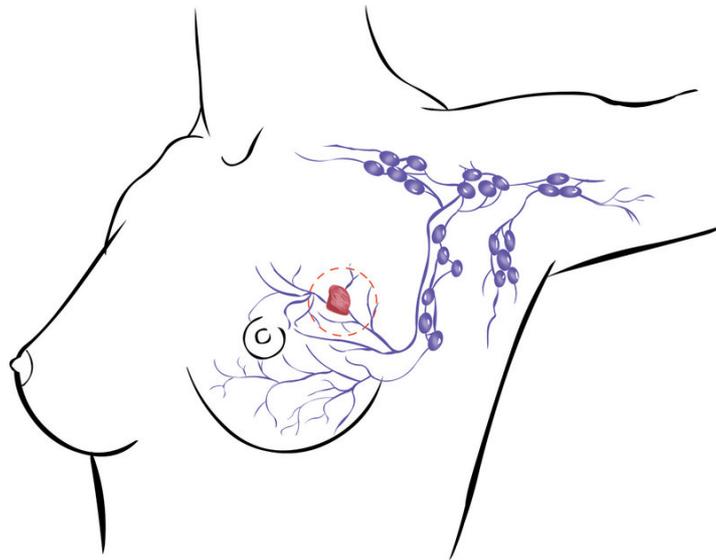
*Pete*

## The Breast:

Lymph Glands under arm

Milk Ducts and Lobes

Red shape demonstrates Invasive Ductal Carcinoma where cancer has extended through duct walls.



## Energy Conservation: Electric Cars and More....

Electric cars have for some time been limited to types of vehicle like the small smart car or the mixed fuel of the Toyota Prius. These vehicles have limited appeal and seem to be pretty expensive.

The mixed fuel option sounds good unless like me you do most of your driving on the motorway where you will be using conventional fuel most of the time and the benefit is limited.

Reading a article recently where a family had gone completely off grid and were extending their self sufficiency to their motor vehicle, I became interested. My interest was heightened because they were converting a standard car to electric and the range of use sounded very good.

I ordered the e book set as it covered solar power, bio fuel, wind turbine and electric car building, a pretty powerful set of documents if you are interested in

energy conservation and saving money.

The books are very good, although a little repetitious. I think they are a great starting point and good value.

The Electric car book shows you how to fit a electric motor in place of the existing one and details all the items required to convert the car to electric power.

There is also a section on how to obtain batteries for free or at reduced cost and how to rejuvenate a battery which is seemingly dead.

All the books are great if you are a DIY person or are simply looking for ideas that help you become less dependant on the energy companies which are taking us for granted and not giving good value for money.

**The use of solar and wind energy reduces air contamination and thus is a step towards cancer prevention.**

I include several links here to

e-books that I have purchased and found interesting and useful. The link will take you to a sales page that provides more information about these items.

*If you like them and decide to purchase one we will receive a small commission on the sale which helps us fund the <http://www.cancer-gone.com> web site. We prefer to fund our activity this way rather than register as a charity as we both receive something for money transacted. I personally believe these books are worth every penny.*

<http://pete4life.holtebook9.hop.clickbank.net>

<http://pete4life.convert2ev.hop.clickbank.net>

Simply copy and paste the link above into your web browser.

Enjoy... Pete



## **Business and Health**

I spend most of my time on the computer and a few months ago I overdid the work and time spent at the PC. In addition to that I was not looking at my posture and soldiered on to hit a deadline.

The deadline was one of my own making so the pressure was self imposed.

Although I felt the strain and pressure on my back and neck I kept going, you know what it's like, "almost finished", "not much more to do and then its done" the self talk that keeps you going.

It worked I got the job done! Sadly

I also created what I would call a repetitive strain injury. Tingling and pain in the neck which just keeps returning.

The end result is that I have had to take more time away from the PC to get it to heal. Not easy when you work 9—5 on the PC as well as evenings.

The moral of the story is be careful when you are pushing yourself and take heed of any physical signs that are telling you enough is enough. If you have not already done so check your own seating position at home as well as work. If you spend a lot of time sitting it is essential to get your posture

right.

To help me heal I have been using a joint mobility exercise program called Intu-Flow. It has four levels of progression and is suitable for all ages and levels of experience.

If you want to know more go to the link below and select the shop option along the top bar

<http://www.profcs.com/app/?af=1000910>

### **Highly Recommended**

with more energy, and literally more life.

**Exercise;** as stated above will prolong your life. Exercise keeps the fluids in the body moving, in particular fluidity of lymph and subsequent extraction of toxins from the body will help maintain breast health. Exercise will help ward off other serious life threatening disease and increase quality of life as we get older. A good diet and daily exercise has been shown to reduce risk by 18%

**Nutrition;** A good varied diet with increased levels of [raw organic foods](#) will provide most nutrients required to maintain a healthy diet. Vitamins A, C and E however have been shown to reduce the risk of breast cancer therefore, supplementation with these nutrients is highly recommended. Remember when buying supplements only buy naturally sourced vitamins do not buy synthetic. These are usually the cheaper variety.

**Bearing Children;** Women who have children after the age of 30 years or none at all have been shown to have an increased risk of breast cancer.

**Breast feeding;** children for 1.5 to 2 years has been shown to reduce risk of contracting the disease.

**Emotional / Stress;** General emotions, stressful or traumatic situations have been known to have an impact on the body causing disease. Cancer has been linked to such causative factors for many years and successful treatment may be hindered if the emotive factors are not discovered and eliminated. This may very well be the reason why many so called successful treatments recur later. Many holistic cancer treatment centres have provided various solutions either directly or indirectly in the form of counselling, meditation, hypnotherapy or simply giving the patient time to reflect and make significant life change. It is my belief that a more targeted treatment protocol using Clinical Hypnotherapy and NLP would increase successful outcomes significantly.

**Early Detection;** Be body conscious. Regularly examine your own body, in particular your breasts and

surrounds. Get to notice any differences at certain times of the month. Often menstrual periods will create lumpy tissue that will disappear later. If any changes such as pain or swelling persist get it checked by your GP. If you are not sure how to do a self examination ask the GP and he / she will arrange for a specialist to show you how and what to look for.

From the age of 40 it is wise to get regular screening which is usually 1 to 2 years apart. If you are at an increased risk your doctor may increase the frequency and may lower the age to start.

The earlier breast cancer is detected the more successful treatment is and often the less invasive treatment required.

### **Signs and Symptoms**

Signs and symptoms of breast cancer are not always clear as they can be similar to symptoms of other conditions and they can be due to natural period changes. If you have any immediate and significant changes or symptoms that persist past the monthly period you must seek advice from your GP.

Please note that 9 out of 10 lumps are benign, they can be cysts, fibro-adenoma, collection of fibrous glandular tissue. Pain is not usually due to breast cancer but some cancers may cause pain.

General signs or symptoms of breast cancer include lump or thickening on the breast or underarm, swelling or lump in armpit,

increase in breast size, change in shape, nipple turns inward, sinks or becomes irregular shape, pitting and redness anywhere on breast, rash on nipple. Puckering or dimpling of skin.

Signs of Inflammatory Breast Cancer include ridges or thickening of the skin, a pitted orange peel effect sometimes a lump or inverted nipple. Itching, swelling, colour change, warm to touch or hot. A sudden swelling or increase in cup size in a few days. Firm and hard to feel. Pain, ache or stabbing, nipple colour change and discharge sometimes with blood.

### **Breast Cancer Treatment**

Breast cancer has many causative factors and as such will require a

holistic treatment protocol to ensure a successful outcome. The earlier the condition is detected the more successful the treatment and often the less invasive the treatment that is necessary.

The treatment that is required will depend on the type of cancer detected and the level of spread. The level of spread is measured by the term staging.

**Surgery;** is the main course of treatment when a tumour is suspected of being malignant or the lump is considered to be aesthetically displeasing or a constant reminder and worry for the patient.

When caught early many surgical operations can be localised removing only the effected tissue until all traces are removed. These operations are called lumpectomies, partial mastectomies and usually include a biopsy of the lymph. If cancerous cells are found in the lymph glands these will be removed and most probably will result in a full mastectomy being performed.

If cancer is found in the lymph, systemic treatment usually follows.

**Radiation;** is often used prior to surgery to shrink the tumour and enable a more localised operation to take place. After surgery radiation is sometimes used to destroy traces of the cancer that may be left behind.

Radiation may be given externally and as an outpatient this involves attending hospital for 5 days for two weeks. Radiation given internally involves an implant of radioactive material applied by injection. This involves several days in hospital and the removal of the radioactive material before leaving hospital.

The side effects of radiation include, fatigue and general tiredness, sores, irritation, red and itchy area. The skin may need special care.

**Chemotherapy;** is applied by intra-Venus drip (IV) or by pill. Chemotherapy is a drug combination and there are many combinations that are used differing for the types of cancer being treated. The drug is used

to kill cancer cells around the body and so is usually used where cancer has progressed and is not localised.

Chemotherapy increases the risk of infection, bruising and bleeding and often results in hair loss which grows back but sometimes may have a different colour and or texture. The medication affects the stomach lining and may cause nausea, vomiting, diarrhoea and lip and mouth sores. In addition numbness or tingling in extremities, heart problems, ovary damage, infertility and can bring on early signs of menopause are other side effects of the treatment.

**Alternative or Complementary;** treatments to consider which have shown benefit in many ways are acupuncture, massage, herbal,

vitamin and mineral, diet and nutrition, meditation and visualisation, healing of various kinds, light and colour therapy, clinical hypnotherapy and NLP, and counselling.

When selecting complementary therapies consider the positive and negative aspects of using the treatment, discuss with your consultant and most of all go by your intuition.

The emotional and stress related therapies will not hinder conventional treatment and if started early may improve the outcome of standard treatment. Clinical Hypnotherapy has been shown to improve pre and post operative surgical outcomes resulting in reduced time in hospital and time to heal. This treatment applied by a skilled therapist can include self hypnosis

training, meditation, dynamic visualisation and mind body healing techniques which have shown dramatic benefits in treating many diseases including cancer. The treatment can also include some counselling but most important an evaluation of possible causes of trauma and stressful situations which may have contributed to the formation of the disease. This may help in the prevention of a recurrence.

Some sources of information;  
Contact [pete.hcs100@yahoo.com](mailto:pete.hcs100@yahoo.com)  
<http://www.nccam.nih.gov>

**Tamoxifen;** is the most common hormone therapy which blocks natural hormones where a breast tumour requires them to grow. This drug is considered to be very successful in treating breast can-

cers but is not without some side effects. Side effects may include hot flashes, vaginal discharge and less common may include blood clots, stroke, uterine cancer and pulmonary embolus.

### **Types of Breast Cancer**

**Ductal Carcinoma;** is the most common type of breast cancer making up some 70 to 80% of all breast cancers. This type is sub divided into Ductal Carcinoma In-Situ (DCIS) and Infiltrative Ductal Carcinoma.

**DCIS** is where the cancer cell complex is contained within the wall of the ducts within the breast. It is generally curable with a much lower risk of having spread to the lymph glands. It has become more common since screening has improved and early detection is achieved. Usually treated with localised surgery, possibly radiotherapy, and Tamoxifen. A full mastectomy may be required if it is found in more than one location, and or if, the patient requires greater confidence.

**Infiltrative Ductal Carcinoma** is where the cancer has spread or metastized to other parts of the body or simply extended through the ductal wall. This is usually treated with surgery, radiotherapy, chemotherapy. Hormone Therapy or Biological Therapy or a combination drug may be used.

**Lobular Carcinoma In-Situ;** is not a cancer. This is always benign and most patients found with this condition will be given no treatment and will not develop cancer in future years. A watchful eye is kept on the condition to monitor any change.

**Invasive Lobular Carcinoma;** makes up 10% of all breast cancers and usually occurs in the age range of 45 to 55 years. It is often seen or felt as a thickened area and not seen as a lump or on the mammogram. Treatment is the same as that for Invasive Ductal Carcinoma.

**Inflammatory Breast Cancer;** Is fairly rare making up only 1 to 2% of all breast cancers. Signs include ridges or thickening of the skin, a pitted orange peel effect sometimes a lump or inverted nipple. Itching,

swelling, colour change, warm to touch / hot. A sudden swelling or increase in cup size in a few days. Firm and hard feel. Pain, ache or stabbing, nipple colour change and discharge sometimes with blood. Because the signs can be mistaken for other problems misdiagnosis is common and you may need to persist with your GP for further assessment.

Treatment starts with chemotherapy (neo-adjuvant chemo) to control the spread and swelling. This is usually followed by surgery, a mastectomy is most common and then radiotherapy and hormone therapy will usually follow.

**Pagets Disease;** This cancer often starts with red scaly rash that is itchy and as a result can bleed, ulcerate and scab over. It is like

eczema and is often treated first for that condition. Pagets disease occurs in 1 to 2% of all Breast Cancers.

Identification and treatment of the disease will start with a biopsy of the skin tissue and a mammogram. 50% are found to have a lump behind the nipple, 40% are found to have Pagets or Invasive Carcinoma and 60 % are Carcinoma In-Situ. The latter may only need monitoring once other conditions are controlled.

Pagets or Invasive Carcinoma is treated first with surgery followed by radiotherapy and a mix of chemotherapy, hormone therapy and or biological therapy. The exact treatment will depend on the results from surgery.

Surgery may be localised and include lymph biopsy to check for spread. A mastectomy is common due to cells being abnormal and the possible development into an invasive carcinoma, also breast reconstruction is often better if the whole breast is removed. The central location makes reconstruction complex.

Generally there is a 66% chance of lymph nodes being infected if there is a lump and just an 8% chance with no lump.

### **Special Types of Breast Cancer**

Special Types of Breast Cancer are often referred to as no special type (NST). These cancers include:

**Medullary Breast Cancer** make

up 5% of all breast cancers, they have bigger cancer cells and contain white cells.

**Mucinous (mucoïd or colloid) Breast Cancer** make up to 2% of all breast cancers are slow growing and have less spread to lymph.

**Tubular Breast Cancer** makes up 1% of all breast cancers. The cancer cells are tubular in shape.

**Adenoid cystic carcinoma of the breast, (cibriform cancer),** make up 1% of all breast cancers. These usually involve lumpectomy due to restricted spread and lymph nodes are often not removed. Risk of recurrence is low.

**Papillary Breast Cancer** has fern shape cells, usually affects the older woman and can be benign.

**Metaplastic Breast Cancer** is a breast cancer with two cell types.

**Angio Sarcoma of the breast (haemangiosarcoma)** occurs less than 1% in all breast cancers. Cancer starts in blood cells or lymph vessel lining and often found in supporting tissue or bone. This cancer is more common in woman of the age range 30 to 40 years. Can be seen as a lump around 4cm in size, and surrounding skin has a bluish colour. May be caused by chronic lymph oedema following mastectomy and radiotherapy.

**Phyllodes or cystosarcoma phyllodes** can be both malignant or benign. The cells may spread to the lymph but this is rare.



**Lymphoma of the breast.** This cancer contains lymphoid and breast tissue. Tests are usually carried out for lymphoid in other parts of the body.

**Basal Type Breast Cancer** is caused by a damaged or lost P53 gene. Cells make large amounts of protein called cytokeratin 5/6 and have few receptors or oestrogen.

### Cancer staging

Staging of cancer assists doctors and consultants in evaluating the level of treatment to be given. Breast cancer is categorised by stages 0 to IV.

**Stage 0;** Abnormal cell in gland lining, not necessarily a cancer cell. Increased risk for development of breast cancer.

**Stage I;** Early stage of breast cancer. Tumour less than 2cm and not spread.

**Stage II;** Spread to lymph nodes under arm or larger than 5cm tumour but not spread past breast site.

**Stage III;** This stage may be split into IIIA and IIIB. Advanced form Tumour greater than 5cm and spread to lymph nodes under arm, near the breastbone or other sites in the breast.

**Stage IV;** Severe spread to other organs of body

Stage I and II are often considered for partial mastectomy, radiation plus lymph node. Stage II and IIIA are generally

considered operable. Stage IIIB and IV are considered inoperable

### The 2<sup>nd</sup> Opinion

Following the disclosure that breast cancer is a possibility and that further tests are required to ascertain the cause of symptoms it is advisable to take a friend, partner or family member with you when you meet your consultant to get the results.

When cancer is first disclosed you are likely to be in a state of shock and unable to take in all that is said. You will need to have time to consider treatment options and being able to ask questions of your support person later will be invaluable.

When you next visit your consultant you are likely to have a list of questions, write them down as you think of them. You will undoubtedly forget something if you do not.

Evaluate the effects of different treatment options and ask the consultant if you may have a second opinion if you are uncertain of anything.

Ask what effects a delay on treatment would have, how long could you take to educate yourself before making a treatment decision and before the delay could hinder a successful outcome.

Consider a holistic approach combining alternative and or complimentary options.

Get as much information as you can, educate yourself fully, and then consider your options. If in doubt utilise your gut instincts.

### Male Breast Cancer

Male breast cancer is rare, however it is a disease that affects some males mostly in the age range of 60 to 70 years.

If you have a family history of breast cancer in female members of the family then your risks are slightly higher than average. If this is the case you should make regular checks for changes around the breasts, crusting, scaling or itching around the nipple area and look for lumps on self examination.

Testosterone prevents breast growth after puberty which reduces the amount of fatty tissue which cancer cells could populate. If a cancer cell does occur however the smaller level of fatty tissue means that spread to lymph and surrounds can happen faster. Detection at an early stage is therefore very important.

Gynecomastia, which result in a small ball or disc like growth under the nipple, can be felt but not usually visible, are endocrine tumours. These are caused by hormone change in young boys or hormone imbalance in older men. This type of cancer can lead to liver disease and obesity.

Invasive Ductal Carcinomas in

men occur in 300 men in the UK each year. Information and treatment is similar to that for woman. Treatment for men can affect fertility and sex life.

Risk of breast cancer in men is increased by obesity, chronic liver conditions and genetic factors. The gene BRCA2 is more common than BRCA1 in men both of which

are linked to breast cancer. An extra female chromosome may also cause the onset of breast cancer. This is known as Klinefelters Syndrome.

General symptoms to be aware of are Lump, discharge from nipple, swelling, sore / ulcer, nipple retraction, lumps under arm.

### **Breast Cancer Information Links**

National Cancer Institute  
<http://www.cancer.gov/cis>  
The American Board of Medical Specialties  
<http://www.abms.org>  
Cancer Active <http://www.canceractive.com>  
Pete Cancer-gone.com: [pete@cancer-gone.com](mailto:pete@cancer-gone.com)

### **Other Support Services**

Create your own support group using the following list for starters. You need people you can rely on. Sometimes you will need people who are close to you and at other time you will need people who can be more objective.

Friends and family  
Health Care Professionals  
Social Services  
Charities / Macmillan  
Help Groups / Survivors  
Councillors  
Clinical Hypnotherapist and NLP Practitioner  
Financial advisor

### **Calendula - *Calendula officinalis***

Mastitis can occur when breasts are not fully emptied or feeding schedule is interrupted. Bacteria entering through the nipple creates the infection. The herb Calendula can be applied externally which acts as an antimicrobial. Drink adequate amounts of water to flush the system. Maintain a healthy diet and reduce consumption of fatty foods.....cont'd

### **Calendula - *Calendula officinalis***

continued

Calendula is also known as pot marigold, poets marigold, gold. Easy to grow and should flower from June to first frosts. Regular deadheading will ensure continued flowering.

Has been used with other herbs to reduce pain following mastectomy and lymphedema. Also studies have shown good results when treating acute dermatitis following post operative irradiation treatment for breast cancer.

The herb has anti-inflammatory and antiseptic properties and is beneficial for wound healing and a boost to the immune system.



## The Cancer Prevention Campaign™

We need your help..

Cancer Prevention is dependant on people like you & I taking some action. Anthony Robins the NO: 1 Life coach in the US states that you need to first know your outcome, second you need to have a strategy, third you need to take action & fourth you need to monitor results.

**The Cancer Prevention Campaign™ outcome is reducing the onset of cancer statistics world wide.**

The strategy is phenomenal & is likened to taking one railway engine that's ours & set it running. Initially it struggles with the hills but keeps on going. We add another engine on the front & now with twice the power we run smoothly & the hills are easier. We add another engine to the front, this may be you, you are guided, supported & driven by the first two engines. With the power of three engines were racing up the hill & almost flying down the other side. Goals are being met destinations come & go there is no stopping us now. We keep adding engines who add to the power, guidance & support. **We have a community with a clear outcome & a strategy that is exponential in potential.**

We now need you to join us. We will show you some simple easy actions that will help reduce your risk to contracting cancer in your lifetime. Your small easy actions contribute to the whole just like the engine analogy. Very soon due to the phenomenal growth rate of this strategy we will be affecting onset of cancer statistics in many countries.

We will be monitoring the success of our strategy & at times we may make adjustments to improve the speed & or impact of our success.

Cancer-gone will soon be closer to a reality as onset cancer statistics reduce from 1 in 3 people to 1 in 4, then 1 in 5 and more....

For more details of the Cancer Prevention Campaign™ go to <http://www.cancergone.com>

Or just send the slip below:

.....  
: Please send me details of CPC™ Thank  
: You.  
: Name: \_\_\_\_\_  
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: Email: \_\_\_\_\_  
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: \_\_\_\_\_  
: Send To~: Pete at  
: Healing Caring Supporting  
: 45 Alandale Drive, Pinner, HA5 3UX  
: Englang UK.  
: \_\_\_\_\_



## News Clips / Updates:

**Maura Tierney** star from the television series ER has been diagnosed with a breast tumour. She states she is optimistic as the condition is generally treatable. The first stage is to undergo surgery which will identify more details and enable a more detailed treatment plan to be developed. NBC have had to delay production of "Parenthood" in which Maura Tierney is to star.

**John Hartson** who played football for Wales and a number of clubs including Arsenal and Celtic has been diagnosed with testicular cancer which has also spread to the brain. The Singleton Hospital are asking fans and well wishers to respect the privacy of John and his family along with other patients at the hospital. John retired from football in 2008

**Lung Cancer Drug Tarceva;** Roche Holding will use the findings from late stage trial data to support its filing for approval of the drug Tarceva. Results from the trial suggest that patients with lung cancer live longer if they take Tarceva right after chemotherapy compared with patients taking a placebo.

**Prostate Cancer and Heavy Drinking;** A recent study at the University of California San Francisco (UCSF) found that heavy drinking in men increases the risk of contracting prostate cancer by twice or more. The research team also found that heavy drinking also effect's the drug Finasteride making it ineffective in reducing prostate cancer risk

**The Central Texas chapter of the American Cancer Society needs your help.** Volunteers are needed to help promote the annual relay in Belton. The event raises funds for cancer research at Scott & White Hospital. To participate and learn how you can volunteer, attend the group's next team captain meeting at 6 p.m. Tuesday at the Harris Community Center, 401 N. Alexander, Belton.

### **Alcohol Free Mouthwash:**

Many mouthwashes contain alcohol and other strong chemicals to kill germs and bacteria. These are thought to be associated with many cancers of the mouth and oesophagus.

I have been using a alcohol free mouthwash for some years now and would recommend it's use.

Email me for details:  
pete.hcs100@yahoo.com

Please check your bathroom! Pete

### **Shampoo:**

When I was just passing forty I was very concerned with my receding hair line, I did not like the idea of going bald.

I read a article that identified some research, in Switzerland I believe, that suggested the contents of shampoo prevents the cycle of hair growth and as a result causes hair thinning.

Since reading this article I have used a shampoo and conditioner that contains no carcinogens or toxins.

About six months after starting to use this shampoo my wife remarked that my hair looked fuller. It is now 8 or more years since starting with this shampoo and my hair is doing well.

Please check the ingredients of your shampoo now! Look for Sodium Laurel Sulphate, SLS or similar name.

If you would like details of my shampoo send an email to pete.hcs100@yahoo.com

## Tao Te Ching 48th Verse - Lao Tze

(Extract From Change Your Thoughts Change Your Life by Dr Wayne W. Dyer)

*Learning consists of daily accumulating.  
The practice of Tao consists of daily diminishing;  
Decreasing and decreasing, until doing nothing.  
When nothing is done, nothing is left undone.*

*True mastery can be gained  
By letting things go their own way.  
It cannot be gained by interfering.*

Here we can see the Tao is in accordance with what is being said today with regard to many aspects of life. If we relate this to energy consumption we can see we should simplify our lives by reducing the energy we consume. If we follow this teaching we would automatically reduce energy consumption without trying. By giving more than we buy, by keeping the old car much longer, by washing the dishes by hand and not buying the latest dishwasher, by living more in harmony with nature we naturally decrease and subsequently start decreasing the burdens on our lives also. With so many less things to go wrong our lives become more joyful, less stress, less of everything except life itself.



This Newsletter was brought to you by:

Healing Caring Supporting

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