

## Order Form

No.	Description	Unit Price	Qty	Price
1	The Cancer Lifeline Kit	£150.00		
2	The Message of Hope video	£12.50		
3	The Cancer Lifeline Programme	£60.00		
4	The Carer's Guide	£15.00		
5	The Cancer Lifeline Recipes	£12.50		
6	'The Frontier Cancer Medicine Guide'	£ 7.50		
7	'The Alternative Cancer Treatment Guide'	£ 7.50		
8	Cope Positively with the Treatment of Cancer CD	£11.75		
9	Images for Healing Cancer CD	£11.75		
10	Heal Yourself CD	£11.75		
11	The Health Creation Programme	£70.00		

Delivery  £1.75

Total

Cheque:  Please make cheques payable to Nutri Centre

Card (Tick): Mastercard  Visa  Delta  Switch

Card Number:

Expiry Date:  Valid from Date (Switch only)  Issue number (Switch only)

Tesco Clubcard Number:


From time to time we (or via agents) may mail, e-mail, or phone offers reflecting your preferences. Tick if you don't want these offers from us  or from third parties

Please return to:  
Health Creation  
Freepost 26  
LON14028  
W1E 3DR

Please cut along fold

## Cancer Lifeline Kit Product Information


### The Kit as a whole:

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**The Cancer Lifeline Kit**  
The Cancer Lifeline Kit includes all the elements on the map overleaf (and listed below), and aims to inform, guide, encourage and support the person with cancer from the point of diagnosis, right through to the treatment process.


£150.00

### Individual Kit components:

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**The Message of Hope video**  
The Message of Hope video shows inspiring examples of people who have used the holistic approach to transform their lives, wellbeing and health. They describe the keys to their success. The video also has guidance and supportive messages from Dr Rosy Daniel and UK leading oncologist, Professor Karol Sikora.

£12.50

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**The Cancer Lifeline Programme**  
The Cancer Lifeline Programme includes:  
• A fully interactive workbook to help those with cancer to recover from the shock and upset of diagnosis and make good treatment choices.  
• Two CDs – 'Cope Positively with Cancer Treatment' and 'Images for Healing Cancer'.  
• Two informative guides to help with the making of treatment decisions – 'The Frontier Cancer Medicine Guide' by Professor Karol Sikora with oncology nurse Patricia Peat and 'The Alternative Cancer Treatment Guide' by Dr Rosy Daniel with Andrew Panton.

£60.00

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**The Carer's Guide**  
The Carer's Guide provides carers with their own workbook to help them be the best possible carer whilst also supporting them to recognise their own state and needs and form their own positive health strategy.

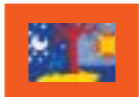
£15.00

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**The Cancer Lifeline Recipes**  
Celebrity chef and cancer nutrition consultant, Jane Sen, has specially devised a set of beautiful recipe cards for the delight and nourishment of people with cancer.  
They are divided into three sections:


- **Tough Times** – for while going through treatment or feeling unwell.
- **Clean Machine** – for detoxification, either following intensive treatment or as a starting point on a holistic health programme.
- **Eat Right** - for long term healthy eating.

£12.50

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**The Frontier Cancer Medicine Guide**  
'The Frontier Cancer Medicine Guide' by Professor Karol Sikora with oncology nurse Patricia Peat is an informative guide to help with the making of medical treatment decisions. It contains a full explanation of cancer; the conventional treatments for cancer; and up to date information from the frontiers of cancer medicine.

£7.50

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**The Alternative Cancer Treatment Guide**  
'The Alternative Cancer Treatment Guide' by Dr Rosy Daniel with Andrew Panton is an informative guide to help with the making of alternative cancer treatment decisions. It contains information about the use, cost, availability and evidence for the most widely used alternative cancer treatments.

£7.50

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**Cope Positively with the Treatment of Cancer**  
The Cope Positively with the Treatment of Cancer CD has four exercises to provide invaluable help to prepare for and face your cancer treatment.

£11.75

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**Images for Healing Cancer**  
The Images for Healing Cancer CD has four powerful visualisations to help the person with cancer to see all the cancer gone from the body, themselves fully healed going on into the future, and a profound healing journey to help them find the keys to their personal healing.

£11.75

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**Heal Yourself**  
The Heal Yourself CD has four self-help techniques to experience and learn that will strengthen the body, calm the mind and restore the spirit. These are a relaxation exercise; a 'stretch and breathe' exercise; a 'stillness meditation'; and a 'compassionate meditation'.

£11.75

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**The Health Creation Programme**  
The Health Creation Programme includes:  
• A fully interactive workbook to help people achieve their optimum potential health. During this six month programme individuals make a systematic and comprehensive review of all aspects of their health, happiness and fulfilment, making a monthly Action Plan to achieve their Health Creation Goals.  
• Two CDs – 'Know Yourself' with self-assessment exercises and 'Heal Yourself' to experience and learn self-help techniques.  
• Six monthly **Assessment Booklets**  
• Six monthly **Progress Reviews**  
• Six monthly **Action Plans**

£70.00

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**The Health Creation Mentor Service**  
The Health Creation Mentor Service provides telephone coaching for those using The Cancer Lifeline Programme and The Health Creation Programme. The Mentor provides clients with guidance to make clear achievable goals each month to work steadily to improve health, happiness and peace of mind. They also provide the crucial encouragement and motivation to keep going, during difficult times.  
Please phone the Health Creation Helpline on 0845 009 3366 to arrange a free initial 30 minute session to explore this option with a Mentor.

£35.00 per hour

# Cancer Diagnosis?

Are you feeling frightened, confused and unsupported?



Immediate help is here for you from  
**The Cancer Lifeline Kit**  
and  
**Health Creation Mentor Service**

**What to do next.**

There are three easy ways to order:

1. By Phone - 020 7637 8436 (Monday - Friday 9am-6pm  
Saturday 10am-4pm)
2. By Fax - 020 7436 6162
3. By Post - Health Creation Orders  
Freepost 26  
LON14028  
London W1E 3DR

**Order Form**

**Customer Address**

Mr/Mrs/Ms/Miss: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Town: \_\_\_\_\_  
 County: \_\_\_\_\_ Postcode: \_\_\_\_\_

**Delivery Address (if different)**

Mr/Mrs/Ms/Miss: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
 Town: \_\_\_\_\_  
 County: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone number in case of problems:

\_\_\_\_\_

Email:

\_\_\_\_\_

**We are here for you at Health Creation with reliable holistic medical help, guidance, encouragement and support.**

**The Cancer Lifeline Kit**

The Cancer Lifeline Kit has been devised by Dr Rosy Daniel, internationally renowned, Integrated Cancer Consultant. It is the result of 20 years work helping people with cancer to find the best support, make good treatment decisions and form effective self-help strategies. As Medical Director of the Bristol Cancer Help Centre until 1999, Dr Daniel has seen many thousands of people who have transformed their experience of cancer through the use of complementary, alternative and self-help approaches, becoming stronger than ever before.

The Cancer Lifeline Kit has five main components:

- The Message of Hope Video
- The Cancer Lifeline Programme
- The Carer's Guide
- The Cancer Lifeline Recipes
- The Health Creation Programme

all presented in a smart shoulder bag.



*'We are here to hold your hand, every step of the way, through the challenge of cancer'*

**The Cancer Lifeline Programme**

The Cancer Lifeline Programme is aimed at those newly diagnosed with cancer. The programme will lead you gently through:

- Recovering from the shock and trauma of diagnosis
- Setting up your own support network
- Getting the information you need to make treatment decisions
- Making really good treatment decisions which are right for you
- Preparing for your treatment, psychologically, physically and practically
- Getting the most appropriate treatment
- Convalescing properly after treatment
- Getting yourself onto the road to recovery

**The Health Creation Mentor Service**

The Cancer Lifeline Programme can be worked independently but is best used in conjunction with the support and coaching of a Health Creation Mentor who will provide the crucial guidance, support and encouragement to get you through the challenges which may lie ahead. The Mentor's role is to help you to understand and engage fully with both the Cancer Lifeline Programme and Health Creation Programme, making sure that you get as much as you can from your cancer treatment and recovery processes.

**The Health Creation Programme**

Designed to speed your recovery, the Health Creation Programme is a revolutionary seven-step process to enable you to achieve your maximum potential for health, happiness and peace of mind. Over six months, worked independently or with the support of a Health Creation Mentor, you will be guided through the seven steps to achieve optimum health and personal fulfilment.

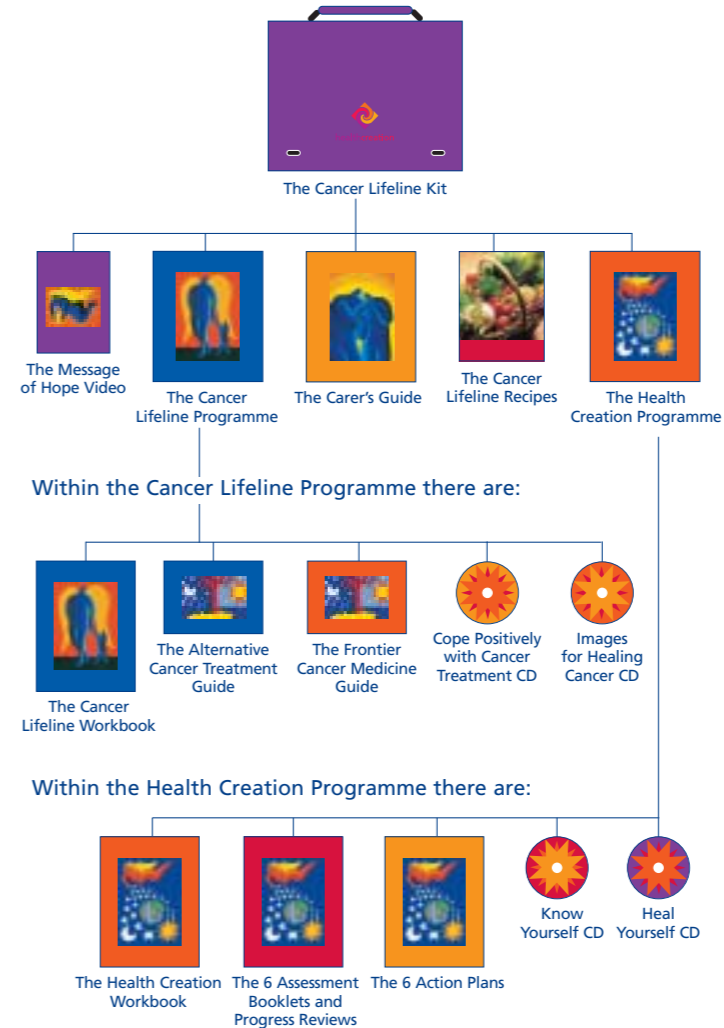


*'The time is now, for your healing and the healing of the world'*

The seven steps of the Health Creation Programme are to:

- Step 1 – LEARN** the 12 Health Creation Principles upon which sustainable health and happiness are dependent.
- Step 2 – ASSESS** yourself in relation to the 12 Health Creation Principles, identifying quickly the areas in which you need to work.
- Step 3 – PLAN** your Health Creation Goals and form your Action Plan, identifying the resources you will need to help you.
- Step 4 – TAKE ACTION** to achieve your Health Creation Goals in realistic achievable steps.
- Step 5 – DESIGN** your new lifestyle, forming Lifestyle Goals that will support your continued health improvement, fulfilment and personal evolution.
- Step 6 – LIVE** your new lifestyle by your core values, achieving your Lifestyle Goals and fulfilling your purpose in living.
- Step 7 – RECORD** your healing journey, and all the learning and precious insights you have gathered throughout the Health Creation Programme.

**A Map of the Cancer Lifeline Kit**



**Cancer Lifeline Product Information**

Overleaf there is a description of each of the components of the Cancer Lifeline Kit which can be purchased either as a whole or as any of the individual parts.