

Hilda creates a guide to help prevent cancer

★ **SCOTTISH-born HILDA GLICKMAN has penned a book that she hopes will help save lives.**

Hilda has written *Take Breast Cancer off your Menu — How to Prevent Breast Cancer or Stop it Returning*, which has been published by Foulsham, priced £9.99.

She is hoping that the book will better inform people of the crucial benefits from eating foods that can help keep breast cancer at bay.

Hilda, the daughter of Sam and Malkie Harris, was born on the Isle of Islay, where her father had a shop.

Hilda said: "When I was 14, I had to travel to school in Oban, along with all the children from the West Coast islands. We stayed in a hostel in the town and it was great."

"It was a very unusual upbringing being a Jewish girl in a place like that. It was a bit odd singing Gaelic songs and going to cheder."

When she was 18, Hilda moved to Glasgow to study philosophy and sociology.

She met Avrom Glickman, who was studying at Strathclyde University. They married in Netherlee and Clarkston Synagogue in 1973.

Hilda completed a Masters degree in criminology at Hull University before she and Avrom



FIGHT CANCER: Hilda Glickman

moved to London to work.

Hilda has been an Open University lecturer for 23 years, 16 of them teaching a course about health.

Hilda said: "When I was around 50, I decided to become a nutritionalist. I'd been interested in nutrition and health since I was very young."

"It seemed so obvious to me that what you eat is what you become. I completed a three-year diploma in nutritional therapy, at the Institute for Optimum Nutrition in Putney. At the time, the course was one of the few of its kind."

"I feel very passionate about it and things fit more and more into place."

"In August 2014, I decided to send off a proposal for my book to Foulsham. The following week, they called to say that they weren't taking any more books for that year — but would make an exception with mine."

"I looked at research in scientific and medical journals on looking at foods in laboratory situations."

"There is very good evidence to show that certain foods have cancer-preventing properties. The book has been endorsed by an NHS consultant oncologist and has new information contained in it."

"The evidence shows that there are foods that have amazing anti-cancer properties."

"For instance, broccoli and cabbage have a chemical called indole-3 carbinol, which can change the more dangerous oestrogen to a benign form; the spice turmeric has many cancer protective properties — it is a powerful anti-inflammatory, it helps detoxify chemicals, it makes breast receptors less sensitive to oestrogen."

The book advises that butter is better for you than processed oils, which are bad. Sleeping in a completely dark room raises melatonin which helps prevent breast cancer.

Hilda added: "It is written in an upbeat, friendly style aimed at being accessible to the general public."

"The information is there, but people are not getting access to it and I am hoping that my book, which is full of important details about prevention, will do some good."

■ Hilda can be contacted at Foodforlife88@hotmail.com

HAVA LAUGH

★ **HANK**, George and Moshe were boasting about their ancestry. American Hank proudly stated: "One of my ancestors signed the Declaration of Independence."

Englishman George butted in: "That's

nothing — one of my ancestors was present at the signing of the Magna Carta."

Moshe grinned: "You think that's something? One of my ancestors drew up the Ten Commandments."



SKILLS: Glasgow JLGB is offering skills training to teenagers

Teens get licence to skill

★ **GLASGOW JLGB is offering skills training leading to qualifications for teenagers while helping the community.**

Participants can benefit from a range of skills-based programmes. A new series of sessions for those in years S4-S6 will provide essential transferable and employability skills while giving back to the community. Skill Up Sessions are being held by JLGB over five Tuesday evenings at Maccabi.

■ To register, visit www.jlgb.org/skillup or email glasgow@jlgb.org or call Jo Zinger on 07963 275094.



HUNGRY WORK: From left, UJIA Scotland Campaign Committee chairman Richard Pinder, fundraising director Ruth Grace, guest speaker Jim Murphy and Stewart Domke

UJIA raises £1,000 at breakfast

★ UJIA Scotland made an early start last week when more than 40 people attended a business breakfast in Glasgow.

Former Scottish Labour leader Jim Murphy spoke about his 20-year Parliamentary career. The event raised £1,000.

Swim funds for freezer

★ **THE** Jewish Auxiliary Group sponsored swim in aid of Cancer Research UK raised more than £1,400 for the charity.

The swim took place last month at the Eastwood Swim-

ming Baths.

The money will go towards purchasing a minus 80 degrees freezer, which is used to store samples at a very low temperature to protect them.

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