



LEEDS SKEPTICS IN THE PUB

September 2011

TODAY

- ✿ Arthur Chappell
- ✿ Brainwashed! A Cult Survivor's Tale



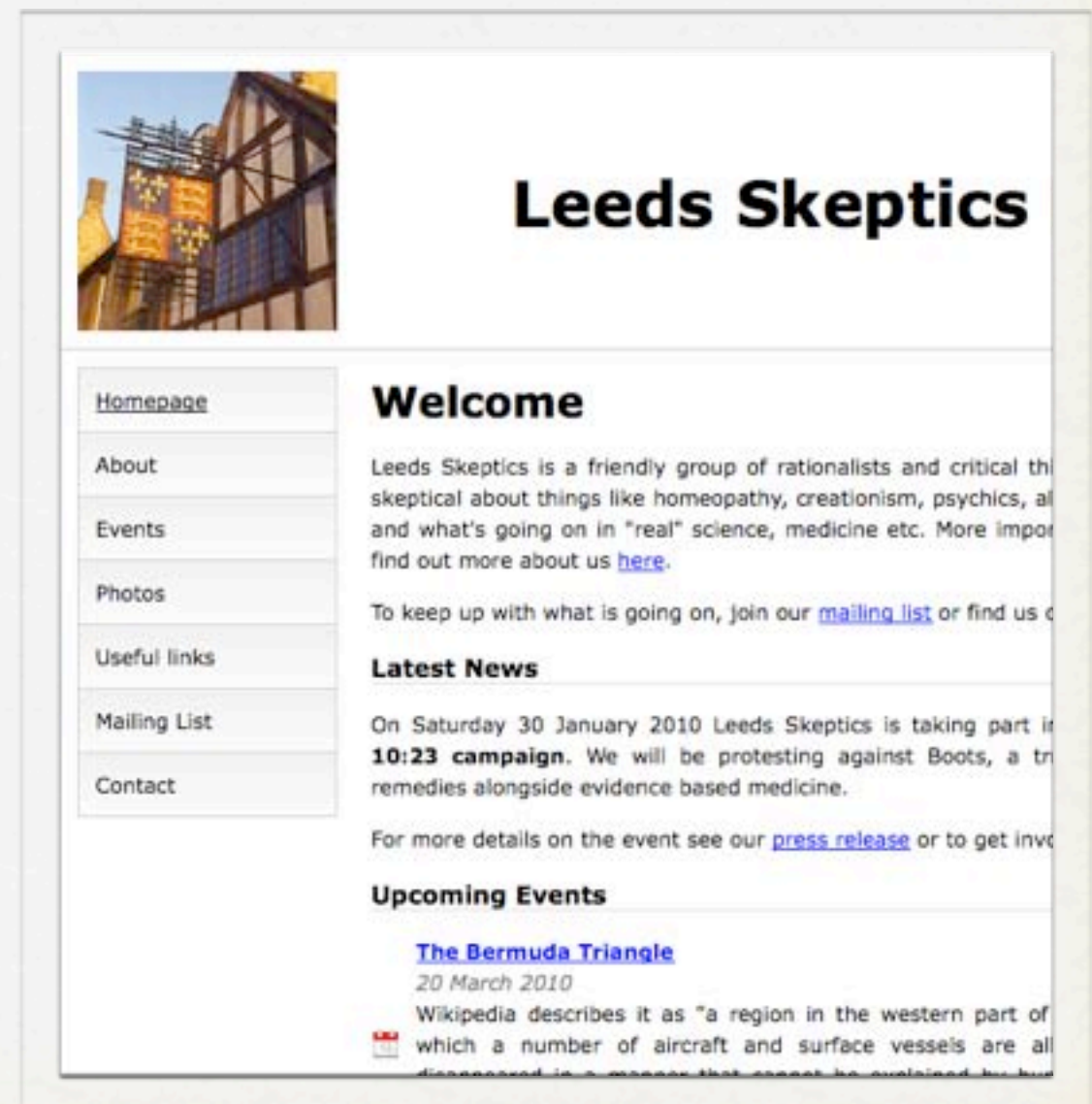
UPCOMING DATES

- ✿ Saturday 15 October
- ✿ Dr Andrew Rae
- ✿ Dealing Reasonably
with Irrational Fear
- ✿ Saturday 19 November
- ✿ Saturday 18 December



KEEP IN TOUCH

- ✿ Website,
LeedsSkeptics.org
- ✿ Mailing list
- ✿ Facebook group
- ✿ Twitter.com/
LeedsSkeptics
- ✿ Meetup.com



LOCAL EVENTS

- ✿ LAS Freshers' Week
- ✿ HCoL meeting Sunday 2 October
- ✿ HSoWS, Thursday 13 October, Brian Quinn
- ✿ Leeds Salon, Should Art be Judged or Measured?, 24 Sept



LOCAL EVENTS

- ✿ Leeds Salon, The Olympics, DOping and the Meaning of Sport, Wednesday 5 October
- ✿ North West Humanist Conference, 7-9 Oct, Manchester, Evan Harris and Raymond Tallis speaking





BEFORE THE REAL NEWS...

Alcohol DOES give you cancer, say scientists ... bit of a downer for Friday night down the pub

By CLAIRE BATES

Last updated at 5:53 PM on 16th September 2011

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Drinking alcohol can increase your risk of cancer because ethanol is itself a carcinogen on certain parts of the body, scientists have found.

Researchers said they found that when ethanol is broken down by the body, it can cause DNA damage that may lead to dangerous changes to the cells.

The U.S team from the National Institute on Alcohol Abuse and Alcoholism in Maryland used



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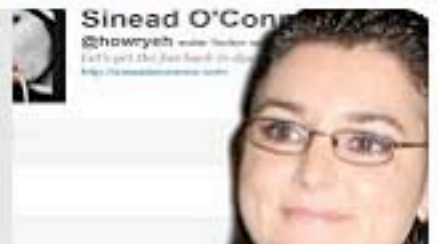
► **Caught offside:** Embarrassing CCTV footage emerges of Zara's husband Mike Tindall as he kisses and flirts with blonde 'Grove' reports denied



► **Even a visit to a Marc Jacobs store can't tempt Victoria Beckham to part with her gorgeous little girl** Her favourite accessory



► **Fears for Sinead O'Connor's mental state as she tweets disturbing 'suicide' comments** Said she doesn't want her children to know





Taking painkillers long-term 'triples risk of kidney cancer'

By CLAIRE BATES

Last updated at 10:52 AM on 13th September 2011

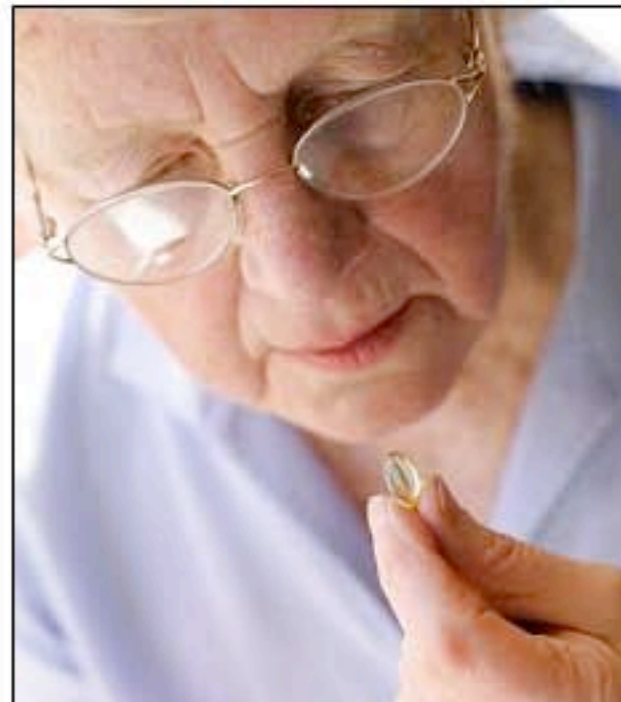
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People who take anti inflammatory drugs like ibuprofen for more than a decade are tripling their risk of kidney cancer, say scientists.

A study of over 125,000 participants found those who regularly took over the counter anti-inflammatories were 51 per cent more likely to develop the disease.

But the researchers found those who used them for over a decade, such as arthritis sufferers, were



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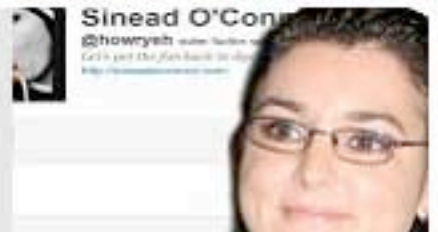
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Contraceptive coil 'could halve the risk of developing cervical cancer'

By CLAIRE BATES

Last updated at 4:05 PM on 14th September 2011

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Women who are fitted with coil contraceptive devices are half as likely to develop cervical cancer, a study has found.

Scientists were surprised to find that, contrary to popular belief, the devices might actually protect women against developing cervical cancer.

This was despite the fact they didn't stop women from contracting the human papillomavirus, which commonly leads to the disease.



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Spicing up broccoli with wasabi or horseradish makes it an even better cancer-buster

By DAILY MAIL REPORTER

Last updated at 11:35 PM on 13th September 2011

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Spicing up broccoli with horseradish or wasabi can enhance the vegetable's cancer-fighting properties, according to researchers.

Scientists say overcooking broccoli instead of lightly steaming it affects its cancer-fighting properties, but these can be revived by adding horseradish or the spicy Japanese equivalent



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How dark chocolate 'boosts fitness in the same way as jogging'

By TAMARA COHEN

Last updated at 11:45 AM on 15th September 2011

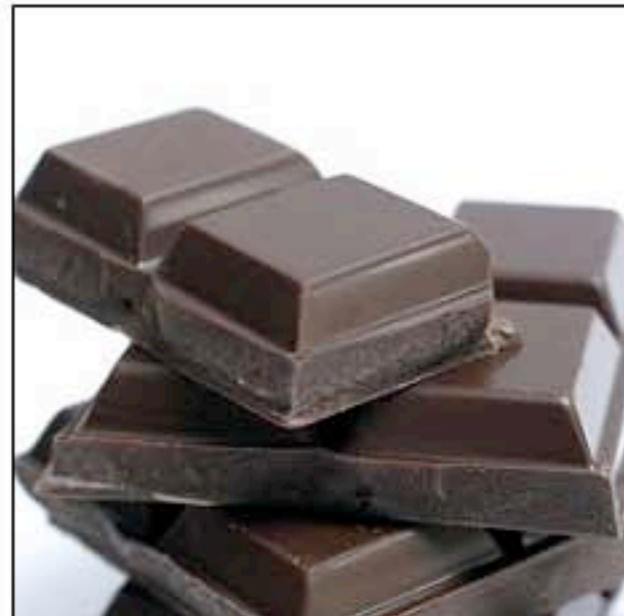
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Eating dark chocolate improves athletic performance just as much as exercise, a study has revealed.

And when small doses were eaten in combination with regular exercise, performance was boosted by 50 per cent.

Dark chocolate contains the plant compound epicatechin, which appears to stimulate muscle growth in a similar way to vigorous activity such as jogging.



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