



# **CANCER, HEALING and WELLBEING**

*Accessing the heart and science of Lifestyle Medicine*

*Offering genuine hope for all those affected by cancer*

## **The 8 DAY RESIDENTIAL PROGRAM**

**with Drs Ruth and Ian Gawler**

May 2014 : Friday 16<sup>th</sup> to Friday 23<sup>rd</sup>

Located amidst the natural beauty of Kawai Purapura, Auckland New Zealand

### **PROGRAM OVERVIEW**

With cancer comes many challenges. The obvious health issues, the potential life changes, treatment regimes, adapting to a new way of living, maybe even a new way of being.

There is hope. What you do, along with those around you can make a huge difference; maybe even the difference between life and death.

***Ian Gawler*** overcame a particularly difficult cancer that began in 1975. A bestselling author, Ian began the world's first lifestyle based self-help groups for both cancer and multiple sclerosis.

***Ruth Gawler*** is a GP who has had a special interest in Mind-Body medicine for many years.

*Together, Ian and Ruth have around 50 years of training and experience that you can draw upon.*



***This program is the fruit of the hundreds of groups Ruth and Ian have facilitated, and the thousands of people they have helped and learnt from.***

# THE PROGRAM

This program will provide a gentle blend of theory and experience. A wide range of choices will be presented for you and their relative merits for healing and wellbeing discussed. The emphasis will be on what has been found to work in practice, what the research says, and you will be assisted to decide what is best for your particular situation. The program is evidence based and highly experiential, so you will have the opportunity learn as well as to experience the food, practise the meditation and to be in a supportive, positive atmosphere.

The aim is that you will go home from the program having experienced the possibilities and that you will be clear about your choices, confident regarding what will help you most directly, and ready to apply it all in daily life.

What we are talking of is not “Alternative Medicine”, nor even “Complementary Medicine” as such, although all of this is designed to complement any other treatments you may be having. No, this is Lifestyle Medicine and it is to do with the therapeutic impacts of what we eat and drink, our levels of exercise, our relationships, the state of our mind and our capacity to mobilise the power of our mind using techniques such as positive thinking, relaxation, mindfulness, creative imagery and meditation.

You will learn more about the role Lifestyle Medicine plays in overcoming the many challenges of cancer; including the science relating to the therapeutic benefits of nutrition, positive states of mind, mindfulness and meditation. There will be good time for questions and discussion. Regular relaxation, mindfulness, meditation and guided imagery practice sessions will be a feature.

The pace of the program has been designed to be restful and regenerative, amidst a valuable learning experience.

## SPECIFIC TOPICS PRESENTED

- The experience, the theory and the techniques of relaxation, mindfulness, meditation and creative imagery.
- The therapeutic possibilities of good food – the nutritional research relating to cancer and a plant based, whole food diet. The foods to eat, those to avoid, the significance of juicing, herbs and supplements – and most importantly, how to prepare tasty, enjoyable food that is really good for you and those you love.
- Healthy emotions and positive psychology. How to overcome old hurts, transform fears for the future, live more in the present and use the power of your mind for healing.
- Effective pain relief – learn the techniques that have literally transformed many people’s experience of pain.
- How to gain maximum benefits from any medical treatments you receive and how to minimise side-effects.
- There will be specific smaller group sessions for partners and carers – addressing this all important role - discussing how others have been most effective and how to look after themselves in the process.
- The search for meaning – many find that a major life crisis causes them to rethink their world, and their place in it. There will be good time to reflect and discuss these issues.

***Many people, including carers report that this program was profoundly transformative in their own personal development, as well as being a real turning point for those on the healing path.***

## WHO WILL ATTEND?

People diagnosed with cancer who are intent on helping themselves to feel better and to recover. Attending with a partner/carer is recommended wherever relevant and possible.

## YOUR GROUP LEADERS

**Dr Ruth Gawler** MBBS, MGPPsych, FASPM is a General Practitioner with a specialised interest in Mind-Body Medicine and Psychiatry. Ruth has been studying and practising meditation for over 25 years. She is currently on the Board of the Australian Meditation Teachers Association. Ruth worked as a GP, counselor and therapist in the residential programs at The Gawler Foundation for many years and is highly experienced as a group facilitator and as a yoga and meditation instructor.

**Dr Ian Gawler** OAM, BVSc, MCounsHS founded the Gawler Foundation and is a best-selling author who has played a major part in popularising Lifestyle Medicine, including therapeutic nutrition, meditation and using the power of the mind for healing. His book [You Can Conquer Cancer](#) has been translated into over 12 languages, has sold over 250,000 copies and is regarded as the standard reference for many on the cancer healing journey.



**Liz Maluschnig** is a Counselor and Reg. Comp. Nurse with many years experience working with adults and children with cancer and currently also works in private practice counseling adults, children and families at risk. Liz facilitates Mindfulness meditation seminars and the Canlive Cancer Retreats in Wanaka and facilitates Mind body healing retreats nationally. She is the author of 4 books.

**Stew Burt** has previous experience as a high country station worker, contractor, corporate director and publican whose wife was diagnosed with a so-called terminal cancer; but after attending this course in 2003 changed their lives forever. Stew says "The best years of our lives and marriage were after attending The Gawler Foundation." Stew founded The Perfect Woman Competition which led to The Canlive Trust that promotes this Lifestyle Medicine in NZ.



## WHEN and WHERE

**DATES:** Friday 16<sup>th</sup> May: Program starts at 2.30pm (arrive and settle in 11am-1pm; lunch at 1pm) concludes on Friday 23<sup>rd</sup> May at 2.00pm (after lunch), 2014.

**VENUE:** [Kawai Purapura](#) Retreat Centre: 14 Mills Lane, Albany, North Shore, Auckland 0632

**COST:** Inclusive of high quality (mostly) organic, vegetarian meals, accommodation & tuition  
Shared room : NZD\$ 2,680 (AUD\$ 2,480)  
Fully refundable up to 7 days prior to commencement, with the exception of a \$200 Admin fee.  
Counseling, massages and other body therapies will be available at extra cost.

**ENQUIRIES and BOOKINGS:** Rakshakari, Retreat Centre Coordinator.

Telephone: +64 9 447 3116 0220 873 208

Email: [retreat@kawaipurapura.co.nz](mailto:retreat@kawaipurapura.co.nz)

Website: [www.kawaipurapura.co.nz](http://www.kawaipurapura.co.nz)

## RECOMMENDED READING

[You Can Conquer Cancer](#), Ian Gawler

[Meditation – an In-depth Guide](#), Ian Gawler and Paul Bedson