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 2016: Saturday 21st to Saturday 28th

Located amidst the natural beauty of the Coromandel Peninsula New Zealand

PROGRAM OVERVIEW

With cancer comes many challenges. The obvious health issues, the potential life changes, treatment regimes, adapting to a different way of living. The possibility of full recovery.

There is hope. What you actually do, along with the support of 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 training in Mind-Body medicine over many years.

Together, Ian and Ruth have around 50 years experience in the field of cancer 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

The program is evidence based and highly experiential, so you will have the opportunity to learn as well as to experience the food, practise the meditation and to be in a supportive, positive atmosphere. 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, as well as what the research says, and you will be personally assisted to decide what is best for your particular situation.

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 at your own level 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 other treatments that 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 emotional health, the state of our mind and our capacity to mobilise the power of our mind using proven techniques.

You will learn more about how Lifestyle Medicine can contribute significantly to 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 rest as well as questions and discussion. Optional yoga or Chi Gong, along with regular relaxation, mindfulness, meditation and guided imagery practice sessions are a feature of the program.

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. What to eat, what to avoid, the potential 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 –making sense of the crisis. Many find that a cancer diagnosis 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 in their life and health.
WHO WILL ATTEND?

People diagnosed with cancer, including those in remission, who are intent on helping themselves to feel better, to recover and to stay well long-term.

Attending with a partner/carer is recommended wherever relevant and possible.

YOUR GROUP LEADERS

Dr Ruth Gawler MBBS, MGPPsych, FASPM is an Australian registered General Practitioner with expertise in Mind-Body Medicine and Psychiatry. Ruth has been studying and practising meditation for over 25 years. She is currently President of the Australian Meditation Teachers Association. Ruth worked as a consultant GP, counselor and therapist in the cancer 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 seeking to recover from cancer and stay well.

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 that led to The Canlive Trust that promotes and sponsors Lifestyle Medicine programs for people affected by cancer in New Zealand.

WHEN and WHERE

**Dates:** Commences Saturday 21st May with lunch at 1pm; concludes Saturday 28th May after lunch at 2pm

**Venue:** Mana Retreat Centre, Coromandel, New Zealand [be@manaretreat.com](mailto:be@manaretreat.com) Tel +64 7 866 8972

**Cost:** Inclusive of high quality (mostly) organic, vegetarian meals, juices, accommodation and tuition

Refundable up to 7 days prior to commencement, (non-refundable $200 Admin fee).
Transfers to and from Mana (a very scenic 2hr drive) from Auckland will be available by bus. Counselling, massages and other body therapies will be available at extra cost.

**Enquiries:**  Stew Burt +64 3 443 4168, stew@canlive.org or visit [www.canlive.org](http://www.canlive.org)

Register with Mana Retreat [at the online secure](http://http://www.manaretreat.com/users/register.php)

For more information on the Gawler's work: [www.iangawler.com](http://www.iangawler.com)

RECOMMENDED READING

*You Can Conquer Cancer*, Ian Gawler

*Meditation – an In-depth Guide*, Ian Gawler and Paul Bedson