

# Creating Health & Preventing Disease: The Art & The Science – with Dr Ian Gawler

*Come to beautiful Denmark for a one day Learning Retreat Workshop*

**T**HIS IS A RARE VISIT from Drs Ian and Ruth Gawler (GP) from The Gawler Foundation Victoria, two of Australia's best in the field of Lifestyle Medicine. Be inspired in this personalized and interactive day for newcomers and those already deepening their capacities for self-healing and strengthening their natural immune system, as well as for those assisting others whether as carers or professionals.

Learn the principles and individualized practical techniques that generate and sustain better health and prevent chronic lifestyle diseases.

- Become aware of the latest cutting edge research in the practical application of medical epigenetics, psycho-immunology, health promotion & self-healing
- Understand how Medical Science and Lifestyle Science can complement and contribute to each other in offering better health and wellbeing outcomes
- Learn evidence-based techniques that cultivate the power of the mind and enable 'survivorship' in spite of difficult odds
- Learn how to sustain greater personal control, agency and hope in the midst of conflicts and challenges
- Understand how to better manage illness, stress, pain, loss and difficult emotions from a therapeutic meditative perspective
- Clarify how our food can be used therapeutically and to boost natural immunity

In 1978 Dr Ian Gawler, a 25-year-old Veterinarian and decathlon athlete, contracted osteogenic sarcoma. Despite amputation of his right leg, the cancer spread widely. Essentially his life became a marathon race. Using an integrated approach, drawing on what medicine had to offer as well as learning 'other treatments' such as diet, meditation and changes in thinking and lifestyle, his metastases regressed. Thirty-five years later, there has been no



*Dr Ian Gawler OAM BVSc MScMHIS*

recurrence of his cancer. His puzzling case study has been written up in the Medical Journal of Australia (1978, 2008). Ian began one of the world's first lifestyle-based cancer support groups, and expanded into the fields of disease prevention, health and wellbeing. He has worked closely with over 15,000 people with cancer, MS and other health conditions and has deeply studied what makes for long term survival. Ian's holistic view: "I support mainstream where useful, complementary and alternative medicine where useful and can comment on both from the patient's perspective." Ian has written 7 books and edited 7. *You Can Conquer Cancer* has been in continuous print since 1984, and has been translated into 13 languages. His latest book is *The Mind that Changes Everything*. He has also produced an on-line, meditation based mind training program called *Mindbody Mastery*.

## An Intimate Dinner Conversation with Drs Ian and Ruth Gawler

*An invitation to all medical practitioners to come to beautiful Denmark*

**A** UNIQUE OPPORTUNITY to informally meet with Ian and Ruth and begin a dialogue in the fascinating and emerging fields of psycho-immunology and Integrative Medicine. Come with your questions; come to understand what some of your patients are seeking; and come and find other ways of communicating with and meeting your own and patients' health needs.

A delicious three-course dinner at Denmark's stunning Southern End Restaurant on Mt Shadforth with inspiring views of sunset and Southern Ocean. Come with all your curiosity and questions! Come for your own renewing Retreat.

Dr Ruth Gawler is a General Practitioner with a specialised interest in Mind-Body Medicine and Psychiatry. Ruth believes that both healing and being healthy result from a process of integration, where integration involves the physical, psychological and spiritual aspects of life becoming more and more congruent, vibrant and connected.

Ruth has been studying and practising meditation for over 25 years and is currently on the Board of the Australian Meditation Teachers Association. Ruth is also a counselor and therapist in the residential programs at The Gawler Foundation where she facilitates group sessions and serves as a yoga and meditation instructor.

### Sat Learning Retreat Workshop

- Sat April 6th 2013, 9.30am – 4.30pm at Southern End Function Centre, 427 Mt Shadforth Rd, Denmark
- Cost inclusive of lunch, morning & afternoon teas \$150; conc. (unemployed, age or disability pension) \$120; early bird \$15 discount before 31st January



*Dr Ruth Gawler MBBS, MGP(Ph), RAS(PhM)*

### Health practitioners Friday Dinner

- Friday April 5th 2013, 5.30-8.30pm at Southern End Restaurant, 427 Mt Shadforth Rd, Denmark
- Cost inclusive of wine/juices: \$175; early bird \$15 discount before 31st Jan; \$30 early bird discount for both Sat Workshop & Friday Dinner

Contact Dr Loretta do Rozario (Wellness Counsellor) for further information.

Please register early for catering, and as places are limited. Health professionals check for CPD points.

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DIRECT PAYMENT: BSB 036 168, Account 285008, Ref: your full name

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