



# The Gawler Foundation

An integrated approach to health  
healing and wellbeing

## Living the Seven Elements of Health

**Presented by Siegfried Gutbrod**  
**Therapeutic Director**

# What We Know To Be True

- Healing cancer and MS is possible.
- What you do now will make a difference.
- Take charge – be in the driver seat



# REFLECTION ON THE WEEKEND



**The Gawler Foundation**  
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# What Now?

- Be a change maker for yourself and others
- Share ideas
- Further reading, study
- Stay connected



# Stay connected with TGF

- 1975 Dr Ian Gawler: bone cancer and recovery
- 1981 First cancer support group in Australia
- 1983 The Gawler Foundation – Not for profit
- 1993 Yarra Valley Living Centre opening
- 2000 First MS retreat with Prof G Jelinek
- Two streams of health retreats
  - Healing from cancer and MS
  - Wellness retreats - prevention



*“What The Gawler Foundation offers is based  
on:*

- ✓ credible science*
- ✓ clinical experience*
- ✓ and practicality”*

*(Prof Rob Moody)*

Validated also by many speakers and research articles quoted during this conference!



# Our Self-care Philosophy

- Integrative medicine framework
- Compatible with all treatment choices
- Focus on Lifestyle Medicine  
What people can do for themselves
- Seven essential elements of health + healing



# 7 Essential Elements





# 1. Regular Meditation

- Mindfulness based meditation
- An effective way to overcome excessive thinking and calm the busy mind
- Evidence base: > 6.000 research articles related to benefits of meditation: [www.noetic.org](http://www.noetic.org)



## 2. Food As Medicine

- Most long term survivors are nutrition focused
  - Make your body a cancer unfriendly environment
  - Key principles of our approach
    - Avoid problem foods associated with cancer or MS
    - Focus on health promoting foods
    - Plant-based wholefood diet
- (‘The China Study’ by Colin Campbell et al, 2006)



# 3. Power Of The Mind

- Positive thinking – use the mind for healing
- What we think/believe/feel affects our biology. Close connection between the brain, endocrine & immune systems  
(Bruce Lipton – Biology of Belief, 2008; Candace Pert - Molecules of Emotions’)
- Placebo effect vs ‘pointing the bone’



# 4. Moderate Physical Exercise

- Clear evidence physical exercise prevents a whole range of cancers and prolongs survival for cancer patients<sup>1</sup>
  - Study of 2,987 women with breast cancer: walking 3-5 hours per week translated into 50% reduction in mortality<sup>2</sup>
- Improves pain management, vitality, immunity and mental health
- Contributes to higher oxygen levels

1 Dr Craig Hassed, 'The Essence of Health', 2008, p219

2 JAMA, 2005, 293(20): 2479-86



# 5. Emotional Healing

- Psycho-Neuro-Immunology: emotions physically affect the immune system
- Healthy and unhealthy emotions
- Unhealthy emotions affect the brain, causing loss of focus, reduced motivation and decision making ability

*“Laughter is the best medicine”*



# 6. Meaning and Purpose

- Fear of suffering and death leads to compromised healing, quality/quantity of life
- Ability to enjoy good quality of life regardless of circumstance
- ‘Having a reason to live, a purpose is a crucial element for survival’ Victor Frankl - Man’s Search for Meaning
- Search for deeper meaning and purpose



# 7. Effective Support

- Adequate support is essential for healing
- Social isolation is a negative prognostic indicator
- Consciously choose your support people
- Be prepared to receive help and to ask for support



# Support The Gawler Foundation

- You or a loved one affected by cancer or MS
- In need of realigning body, soul and spirit
- Health professionals – refer to Gawler Foundation
- Become a member of The Gawler Foundation
- Make a donation
- Become a volunteer
- Follow us on Facebook, twitter
- Nothing beats word of mouth

