



The Gawler Foundation

An integrated approach to health
healing and wellbeing

PRESS RELEASE FOR IMMEDIATE RELEASE

Tuesday, July 22

Award winning Kingsville author Paul Haines is currently writing his most challenging work.

After being diagnosed with colorectal cancer last August he has faced chemotherapy, radiotherapy and surgery.

The science-fiction and horror writer and father of a two-year-old daughter has been keeping fans and friends updated on his blog as he navigates his way through the emotional highs and lows of his treatments.

In order to start activating his body's own mechanisms for healing, he has just signed up for the next 12 week Cancer Healing & Wellbeing Program in Footscray, commencing on August 21.

The program is based on the self-healing principles outlined by Dr Ian Gawler in his bestselling book, *You Can Conquer Cancer*.

Such was the response to the first program The Gawler Foundation has been able to offer places in a second.

Even better is the news that thanks to a grant from the Tattersalls George Adams Foundation, the program is aimed specifically at Health Care Card Holders at only \$35 for the entire 12 weeks.

Paul, like many people who are diagnosed with cancer, has struggled with the mountain of information available and the many ways people can seek treatment.

"Having no plan of action is a terrifying thing. It feels like there is nothing happening because there is nothing to do, and there is nothing to do, because it would be pointless," he said.

Since signing up for the 12 week program and reading *You Can Conquer Cancer* Paul is focussing on what needs to be done in order to increase his chances of survival.

"There is hope, there is light, and we are clinging to that," he said.

"I cannot bear the thought of leaving this world behind, with my daughter fatherless and my wife a widow. I do not want that to happen. This thought, more than any other, is what I need to fight with and stay alive.

This thought, more than any other, easily reduces me to tears, almost unable to finish saying the words."

Dr Gawler said the lifestyle programs offered by The Foundation were all about empowering people to deal with the challenges of cancer.

"A lifestyle program focuses on what a person can do for themselves and includes the support of family and friends," Dr Gawler said.

"Our program focuses on how people can be helped to work with the medical treatments they are having to minimise side effects, to actively play a part in improving their quality of life and to increase their chances of survival.

"We believe that a lifestyle program is an essential part of best practice management of cancer and needs to be available and encouraged for everyone from the point of first diagnosis, just as in heart disease and type 2 diabetes," Dr Gawler said.

The Gawler Foundation is fully committed to making its lifestyle program available to all people affected by cancer in Australia.

It is a non-profit, non-denominational organisation, registered in Victoria since 1983.

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