



The Gawler Foundation

An integrated approach to health  
healing and wellbeing

**PRESS RELEASE FOR IMMEDIATE RELEASE**

## Understanding the options

The statistics don't lie . . . over 90,000 Australians will be diagnosed with some form of cancer this year.

While conventional medicine still remains the first port of call for most people, it is important to take into consideration the options available when deciding how best to treat your cancer.

For the past 27 years The Gawler Foundation has provided one such option through their world-leading lifestyle programs.

And again, the stats don't lie . . . since The Foundation began in 1983, over 15,000 people with cancer have attended its residential programs while another 50,000 world-wide have attended Gawler Foundation lectures and workshops.

So what is it that The Gawler Foundation does?

The premise is simple: meditate, eat well and surround your self with loving support.

They believe that there is a strong connection between the mind and body and that by tapping into that connection it is possible to activate the body's own mechanism for healing.

The Foundation offers a range of lifestyle programs based on Dr Ian Gawler's bestselling book, *You can Conquer Cancer* programs which teach people dealing with cancer and serious illness how to awaken the connection between mind and body.

From the ten day residential life and living program to the support groups available throughout Australia and New Zealand, The Gawler Foundation has helped make a real difference to the lives of many people dealing with cancer.

For more information, contact The Foundation on (03) 59671730 or visit [www.gawler.org](http://www.gawler.org)

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